



## Assess the Knowledge Regarding Prevention of Postpartum Psychosis among Postnatal Mothers in Selected Hospital in Chennai

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**Abstract:** Postpartum psychosis is a severe mental illness characterized by extreme difficulty in responding emotionally to a newborn baby - it can even include thoughts of harming the child. The condition is different from postpartum depression, though the two conditions may occur together. While postpartum depression is most likely to emerge in the three months after delivery (but can appear within the first year of the baby's life), one of the hallmarks of postpartum psychosis is its early onset, often in the first 1 to 4 weeks after the baby's birth. The rapid and accurate diagnosis of postpartum psychosis is essential to expedite appropriate treatment and to allow for quick, full recovery, prevention of future episodes, and reduction of risk to the mother and her children and family. This study showed that majority of the urban population have average knowledge over postpartum psychosis, and of level of knowledge. About postpartum psychosis was moderate knowledge. Herefore the knowledge have to be increased through various methods, like- health educating, care giving practices. **Keywords:** prevention, postnatal, postpartum psychosis.

**Introduction:** Early in the history of medicine, it was recognized that severe mental illness sometimes started abruptly in the days after childbirth, later known as puerperal or postpartum psychosis these psychoses are placed in the world health organization's icd -10 under the rubric of acute and transient psychotic disorders. In general psychiatry, manic and cycloid syndromes are regarded as distinct, but, studied long-term among childbearing women, the bipolar and cycloid variants are intermingled in a

bewildering variety of combinations, and, in this context, it seems best to regard them as members of the same 'bipolar/cycloid' group. Together the manic and cycloid variants make up about two thirds of childbearing psychoses. Postpartum bipolar disorders must be distinguished from a long list of organic psychoses that can present in the puerperium, and from other non-organic psychoses; both of these groups are described below. It is also necessary to distinguish them from other psychiatric disorders



associated with child birth, such as anxiety disorders, depression, post-traumatic stress disorder, complaining disorders and bonding disorders (emotional rejection of the infant), which occasionally cause diagnostic difficulties. Psychoses triggered in the first two weeks after the birth - between the first postpartum day (or even during parturition until about the 15th day - complicate approximately 1/1,000 pregnancies the impression is sometimes given that this is the only trigger associated with childbearing. But there is evidence of four other triggers - late postpartum, prepartum, post-abortion and weaning. Marcé, widely considered an authority on puerperal psychoses, claimed that they could be divided into early and late forms; the late form begins about six weeks after childbirth, associated with the return of the menses. His view is supported by the large number of cases in the literature with onset 4-13 weeks after the birth, mothers with serial 4-13 week onsets and some survey evidence. The evidence for a trigger acting in pregnancy is also based on the large number of reported cases, and particularly on the frequency of mothers suffering two or more prepartum episodes. After recovery the mother may need antidepressant treatment and/or prophylactic mood stabilizers; she will need counselling about the risk of recurrence and will often appreciate psychotherapeutic support.

**Statement of the problem:** Assess the knowledge regarding prevention of postpartum psychosis among postnatal mothers in selected hospital in chennai.

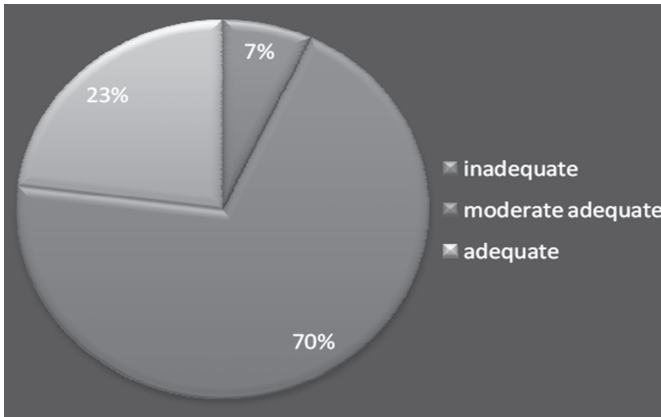
**Objectives:**

1. To assess the knowledge regarding postpartum psychosis among postnatal mothers.
2. To assess the knowledge regarding prevention of postpartum psychosis among postnatal mother.
3. To find the association between demographic variables and knowledge regarding postpartum psychosis.

**Methodology:** Quantitative research approach design was used. Non probability convenience sampling was used to select the sample of the study. The total study sample consisted of 30 postnatal mothers in selected hospital in chennai.

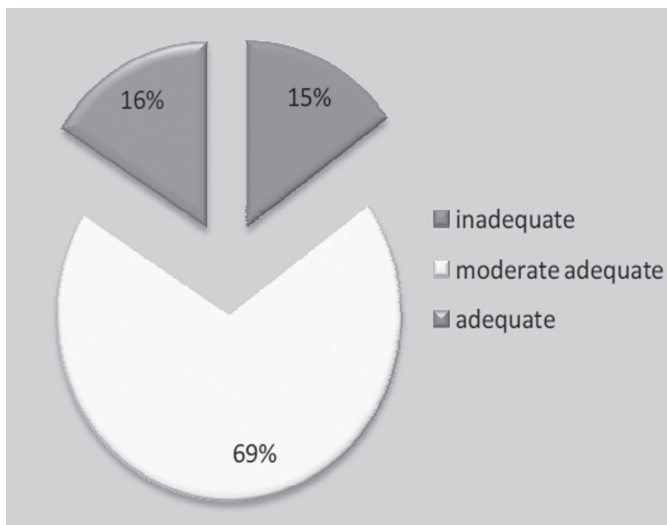
**Major findings of the study:** Descriptive and inferential statistics was used to analyze the data. The study revels the following data.

- ❖ The study shows the total, 71·0% had low educational achievements (below secondary level), 93·0% were unemployed, and 24·8%
- ❖ That majority of demographic variables (0%) of sample were of 17-18 years age group, (20%) of sample were of 18-19 years age group, (28%) of sample were of 19-20 years age group and (52%) of sample were of above 20 years age.
- ❖ The percentage distribution of level of knowledge. Adequate(23%) had inadequate knowledge, (7%) had moderate knowledge and (70%) had adequate knowledge regarding postnatal mothers.
- ❖ Majority of urban population 5( 16%) had adequate knowledge level, 20(69%) were had moderate adequate knowledge, 5 (15%) were had inadequate knowledge level.



**Fig 1:** represents the knowledge level of postpartum psychosis among postnatal mothers.

The above figure represents the percentage distribution of level of knowledge. Adequate (23%) had inadequate knowledge, (7%) had moderate knowledge and (70%) had adequate knowledge regarding postnatal mothers.



**Fig 2: Represents the knowledge level in association with demographic variables**

**Fig 2:** Reveals that majority of urban population 5(16%) had adequate knowledge level, 20(69%) were had moderate adequate knowledge, 5 (15%) were had inadequate knowledge level.

**Conclusion:** In general psychiatry, manic and cycloid syndromes are regarded as distinct, but, studied long-term among childbearing women, the bipolar and cycloid variants are intermingled in a bewildering variety of combinations, and, in this context, it seems best to regard them as members of the same ‘bipolar/cycloid’ group this study showed that majority of the urban population have average knowledge over postpartum psychosis and of level of knowledge. About postpartum psychosis was moderate knowledge. Herefore the knowledge have to be increased through various methods, like- health educating, care giving practices.

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