

# Safe Motherhood - A Viable Training Module for Nursing Personnel in the Identification and Management of Postpartum Disorders

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## ABSTRACT

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<b>Introduction</b>	The period following childbirth is one of the most stressful periods in life cycle of a woman. During these period serious psychological disturbances can manifest and jeopardize not only normal motherhood, but also have serious consequences on physical, intellectual, and psychological health of infant and quality of life and well being of entire family. Currently there is no viable training program for health workers to recognize and manage Postpartum Psychological Disorders. Hence this study purports to fulfill this existing gap.
<b>Methods</b>	A descriptive study was conducted by assessing attitude and knowledge base of 100 nursing personnel in Sabah mainly on postpartum depression and depression and mental illness through a pre-test using Knowledge and Awareness Questionnaire for Postpartum Depression (modified), Attitude towards Mental Illness Questionnaire (AMIQ) and questionnaire for assessing knowledge and attitude towards depression. Subsequently, nurses were trained through educational and training module which was designed, drawing inputs from various other training modules in health sector (WHO 2005). This comprised audio visual aids (power point presentations) and teaching materials. After training sessions post-test was conducted using same scales. Pre and post test information was compared.
<b>Results</b>	Study showed that training module used to train nurses increased their knowledge regarding postpartum mental disorders and its treatment. After the training, nurses could recognize symptoms of postpartum depression and postpartum psychosis more accurately. There was a positive shift in their knowledge about depression and attitude towards mental illnesses.
<b>Conclusions</b>	The training module employed along with the reading material could be efficient to train nurses about postpartum mental disorders and depression. The given training module can be used to train midwives , post graduates, under graduates, general practitioners, health workers, and primary health care workers.
<b>Keywords</b>	Post partum depression - training module - health workers