

The

PPMD

Connection



News from the Peel Postpartum Mood Disorder Committee

Winter/Spring 2012



**One kind word
can warm
three winter
months.**

Japanese Proverb

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Coordinators Corner:

The pmdinpeel.ca website has always provided information, resources and programs for families and professionals. With the growth of the internet as a primary source of parenting and health information for families, it is necessary to not only maintain an up to date look for any website, but also important to make the website easy to use and the information easy to find! With that in mind, we decided that it was time for some updates to our website! Our new look was launched at the end of 2011 along with updated information, new drop-down menus, new links to research sources, our new dad's pages and easier navigation.....and Stay tuned for some more changes, including a Physician's page to be added in the Spring....

Our website has had growing numbers of sessions and hits since it's launch in 2009, averaging approximately 44 sessions (visits) per day in 2011. We have also had visitors from around the world, including Germany, Seychelles, Russia, Sweden & India...just to name a few. There is activity on the website day and night, with regular visitors at 3 and 4 am.

These updates are just one example of our on-going commitment to raise awareness of PMD, to educate service providers and families and to help make resources accessible. Enjoy the new website! **Philippa Bodolai, M.Sc.**

Women's Reproductive Mental Health Program Credit Valley Hospital

Screening and treatment of PMD is essential in a woman's recovery. When PMD is identified and treated effectively, not only does the woman's health improve, but her partner and child(ren) also benefit.

It is important that care providers are aware of the risk factors for PMD and offer screening to women. But what is the next step after screening? Where can providers refer women who are in need of treatment? One possible referral is to the Women's Reproductive Mental Health Program at Credit Valley Hospital.

This program was developed in 2007 to provide a comprehensive treatment program for women and families suffering with a Perinatal Mood Disorder. Women who are

experiencing mental health issues during pregnancy or in the postpartum period have access to assessment, consultation and treatment.

The program is staffed by a Psychiatrist, Psychologist, Nurse and Social Worker.

Services include:

- diagnostic consultation,
- medication consultation,
- individual and marital therapy,
- support groups,
- partner education workshops, and
- bereavement and loss counselling.

Program Eligibility:

- Referrals are accepted from conception to one year postpartum
- Referrals are accepted from Physicians, Public Health Nurses and/or Midwives.
- The program is open to women who live within Mississauga/Halton LHIN ([see map](#)), or are delivering /delivered at Mississauga-Halton LHIN hospitals:
 - *The Credit Valley Hospital
 - *Trillium Health Centre
 - *Oakville Trafalgar Memorial Hospital
 - *Milton District Hospital
 - *Georgetown Hospital

For more information, visit the website (<http://www.cvh.on.ca/wrmh/index.php>) or call 905-813-1550.



To screen or not to screen in Family Health

Within the Family Health Division at Peel Public Health, our Operational Guideline regarding the screening and management of clients with Postpartum Mood Disorders (PMD) was recently reviewed and revised. The Peel Public Health guideline is based on recommendations found in the RNAO (Registered Nurses Association of Ontario) Best Practice Guideline for Postpartum Depression (2005).

The RNAO recommends screening for Postpartum Depression as an effective way of identifying women who should be referred on for further evaluation with a health care practitioner. There is evidence that the use of screening, along with clinical judgment, identifies more women than clinical skill alone. Screening women who have risk factors is an

effective way of identifying women who may need more intensive interventions and on-going support. The RNAO recommends the use of the Edinburgh Postnatal Depression Scale (EPDS).

Clients involved in programs in Family Health are routinely assessed for risk factors for PMD, and are asked 4 key questions:

1. Can you sleep when baby sleeps? (if pregnant: Are you sleeping?)
2. Are you eating? What are you eating?
3. Do you get out?
4. Are you having any scary or repetitive thoughts about yourself or the baby?



These questions help nurses to determine how pregnant or new parents are

coping with pregnancy or the transition to parenthood.

If a client has risk factors for PMD and/or the answers to the 4 key questions raise concern, then the client is asked to complete the EPDS. Nurses determine whether to refer a client to their health practitioner or community services based on the EPDS score and information obtained through clinical evaluation. Regardless of the EPDS score, all clients are given information about PMD and resources available.

The guideline helps Public Health Nurses to make informed decisions about screening and follow-up. It also helps to ensure that new mothers experiencing PMD are identified and are accessing interventions, supports and services.

Did you know?

According to Katherine Stone, founder of the website Postpartum Progress, one of the 5 most damaging myths about Postpartum Depression is:

PPD will go away on its own.

There is still a perception that if one just changes their attitude, PPD will just disappear. This often makes it difficult for women and men to seek help.

It is important to educate parents about myths and about when, where and how to seek help.

For other myths and information visit [Psych Central](#)

Father Involvement Initiative Ontario Network (FII-ON)

The Father Involvement Initiative of Ontario was established in 1997 to promote the healthy development of children by supporting and encouraging responsible father involvement. Since that time they have developed resources, booklets and social marketing items for service providers and fathers. FII-ON has recently released [Gaining Momentum: A decade of Father Involvement Progress](#) which outlines the efforts and impact of FII-ON since its inception.

FII-ON's many resources for dads and for those working with Dads are available through their website: [dadcentral.ca](#)



You can also check out their blog for Dads: [Best Job on the Planet](#) and their 24 Hour Cribside Assistance for Dad [website at newdadmanual.ca](#)

**"Take the first step,
no more, no less,
and the next will be
revealed."**

- Ken Roberts

