



RUKSHANA BEGUM 1808389

Mental Disorders and Psychopathology

BMHP6006

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INTRODUCTION

Postnatal depression



CASE STUDY

IDC-10 CLASSIFICATION

ICD 10 is a list of codes to classify diseases internationally

ICD-10 was first mandated for use in the UK in 1995.

There is no specific code for postnatal depression it is a mental behavioural disorder, not otherwise specified but it can fall within several codes between f00 to f99 under chapter 5 of the ICD 10

Within the ICD10 Manuel you will find a list of codes they are up to 6 digits long, the health professional or the doctor may apply combination of several codes for a patient. So why are these coding so important ??

A ETIOLOGY

There are many reasons that you might develop a mental health problem. Nobody knows exactly why they happen. This includes mental health problems you develop while pregnant or after giving birth, known as 'perinatal' mental health problems.

previous experience of mental health problems

biological causes

lack of support

difficult childhood experiences

experience of abuse

low self-esteem

stressful living conditions

major life events

(Causes, 2021)

RISK FACTORS

There are many possible risk factors for developing postnatal depression. Some women will be exposed to more than one, which increases their chances of developing the condition. However, this is not always the case and many women who are exposed to multiple risk factors never go on to become postnatally depressed.

Risk factors can be categorised under the following:

Physical

Psychological

Environmental.

(Johnson, 2021)

SIGNS AND SYMPTOMS

Many women do not realise they have postnatal depression, because it can develop gradually. they feel a bit down, tearful or anxious in the first week after giving birth.

This is often called the "baby blues" and is so common that it's considered normal. The "baby blues" do not last for more than 2 weeks after giving birth.

If symptoms last longer or start later, they could be suffering from postnatal depression.

Postnatal depression can start any time in the first year after giving birth.

(Overview - Postnatal depression, 2021)

TREATMENT AND THERAPY

Postnatal depression can be very distressing, a range of help and support and effective treatments are available., including therapy
psychological therapy

Antidepressants

Self-Help

Healthy Diet ,

There are Local and national organisations

POLICY AND LEGISLATION

There is specific policy and legislation relating to postnatal depression however there are government guideline stipulated in the joint strategic needs assessment(JSNA)where the service provider needs to adhere to in order to reduce any postnatal issues arising

Whatever law applies to mental health disorder will apply to postnatal depression as it fall under mental

Sickness due to postnatal depression does not affect entitlement statutory sick benefits

(4. Perinatal mental health, 2021)

RECOMMENDATION

early detection and diagnosis, and recommends that services should identify women at high risk at an early stage

The guidance states, for example, that maternity services should ensure that women at high risk of a recurrence of serious psychiatric disorder should be identified at early pregnancy assessment and referred for specialised care. :

The NHS Five Year Forward View implementation plan includes the objective that there will be increased specialist mental health support in all areas by 2020 to 2021

(ICD-10 and Quality Measures | CMS, 2021)

CONCLUSION

in 2012 government made recommendation pledged to improve maternity care by making sure:

Extensive research has been taken to explore mother's experiences of therapy's offered by the primary care mental depression focusing on parenting related outcomes and support

Psychological Therapy for Postnatal Depression in UK Primary Care Mental Health Services: A Qualitative Investigation Using Framework Analysis

Published: 10 September 2019

(Hadfield, Glendenning, Bee and Wittkowski, 2019)

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