

Identifying Postpartum Depression in Non-Native Speaking Immigrant Mothers – Experiences from the Swedish Child Health Services



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PhD-project

”To elucidate different aspects that influences the possibility to identify postpartum depression (PPD) in non-Swedish-speaking immigrant mothers in the Child Health Services (CHS).”

- *to elucidate CHS nurses' experiences of identifying signs of PPD in non-Swedish-speaking-immigrant mothers*
- *to elucidate non-Swedish-speaking immigrant mothers' experiences of participating in screening for PPD in the CHS*



Survey of the research field

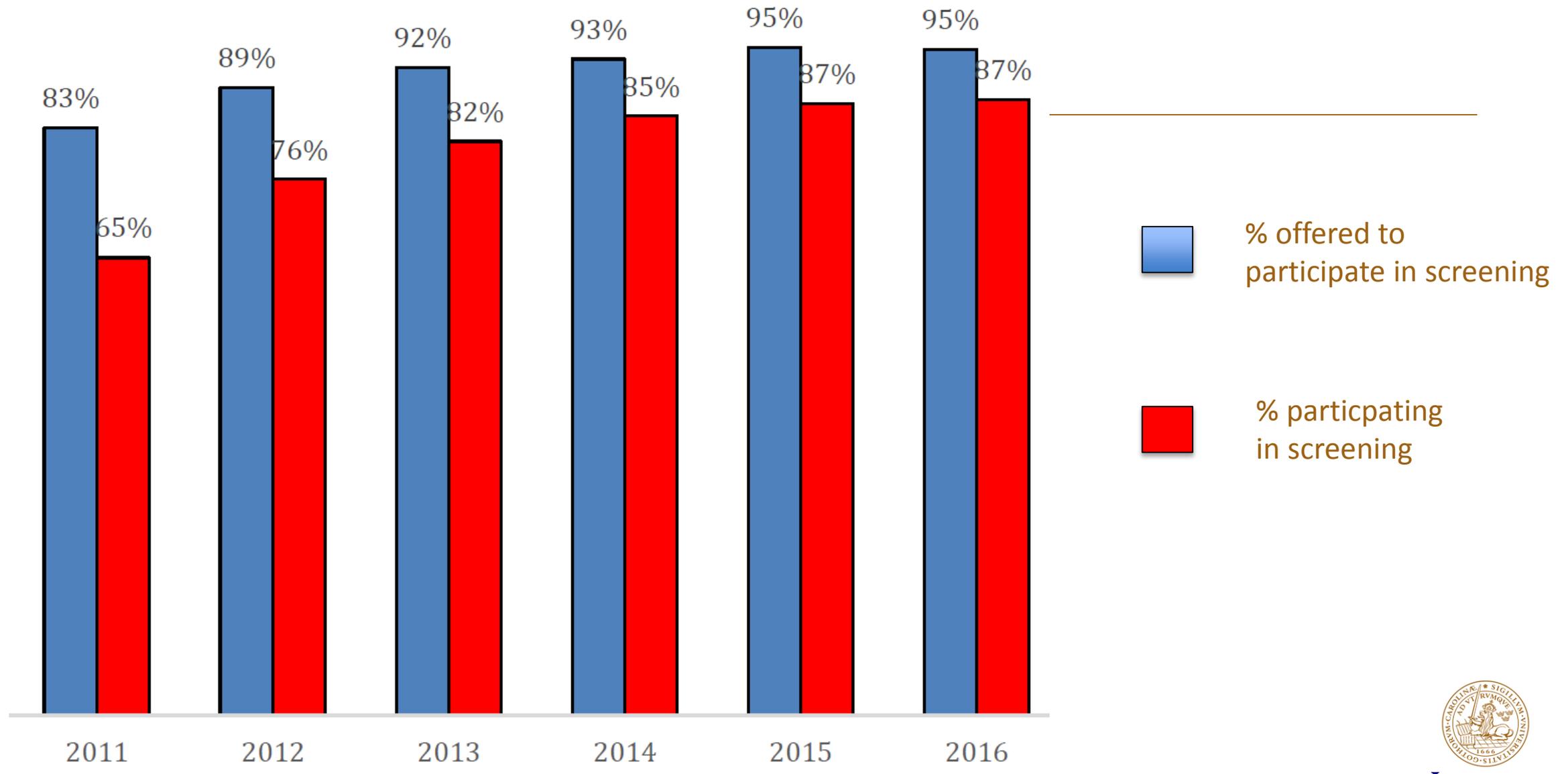
- The prevalence of PPD among immigrant mothers is estimated to be as high as 20% (*Falah-Hassani et al, 2015*).
- The recently migrated mothers are found to be a specifically vulnerable group with five times higher risk of developing PPD (*Dennis et al, 2004*).
- Another vulnerable group is immigrant mothers less proficient in the language of their new country (*Bandyopadhyay et al, 2010*).
- Providing effective screening to immigrant mothers is a challenging task for health care professionals (*Teng et al, 2007; Tobin et al, 2015*)



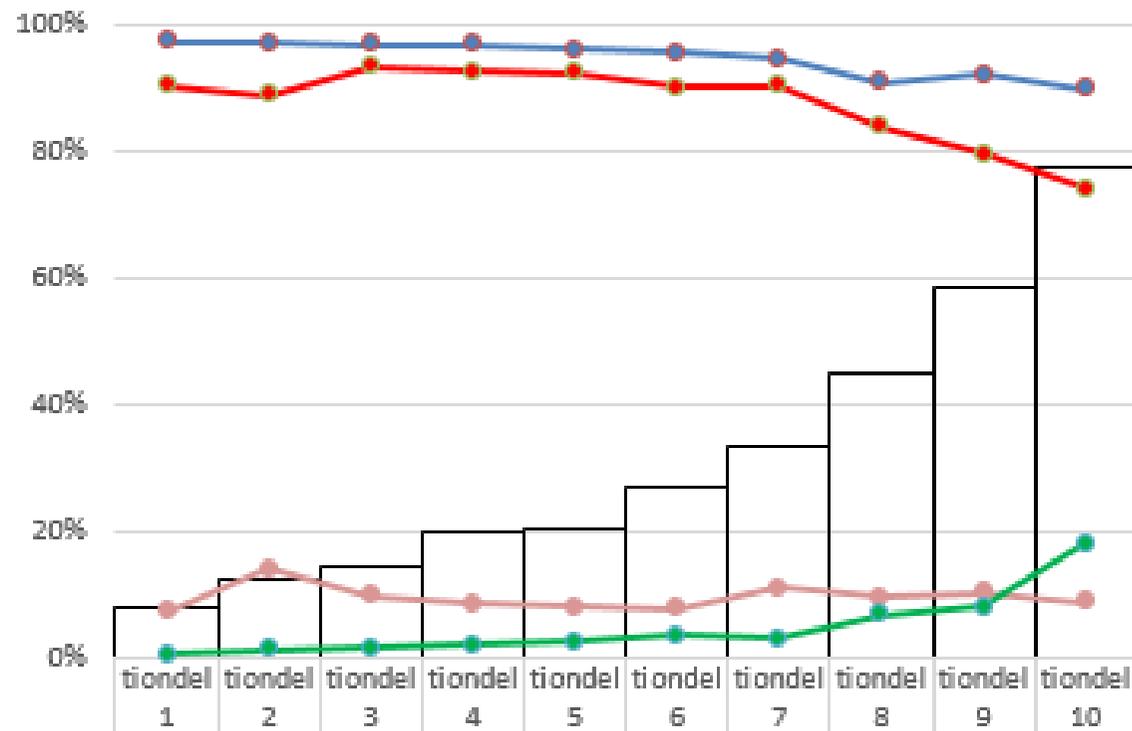
Context

- Skåne
- Centre of Excellence for Child Health Services
- 100 000 children 0-6 years, 40 % with an immigrant background
- 17 000 newborns/year
- 146 CHS units
- 350 nurses, 350 doctors, 45 psychologists
- Screening since 1998
- General screening 2010





Screening for PPD,
use of interpreter
and follow-up
distributed
after Care Need
Index



	Percentage of children associated with risk group for TBC (born in 2014)	8%	12%	14%	20%	20%	27%	33%	45%	59%	77%
	Percentage of children (born in 2015) whose mothers have been offered screening for PPD	97%	97%	97%	97%	96%	96%	94%	91%	92%	90%
	Percentage of children (born in 2015) whose mothers' have participated in screening for PPD	90%	89%	93%	92%	92%	90%	90%	84%	79%	74%
	Percentage of mothers who recieved follow-up after screening for PPD (counselling or referral)	7%	14%	10%	8%	8%	8%	11%	10%	10%	9%
	Percentage of screenings for PPD executed with help of interpreter	0%	1%	2%	2%	3%	3%	3%	7%	8%	18%



Study I

To elucidate CHS nurses' experiences of identifying signs of PPD in non-Swedish-speaking-immigrant mothers

- *13 nurses*
- *54 years mean age*
- *18 years in the CHS*
- *59 newborns à year*

Skoog M, Hallström I, Berggren V. “There’s something in their eyes’- Child Health Services nurses’ experiences of identifying signs of postpartum depression in non-Swedish-speaking immigrant mothers” Scand J of Caring Sciences, 2017

Results study I

A constant challenge for deepening the transcultural caring relationship

Establishing a transcultural supportive relationship

Interpreting the mothers mood using cultural knowledge

Striving- sometimes in vain-when screening for PPD



Establishing a transcultural supportive relationship

. . . that they feel that I welcome them as I welcome any fellow human being and that I don't look down on them or think that they are different, but that we . . . I was about to say become friends, but it's the wrong word . . . but that we have a good relationship. That they feel they are liked and that I listen to them. I think that's the main thing [. . .] then they trust me [. . .] that's how I think it works (no. 6).



Interpreting the mothers mood using cultural knowledge

-It feels as if they distance themselves from both me and the baby. They don't hold the baby as I would if it was my baby. There's something in their eyes or rather there's something missing. Because it doesn't matter how tired you are or how hard the nights are or how much the baby cries or how unsure you feel as a mother there is still a spark in most [of the mothers' eyes], and if I don't see it I feel worried (no. 13).



Striving- sometimes in vain- when screening for PPD

- You can be pretty tired afterwards and feel that you give and you give. Even if you don't say that much, it still takes a lot of energy because you have to be in here and now and kind of give of yourself all of the time. I think you sometimes feel really exhausted afterwards (no. 10).



Thanks for listening!



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