



A study on peripartum mental health in a tertiary care hospital in north east India: An illness considered a taboo

Kriti rani daimari, Manideepa roy and Anita thapa

Fakhruddin Ali Ahmed Medical Collage & Hospital, India

Abstract

Statement of problem: Pregnancy and puerperium can present with a variety of mental health problems in women like postpartum depression, which is most commonly seen, delirium, de novo or as an exacerbation of psychosis or neurosis, conversion disorder like generalised anxiety disorder, bipolar disorder, mania, seizure disorders, schizophrenia, dissociative identity, obsessive compulsive disorder, panic disorder, post-traumatic stress disorder. This disability causes sufficient personal, social and economic loss of the patient and their family. But the symptoms are commonly ignored, specially due low education and awareness among the people about such problems in the society. Most frequently these are attributed to demonic or spirit possession. The subject is less commonly studied because people shy away to divulge the information about the patients, even if they are aware of it. The pivotal aim of the study is to find out the incidence of such patients admitted in the department and assess their response to treatment

Methodology and theoretical orientation: A hospital based prospective study was done and detailed history was taken using a predesigned proforma.

Findings: Neither the patients nor their attendents fully understood the gravity of the situation. They were in a dilemah, some even refused further treatment and returned home.

Conclusion and significance: The patients were never able to express their grievances fully Some attendents fully supported their patients, but few failed to recognize their inner cries. Acceptance of awareness programmes is necessary from the layman to make the programme a success.

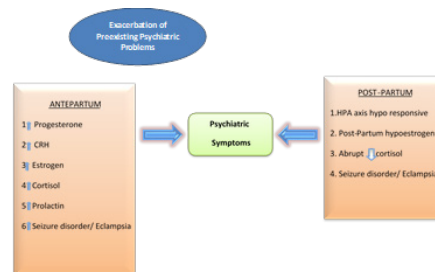


Figure 1: Changes in Pregnancy and Puerperium affecting mental health.

Biography

Kriti Rani Daimari has years of experience in management of patient and has worked for improving the health and wellbeing of women both in tertiary and peripheral health setup. Additionally she has experience in female psychiatry in a central mental health institution. Her in-depth knowledge has helped in contextual evaluation of research methodologies. After years of experience in patient management and administration as well as patient care has built the foundation for measurement, description and judgement. This approach has made her focus on a topic which only a handful of researchers have ventured.

Publications:

1. Mental Disorders in woman: natural course during pre menstrual phases, peripartum period and perimenopause.
2. Identification and treatment of peripartum anxiety disorders
3. Peripartum depression: early recognition improve outcomes.
4. Epidemiology of maternal depression, risk factors and child outcomes in low – income and middle income countries.
5. Pregnancy and suicide. Towards a coherent narrative the lancet psychiatry



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