

Evidence-based practices regarding anxiety and depression after cesarean section

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Abstract

The purpose of this research is to examine the evidence-based practices of anxiety and depression after a cesarean section delivery. Postpartum anxiety and depression have increased in the last decade, as the WHO reported that the rates of postpartum depression are around 13% worldwide. In the postpartum period, women may experience anxiety and depression due to the operation they have undergone; such as being in an unfamiliar environment, facing new technological equipment and encounters with the medical teams, and the post-operative pain. Furthermore, the new roles women undertake as mothers, feeling of insufficiency and lack of self-confidence might also lead to mood disorders such as anxiety and depression.

It is argued that type of delivery is one of the factors that might increase the tendency of postpartum anxiety and depression. In a cohort study conducted in Taiwan, it was found that those who delivered by cesarean section had more post-natal stress symptoms than women who delivered vaginally. In Turkey, the rate of caesarean delivery is comparatively high, which is approximately 52%. It is important to determine anxiety and depression after cesarean and to take precautions for these conditions in the early phases, to reduce her anxiety and concern, and maintain a healthy maternal relationship effectively.

Today, non-pharmacological interventions are preferred more because of the side effects of pharmacological interventions in reducing anxiety and depression after cesarean. Complementary therapies such as reiki, acupressure, hand and foot massage, yoga, reflexology and aromatherapy were found to be effective in studies conducted to reduce anxiety and depression after cesarean-section. Furthermore, according to the Functional Health Pattern Model home care practices after cesarean have proved to be effective in reducing depressive symptoms of the women. In this context, this paper will highlight the importance of nurses in non-pharmacological practices within the multidisciplinary team, by including evidence-based practices for the prevention and reduction of anxiety and depression after cesarean-section.

Key Words: Cesarean section, anxiety, depression, evidence-based practices, nurse

Biography:

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Dean of Faculty of Health Science Head of Nursing Department ,She graduated in first place from Hacettepe University in 1989 and she won the Ihsan Dogramaci Superior Merit Award and Science Incentive Award. She earned her pilot's license. fTransport. She studied about counseling on assisted reproductive techniques at Liverpool Women's Hospital Reproductive Medicine Unit in United Kingdom on the British Council Research Scholarship. She earned a certificate in management and leadership in nursing. She is an active member of Thematic Network leadership work group. She studied as a research scholar at Kent State University College of Nursing in 2006. In 2007, she worked on a project named "Development of Leadership Skills in Nursing Doctoral Students" at University of Michigan Faculty of Nursing on an international research scholarship which was supported by International Network for Doctoral Education in Nursing (INDEN) and Sigma Theta Tau and provided to only three people around the world every year. She worked as a research assistant at Hacettepe University School of Nursing in the Maternity and Women's Health Nursing Division from 1990 to 1997. She was promoted to assistant professor in 1998, associate professor in 2006 and professor in 2012. She worked as a Co-Head of Nursing Department, Erasmus Department Coordinator, Head of Strategic Planning Group and board member of Hacettepe University Women's Research and Implementation Center (HUWRICH) between 2008 and 2011. Her interest subjects are sexuality and reproductive health and management and leadership. She is member of national and international nurse's organizations such as INDEN and Sigma Theta Tau. She has been working as a Director of Nursing Services at Hacettepe University Hospitals (Adult, pediatric, physiotherapy and rehabilitation and Oncology hospital) between 2012-2016 and Founding Dean of Faculty of Nursing. She had a founder Dean Faculty of Health Science in İstinye University and Director of Nursing of MLPCare (with 30 hospitals, 3500 nurses) between 2016-2018. She has published more than 100 papers, 20 grant projects, eight books as an editor and author, and more than 120 presentation in the national and international. She is also invited speaker more than 60 congress and symposium. She is currently work as a Dean of Faculty of

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