

ASSESS AND COUNSEL THE WOMAN FOR SYMPTOMS OF DEPRESSION AT ANC AND PNC VISIT

OBSERVE OR ASK		SIGNS & SYMPTOMS	CLASSIFY	TREATMENT
<p>OBSERVE FOR RISK FACTORS:</p> <ol style="list-style-type: none"> Does the mother (and the baby) look neat & tidy? Does the mother show interest in breast-feeding? (ANC: Is the mother planning to breastfeed?) Does the mother look at the baby and respond to baby's signals? (ANC: Is the mother interested to talk to the baby in utero?) Does the woman report or show signs of exposure to violence? Is the woman younger than 18? (Check records) 	<p>ASK FOR RISK FACTORS:</p> <ol style="list-style-type: none"> Did you wish for this pregnancy? Does your partner support you? And does your family or neighbours support you? <p>ASK FOR SIGNS OF DEPRESSION: TWO QUESTIONS – PHQ2:</p> <p>1. In the last two weeks, have you felt that you are losing interest in activities you enjoyed before? <i>For example, chatting with friends, going out, playing with your kids...</i></p> <p>If yes, how many days, more or less, you felt this way?</p> <ul style="list-style-type: none"> ○ NOT AT ALL (0) ○ SEVERAL DAYS (1) ○ MORE THAN HALF THE DAYS (2) ○ NEARLY EVERY DAY (3) <p>2. In the last two weeks, have you felt down, sad or hopeless, or have had irritable mood?</p> <p>If yes, how many days, more or less, you felt this way?</p> <ul style="list-style-type: none"> ○ NOT AT ALL (0) ○ SEVERAL DAYS (1) ○ MORE THAN HALF THE DAYS (2) ○ NEARLY EVERY DAY (3) 	<p>PHQ 2: ≥ 2 points</p>	<p>SUSPECTED DEPRESSION</p>	<ul style="list-style-type: none"> Register Suspected Depression (SD) in ANC or PNC Register (Remarks) Counsel the mother using counselling cards & local supportive practices Refer & accompany to the Health Center PHO, GP or Psychiatric Nurse for PHQ-9: <ul style="list-style-type: none"> Mild to moderate depression (5 to 14): <i>Counsel; refer for HEW for community follow up</i> Severe depression (15 or higher): <i>Counsel; Refer to Mental Health services; ensure community follow up</i>
		<p>PHQ 2: < 2 points</p> <p>AND AT LEAST ONE RISK FACTOR PRESENT</p>	<p>POSSIBILITY TO DEVELOP DEPRESSION</p>	<ul style="list-style-type: none"> Register NO DEPRESSION (ND) in ANC or PNC Register (Remarks) Counsel the mother using counselling cards & local supportive practices
		<p>PHQ 2: < 2 points</p> <p>AND NO RISK FACTORS PRESENT</p>	<p>ABSENCE OF SIGNS OF DEPRESSION</p>	<ul style="list-style-type: none"> Register NO DEPRESSION (ND) in ANC or PNC Register (Remarks) Praise the woman and the family members that support her



TAKING CARE OF YOURSELF



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?

TAKING CARE OF THE BABY



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?



WHAT IS THIS WOMAN DOING?
WHAT IS SHE PROBABLY THINKING OR FEELING?



WHAT IS THIS WOMAN DOING?
WHAT IS SHE PROBABLY THINKING OR FEELING?

COULD YOU ALSO TRY THIS AT HOME? WHAT ELSE DO YOU THINK YOU COULD TRY, TO FEEL BETTER?
VERY GOOD! WHO CAN SUPPORT YOU? PLEASE TRY WHAT YOU DECIDED, AT HOME!



RELATIONSHIP WITH THE HUSBAND



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?

RELATIONSHIP WITH THE FAMILY & NEIGHBOURS



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?



WHAT IS THIS WOMAN **DOING**?
WHAT IS SHE PROBABLY THINKING OR FEELING?



WHAT IS THIS WOMAN **DOING**?
WHAT IS SHE PROBABLY THINKING OR FEELING?

COULD YOU ALSO TRY THIS AT HOME? WHAT ELSE DO YOU THINK YOU COULD TRY, TO FEEL BETTER?
VERY GOOD! PLEASE TRY WHAT YOU DECIDED, AT HOME!



TAKING CARE OF YOURSELF



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?

TAKING CARE OF THE BABY



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?



WHAT IS THIS WOMAN DOING?
WHAT IS SHE PROBABLY THINKING OR FEELING?



WHAT IS THIS WOMAN DOING?
WHAT IS SHE PROBABLY THINKING OR FEELING?

COULD YOU ALSO TRY THIS AT HOME? WHAT ELSE DO YOU THINK YOU COULD TRY, TO FEEL BETTER?

VERY GOOD!

WHO CAN SUPPORT YOU?

PLEASE TRY WHAT YOU DECIDED, AT HOME!



POSTNATAL PERIOD

RELATIONSHIP WITH THE HUSBAND



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?

RELATIONSHIP WITH THE FAMILY & NEIGHBOURS



WHAT IS HAPPENING WITH THIS WOMAN? WHAT IS SHE THINKING OR FEELING? HAVE YOU EVER FELT OR THOUGHT THE SAME?



WHAT IS THIS WOMAN **DOING**?
WHAT IS SHE PROBABLY THINKING OR FEELING?



WHAT IS THIS WOMAN **DOING**?
WHAT IS SHE PROBABLY THINKING OR FEELING?

COULD YOU ALSO TRY THIS AT HOME? WHAT ELSE DO YOU THINK YOU COULD TRY, TO FEEL BETTER?
VERY GOOD! PLEASE TRY WHAT YOU DECIDED, AT HOME!