

Postpartum Depression Education Module: Key Terms

Actively being treated means a patient currently under the care of a Physician or health care professional for the treatment of depression or other perinatal mood

Eligible mother means postpartum (birth up to one year after childbirth) mothers who have not disclosed a diagnosis and are not actively being treated for depression or other perinatal mood disorders, have not experienced a perinatal loss, are not foster or adoptive mothers, have not placed their infant for adoption, and have not had their infant apprehended or placed in care. Ineligible mothers shall be followed using local processes or protocols. Throughout the Postpartum Depression Module, the term mother will be used to describe eligible mother, unless otherwise stated.

Determinants of health includes income and social status; social support networks; education; employment/working conditions; social environments; physical environments; personal health practices and coping skills; healthy child development; gender; and culture.

Health care professional means an individual who is a member of a regulated health discipline, as defined by the Health Disciplines Act (Alberta) or the Health Professions Act (Alberta), and who practises within scope and role.

Indigenous Peoples' refers to all First Nations, Inuit and Métis peoples and reflects the principles of the United Nations Declaration of the Rights of Indigenous Peoples. Determinants such as colonialism, racism and self-determination have profoundly influenced the health of Indigenous Peoples' in Canada because they represent political, economic and social contexts that directly impact the social determinants of health.

Opportunistic screening means when a test is offered routinely to an individual without symptoms of the disease/disorder when they present to a health care professional for reasons unrelated to that disease/disorder(e.g., offering PPD screening at Well Child Clinic visits).

Patient and family centred care means care provided working in partnership by encouraging active participation of mothers and families in all aspects of care as integral members of the mother's care and support team, and as partners in planning and improving facilities and services. Patient and family centred care applies to all areas of health care.

Perinatal period refers to the period of conception up to one year postpartum.

Postpartum period refers to the period of birth up to one year after childbirth.

Physician means the one who has primary responsibility and authority for the medical care of a mother. In community settings, this will likely mean the family physician or general practitioner; in acute care settings, this may mean the admitting and/or following physician or a hospitalist. As a mother flows through the continuum of care, the physician of record may change with the type of service provided.

Public health nurse (PHN) means all regulated members of the College and Association of Registered Nurses of Alberta (CARNA) who deliver public health services under the authority of the Medical Officer of Health of Alberta Health Services.

Self-care means non-pharmaceutical treatment and may include healthy nutrition, physical activity, sleep and rest, time for self and seeking support. These strategies may help to lessen the symptoms of depression and contribute to maintaining positive mental health.