

a. Identify the appropriate screening tool for Natalie to complete during her first visit and discuss why the selected tool is appropriate for the client.

The appropriate screening tool for Natalie is Edinburgh Postnatal Depression Scale (EPDS) because of her history of a stillborn child combined with her current symptoms. The Edinburgh Postnatal Depression Scale (EPDS) is a set of 10 screening questions that can indicate whether a parent has symptoms that are common in women with depression and anxiety during pregnancy and in the year following the birth of a child ("Edinburgh postnatal depression scale (EPDS)," 2023). This screening will assist in uncovering any other possible symptoms. The higher the score the more likely medication or psychotherapy will be required.

b. Natalie is diagnosed with peripartum depression. Identify the appropriate treatment for Natalie and discuss why the selected treatment is appropriate for the client.

Cognitive-behavioral therapy (CBT) has been shown to be very effective for perinatal women across the spectrum from mild to severe depression (McDonald & Alhusen, 2022). An antidepressant, for treatment of depression and anxiety, would also be a possible adjunct therapy in moderate to severe cases (Hirst & Zink, 2019).

c. Natalie has concerns about the stigma associated with seeking mental health care. Discuss at least two (2) strategies the PMHNP can use to address these concerns.

Childbirth is considered a highly celebrated "natural" event and anything outside the so called "norm" has the potential of being stigmatizing. The commonest maternal mental health problems are mood disorders, with more than half experiencing "baby blues" and one in ten women experiencing full blown depression ("Stigma and the language of mental health in mothers," 2019).