



Interprofessional Healthcare Team Knowledge of Post-Adoption Depression in Adoptive Mothers.

Valerie Burris DNP, APRN, WHNP-BC



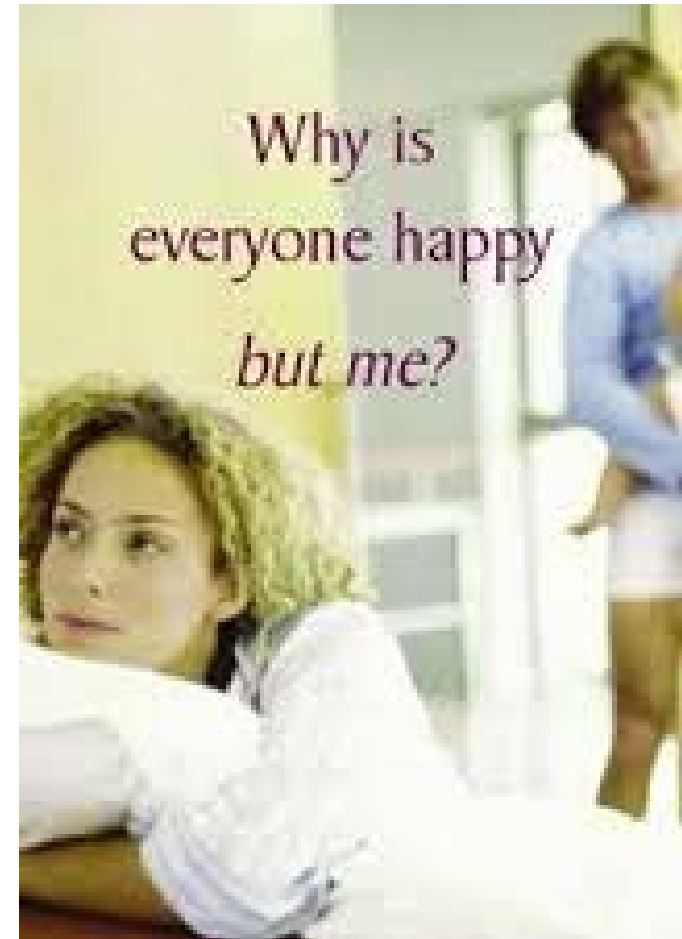
Background

- 1 out of 10 adults in America are depressed (CDC, 2010).
- Post-partum depression is prevalent
- Biological maternal depression is a direct cause of behavioral issues in children
- Post adoption depression?



Symptoms PPD & PAD

- Depression symptoms similar
- Etiology likely different but not known



Post-adoption Depression

- Parental transition in biologic families and adopted child transition well studied
- Very little on transition of adoptive mothers to parental transition
- 1.8 to 2 million children adopted in the United States (2012)
- Gap in knowledge regarding PAD



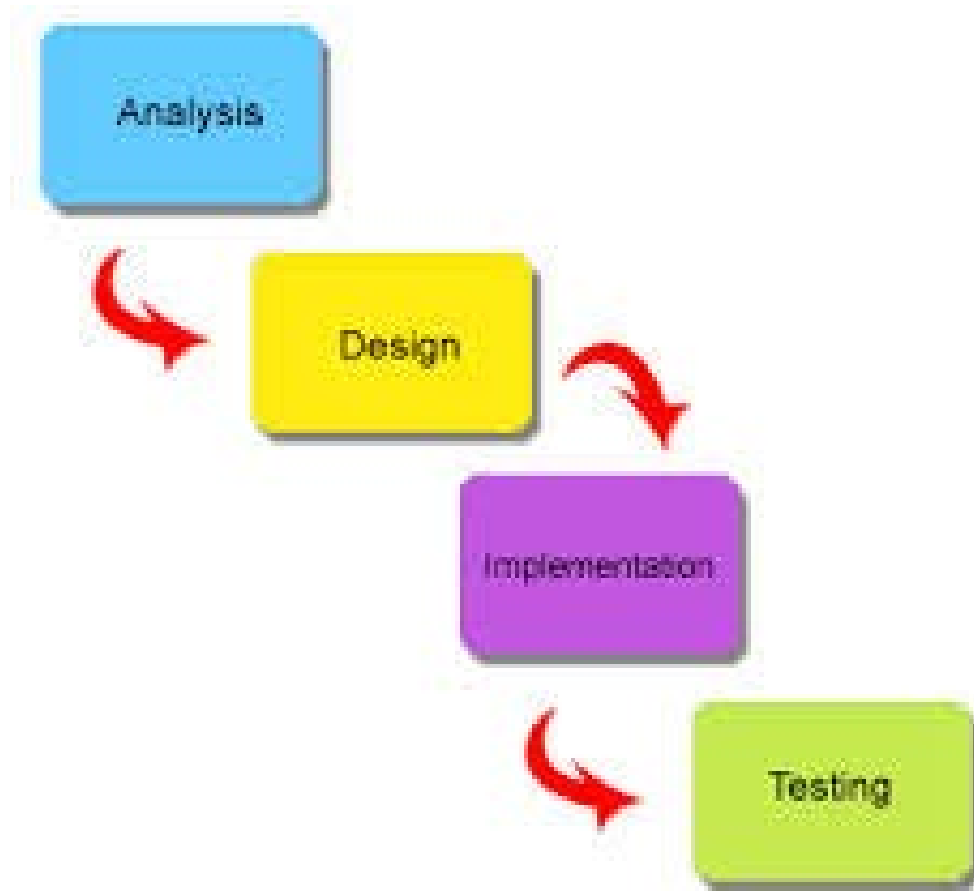
Purpose

- Survey the interprofessional healthcare team
 - What do they know about PAD?
 - Do they assess?
 - Do they intervene?
 - Is intervention evaluated?



Design

- Design
- Setting
- Population
- Sampling Procedure
- Benefit/Risks



Method

- Contact IP team members
- Administer survey 16 questions: demographic, quantitative, short-answer qualitative: personal interview, email, telephone
- Data recorded in password protected electronic database
 - De-identified with linkage log maintained by investigator
- Data analysis: descriptive and informal thematic

Risk/Benefit

- Minimal risk: does take time, may be uncomfortable
 - May have participated in adoption process themselves
- No direct benefit to participants
- Implications for future practice

Results: Demographics

Age mean	Gender	Credentials		Education	Years' experience	Work setting
53	Female n = 23	LPN	n = 1	LPN n = 1	0-10 n = 2	Agency n = 2
	Male n = 2	RN	n = 18	ADN n = 5	11-20 n = 6	Hospital n = 16
		APRN	n = 2	Diploma n = 9	21-30 n = 8	Office n = 7
		MD	n = 1	BSN n = 4	>30 n = 9	
		Counselor	n = 1	BA/BS n = 2		
		Adoption Consultant/Facilitator n = 2		Masters n = 1		
				Doctorate n = 3		

N = 25

Note. Doctoral education respondents included MD, PhD, and DNP

Knowledge of PAD

- 76% ($n = 19$) had never heard of PAD.
- 16% ($n = 4$) had heard of the term PAD, but did not know what it meant
- 8% ($n = 2$) had heard of the term, and had some familiarity with the syndrome.
 - Of those respondents who had either heard of PAD but had no knowledge ($n = 4$) or heard of PAD and had some knowledge ($n = 2$), all but one had a personal or close adoption experience (83%)

If you have heard of PAD, where have you heard it? (n = 6)

Respondent Number	
2	"Through clinical circles we associate with"
6	"At work (hospital)"
17	"Only have heard the term, do not know about PAD."
18	"From adoption professionals."
23	"Firsthand accounts on adoption Facebook page."
24	"Anecdotal from patients and friend."

Tell me what you know about PAD? (n = 6)

Respondent Number	¹
2	"PAD appears to be a new diagnosis...would have an interest in learning more about it."
6	"Depression from lack of sleep and adjusting to having a new baby."
17	"After placement may have depression."
18	"Similar to postpartum depression."
23	"Just my assumption that it is similar to postpartum depression."
24	"Not much. Possibly similar to postpartum depression, treat with counseling."

Additional Results

- No one received formal training on PAD
- Only the counselor stated:
 - He would provide general depression information to adoptive parents
 - Would screen for PAD, and would use general depression criteria
 - PAD would only be a small portion of his practice
 - He would only counsel a two or fewer people a month with PAD





Limitations

- Small sample size
- Convenience sample
- Primarily surveyed those working with newborns
- Unintentional bias

Future Development



- Development of educational programs for interprofessional health care professionals on the risk, assessment, and interventions for PAD.
- Support groups for adoptive mothers experiencing PAD could assist with social isolation and provide a safe place for discussion of feelings.



Future Research

- Additional studies involving mothers, fathers and families experiencing PAD are warranted.
- Other populations of interest include:
 - families adopting older children,
 - foreign adoption versus domestic adoption,
 - interracial versus same race adoption,
 - adoption by non-traditional families:
 - single parents
 - members of the gay or lesbian community.



MOTHERHOOD

“It's like being in an induced psychotic state where bowel movements and sneezes take on epic proportions for the mother, as much as a moment of cuddling warms her heart in ways most women never thought possible”

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