

Knowledge on postpartum depression and its management and factors associated with knowledge among midwives in the Jaffna district

T. Balapaskaran¹, L. Kamalarupan ², S. Sivayokan³

¹*Faculty of Allied Health Sciences, University of Jaffna*

²*Department of Nursing, Faculty of Allied Health Sciences, University of Jaffna*

³*Teaching Hospital Jaffna*

Background and objectives: Postpartum depression (PPD) is a common complication of childbearing, affecting approximately 10-15% of women. Midwives should possess adequate knowledge regarding PPD and its management to identify and minimize complications among at risk mothers. This study was conducted to assess knowledge on PPD and its management and associated socio-demographic and service-related factors among midwives in the Jaffna district.

Methods: A field and hospital-based descriptive cross-sectional study was carried out among midwives in the Jaffna district. As the entire study population was included, no sampling technique was used. A self-administered questionnaire was used to collect data from 186 midwives working either in the field or at hospitals. Knowledge was categorized into three levels based on the Bloom's Test. Data analysis was done using SPSS version 25 and Chi-square test was performed to identify the influencing factors.

Results: Most of the participants (86.6%, n=161) had completed midwifery training with Advanced Level qualifications. Only a third (33.3%, n=62) had good knowledge regarding PPD and its management. Knowledge showed a statistically significant association with age (p=0.005), educational level (p=0.001), experience in midwifery (p=0.017), current working place (p=0.015), participation in in-service training programmes regarding PPD (p=0.015), and previous experience in managing a PPD mother (p=0.006). Participants in the 35-50 years age group, with diploma qualifications, ≤10 years midwifery experience, currently working in the field, who had received in-service training in PPD, and had previous experience managing PPD were more likely to have good knowledge.

Conclusion: Two-thirds of midwives in the Jaffna district did not have good knowledge on PPD and its management. Providing opportunities to update knowledge, such as through conferences or period in-service training on PPD, may be helpful to improve the knowledge among midwives in Jaffna.

Keywords: Postpartum Depression, Midwives, Knowledge, Jaffna.