

Potential Intervention to Mitigate The Psychological Distress Among Postnatal Women During Covid-19 Pandemic: A Scoping Review

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INTRODUCTION

The COVID-19 pandemic that began in 2019 resulted in psychological distress, particularly among the vulnerable population like the postnatal women. The upsurge in psychological disorders such as anxiety, depression and stress are due to the personal, financial, and psychosocial factors. Reviews suggested the importance to structure potential interventions and programs to provide quality care for the postnatal women during a pandemic.

OBJECTIVES

The study aimed at reporting current literatures on potential structured interventions and programs to mitigate the mental health risk and improve the well-being of the postnatal mothers during pandemic.

METHADODOLOGY

- The review was emulating the five-phase framework outlined by Arksey and O'Malley
- Database: MEDLINE, Scopus, ProQuest, and EBSCOhost.
- Inclusion: postnatal group who delivered within the past 12 months during the COVID-19 pandemic

RESULT & DISCUSSION

A total of 937 articles were screened from the title and abstract level, of which 20 articles were assessed at full text. The majority of the papers were cross-sectional studies (n=14), longitudinal cohort studies (n=4) and 2 qualitative studies. Among the potential interventions to overcome postnatal psychological distress among the vulnerable postnatal mothers during this COVID-19 pandemic are:

TELEHEALTH SERVICES

- Telehealth services may provide virtual resources for the postnatal mothers¹
- Online counselling, breastfeeding support groups, psychological hotlines were established to help reduce distress²

ADAPTATION OF STRUCTURED PROGRAMS

- May provide resources needed by postnatal mothers (information regarding COVID-19, access to healthcare services and financial assistance)²
- The empowerment of knowledge and information among women and their family members alleviate distress³

COPING MEASURES

- Include practicing yoga, meditation, and breathing exercises⁴
- Helps to elevate moods and become a viable coping skill to improve postnatal psychological well-being⁵

CONCLUSION

It is important to identify possible interventions to prevent psychological distress among postnatal women. This will assist to provide supportive environment and quality care to the mothers and their infants at this critical time. This can also be a reference in future pandemic situations.

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