

The Programa Maternity Blues / Unidad de Apoyo Emocional

Carlos Sánchez Roldán

Hospital Universitario Sanitas La Zarzuela, Madrid, Spain

Abstract

The main objective of the Maternity Blues Program at Hospital Universitario La Zarzuela is the early detection of perinatal depressive status because it is the most frequent obstetric complication and provides healthcare coverage to a part of the health that doesn't receive preventive care and the necessary follow-up or detection of cases. In 2020 it's estimated that between 10% and 15% of women during pregnancy suffer from depression and only 65% of these women are diagnosed.

The American College of Obstetricians and Gynecologists since 2013 recommends performing at least one screening in the perinatal period with instruments of proven scientific guarantees. Also the American Academy of Pediatrics since 2015 points out the importance of screening in order to prevent the impact on babies and their families due to the consequences of postpartum depression in altering family well-being and cognitive alterations, behavioral and / or emotional of the baby. Even so, in Spain screening isn't incorporated in regular manner in many pregnancy monitoring programs in the public and private health sector.

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Biography

Graduated in Nursing in 2000 and Physiotherapy in 2003. Master y Expert in Management and Leadership of Health Services since 2006.

The development of my professional activity includes the field of care in rural primary care and secondary and tertiary attention hospital care within the surgical area, emergencies, dialysis and hospitalization.

Since 2004 I combine care and teaching activities with management positions in nursing services and shifts remaining from 2008 to the present in the Hospital Universitario Sanitas La Zarzuela as Nursing Supervisor as head of Hospitalization, Surgical and Obstetric Block and Radiodiagnosis or Diagnostic Imaging.