



The Role of Psycho-Educational Counseling of Pregnant Women with Preeclampsia in Improving their Mental Health

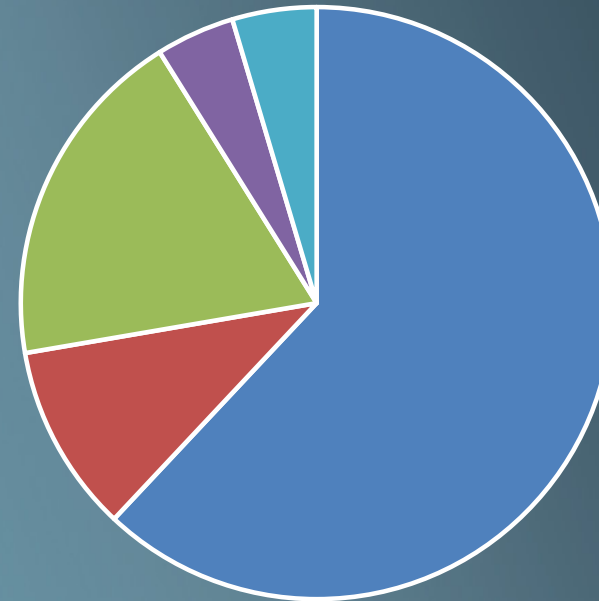
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Introduction

- Preeclampsia is defined as the development or worsening of high blood pressure
- It is characterized by proteinuria and HTN
- HTN ranges are Systolic mean (140-160mmHg) and Diastolic mean (90-110mmHg)
- Normally occurs at 20 weeks during gestation

Distribution of HTN Disorders in Pregnancy



- Preeclampsia
- Gestational HTN
- Preeclampsia on chronic HTN
- Eclampsia
- Chronic hypertension





Preeclampsia and Mental Health

- Preeclampsia may cause mental health issues due to
 1. Length of hospitalisation
 2. Uncertainty of maternal and infant health outcomes
 3. Newborn difficulties



Psychoeducational Counselling Intervention

- Psychoeducational counselling is the main intervention for the study.
- Study aims to determine its effectiveness in reducing mental health complications in preeclampsia.
- Psycho-education is a therapeutic intervention tactic used by experts in psychiatry



Project Aims and Objectives

- The aim of the study is to determine the role of psycho-educational counselling for women with preeclampsia.
- Main objectives were
 - To determine whether psycho-educational counselling of women with preeclampsia helps in the restoration of the mother's mental health alongside treatment.
 - To determine whether psycho-educational counselling of women with preeclampsia helps in improving their mental state during pregnancy.

PICO Format Question

PICO Question:	Patient/Population	Intervention	Comparison/Control	Outcome
(Primary Question) What is the effect of psycho-educational counselling in preventing psychological burden and mental distress among pregnant women with preeclampsia?	Pregnant women with preeclampsia	Psycho-educational counselling	No psycho-educational counselling of pregnant women with preeclampsia	Reduction of psychological burden and mental distress among these pregnant women
(Secondary Question) Whether there is enough psycho-educational support available for promoting the mental well-being of women with preeclampsia?	Pregnant women with preeclampsia	Psycho-educational support	No psycho-educational support provided	Increased mental distress among expectant women with preeclampsia without psycho-educational support



METHODOLOGY

Study Setting

- Study design is an integrative literature review.
- PRISMA flow chart used for choosing feasible articles

Steps Taken in the Study

- Preparing the guiding question
- Search and sampling the publications
- Collection of data
- Critical examination of articles included
- Discussion of the results from the review

Inclusion And Exclusion Criteria

Category	Inclusion Criteria	Exclusion Criteria
Study methods	Original peer-reviewed articles and academic research studies, such as systematic reviews	Papers that are not peer-reviewed OR scholarly
Publishing date	Studies conducted 2018-2023	Studies done before 2018
Access	Accessed from Laurea Finna, full-text articles	Not accessible through Laurea Finna, full texts are not available
Results	Studies that include the use of psycho-educational counselling as an intervention to reduce mental distress among pregnant women with preeclampsia	Studies that do not include the use of psycho-educational counselling as an intervention to reduce mental distress among pregnant women with preeclampsia
Language	Studies that were done in the English language	Studies were done in another language than English




Results

- The main themes were divided into the facilitators and impediments
- The impediments included patient education, low socio-economic status, and poor health practitioner skills.
- The facilitators were public health competence, psycho-educational counsellors' competence, and availability of psycho-educational training.

A close-up photograph showing a healthcare professional's hands using a sphygmomanometer to measure a patient's blood pressure. The patient's arm is extended, and the cuff is wrapped around the upper arm. The professional's hands are visible, one holding the device and the other supporting the patient's arm. The background is a plain, light-colored wall.


Facilitators: Public Health Role

- Poon et al. (2021) determine that the role of public health is crucial.
- It provides best practice advice for 2nd and 3rd trimester risk stratification and treatment of preeclampsia
- Importance is due to high morbidity and mortality rates in low-economy countries



Facilitators: Psycho-educational Counsellor's Competence

- Alves et al. (2022) find that perinatal mental health counselling programs are effective in creating better positive health outcomes among the participants
- Alves et al. (2022) state that the adoption of healthy behaviours by the participants is an indicator of improved mental health, leading to better health outcomes in pregnant women.



Facilitators: Availability of Psycho-educational Training

- Andrade (2019) states a positive mindset in healthcare that is not extreme contributes to a patient's mental wellness and results in more positive health outcomes.
- Parang et al. (2023) found that the use of training sessions and psychosomatic empowerment techniques were crucial in improving the mental health of pregnant women.
- Psychosomatic empowerment - a tailored intervention that combines the use of training sessions, psycho-educational counselling, relaxation methods, and mindfulness activities (Wortman et al., 2019) - is an effective intervention in improving the mental health of pregnant women with preeclampsia



Impediments: Low Socio-economic Status

- Edward et al. (2020) attribute the prevalence of preeclampsia in low socioeconomic zones to the limitations of their healthcare systems.
- Inadequacy in healthcare providers' knowledge, system capability, medication availability, patient insight are other reasons (Edward et al., 2020).



Impediments: Patient Education

- The lack of patient education regarding their condition, in this case, preeclampsia, is seen as a major facilitator of stress, anxiety, and depression among pregnant women and new mothers.
- The use of psycho-educational counselling offers additional benefits such as improving the knowledge of their pregnancy, where they are more willing to participate and adhere to treatment and management plans to increase the likelihood of positive health outcomes for the infant and themselves during delivery (El-Refaey et al., 2020).



Impediments: Poor Health Practitioner Skills

- Mental health nurses are already well trained in providing psycho-educational counselling in terms of cognitive-behavioural therapy.
- Gingras-Charland et al. (2018) postulate the fact that the women do not feel any sort of empathy from the tutorials, pamphlets, and videos regarding preeclampsia, showing the need for good health practitioner skills.



Discussion

- Emphasis on public health risk stratification
- Improving perinatal mental health counselling
- Improving health practitioner knowledge and skills
- Improving healthcare systems in low socioeconomic zones
- Increasing patient insight and knowledge

The background of the slide features a collage of medical-related images. On the left, there is a close-up of a stethoscope resting on a white medical chart with various tables and text, including the words 'PATIENT MEDICATION SCHEDULE'. A black pen is also visible on the chart. On the right, there is a blurred image of a medical monitor or scale with numerical markings. The overall color palette is muted, with blues, greys, and olive greens.


Conclusion

- Study found that psychoeducational counselling is an effective intervention in preventing and reducing mental health burden among pregnant women with preeclampsia.
- It is helpful in increasing their awareness of the condition, reduction of anxiety, improvement of nurses' skills in psychosocial communication, improving the parental skills of new parents, implementing self-care practices, and improvement of maternal functioning



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