



Presenter: Arielle Cruz

Session & Time: Poster_III / 2:00 to 2:50pm

Room: Guzman Lecture Hall

Discipline: Nursing

Faculty Mentor: Luanne Linnard-Palmer

Digital Portfolio URL: <https://sites.google.com/view/ariellemagana/home>

Title: The Impact of Nurses w/ PostPartum Depression Returning to Work on their Empathy and Quality of Care on Patients

Abstract:

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Postpartum Depression is a common but overlooked mental health condition that affects mothers worldwide. The primary symptoms a mother feels once they experience postpartum depression are sadness, anxiety, fatigue, insomnia, irritability, and difficulty bonding with the newborn baby. For new mothers, postpartum depression is a challenge to face as their transition to motherhood is greatly affected. Their behavioral, psychosocial, and overall emotional well-being is compromised. Knowing postpartum depression is undoubtedly challenging, the difficulty increases for registered nurses who have to navigate

their mental health hardships while returning to work in the hospital. This study also examines the impact of postpartum depression on nurses' empathy and the quality of care they provide to their patients. Given the emotional and psychological challenges these nurses experience, understanding how they balance patient care while managing the concerns of their newborns at home is an essential area of examination. To enhance the understanding of postpartum depression and analyze real-life experiences from nurses around the world, primary research articles exploring the concept and discovering interventions to improve the outcomes of postpartum depression are examined in this study. A quantitative non-experimental descriptive research approach will investigate the emotional and social effects of postpartum depression from registered nurses. This research proposal will include a sample size of 750 nurses employed in hospitals around the United States. Specifically, in-depth interviews and questionnaires will be conducted to attain a full understanding of the postpartum depression experience and how it impacts a nurse's return to work and their quality of care. With both detailed personal narratives and broader statistical trends, this research proposal will ultimately help discover interventions that will enhance the quality of patient care for nurses who are affected by postpartum depression. Descriptive statistics will be used to measure and strengthen the organization of the data, and a summary of the study will be implemented to make it easier to understand, interpret, and provide essential information.