



**Service Priorities and Programmes**  
**Electronic Presentations**

**Convention ID:** 26

**Submitting author:** Ms Miu Tung CHOW

**Post title:** Advanced Practice Nurse, Castle Peak Hospital, NTWC

**Empowering partners in supporting women in their perinatal period to reduce postnatal depression.**

*Chow HMT(1), Kwok SSP(1), Koo ML(1), Ng CF(1), Lok EYC(1), Wong KM(1), Leung RFY(1)*

*(1)Perinatal Mental Health Service, Child and Adolescent Psychiatry, Castle Peak Hospital.*

**Keywords:**

postnatal depression

partners

empowering

**Introduction**

The outcome of the psychiatric component for early identification and management of postnatal depression of Comprehensive Child Development Service (CCDS) has proven the need of this service to continue. Information to enhance people on this area is plentiful but specifying on empowering partners in supporting women in their perinatal period is limited.

**Objectives**

1. To increase the awareness of husband or partner on the importance of supporting women in their perinatal period. 2. To empower the help-seeking of husband or partner with stress in supporting women having perinatal mental health problems.

**Methodology**

An educational pamphlet will be published to serve the purpose of empowering husband or partner in supporting women in their perinatal period to reduce postnatal depression. 1) Idea on the pamphlet and information compilation was shared among the CCDS team of New Territories West Cluster(NTWC)with consensus to develop a pamphlet for husband or partner. 2)A preliminary draft was prepared, discussed with team members to convey relevant information to target population. 3)A small scale survey was conducted to potential targets to test the relevance and layout appropriateness of the pamphlet draft. A total of 17 questionnaires were received from a group of potential targets.82 to 100 percent of respondents agreed on the relevance of the pamphlet, enhancing them to understand changes of women in perinatal period, helping them to support and prepare for a good father or partner. 4)Content and layout were adjusted with reference to the feedback from the survey. 5)Content refined and feedback from husbands of external source on content and layout helped to keep the pamphlet user-friendly. 6)Content and layout was finalised after repeated proofreading for final production.

**Result**

As the educational pamphlet was designed for husband or partner of perinatal women, writer bias has to be offset by incorporating feedback from potential targets and husbands of external source. The effort of all CCDS team members of NTWC was incorporated to increase the morale and sense of ownership to the pamphlet production. A total of 10,000 pamphlets were produced. These will be kept in CCDS of NTWC. These will be made available to husband or partner whom the team meets in antenatal talk, maternal and child care centres, perinatal mental health service and at consultation-liaison setting of NTWC. In conclusion, helping mothers with postnatal depression is important, however, a more proactive act to success is to empower the carers, i.e. their husband or partner.