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Enhancement of Maternal Emotional Well-Being by Integrative Networking Program through Patient Resource Centre

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Introduction

In recent years, the incidents related to maternal depressive symptoms occurred frequently. Incidence of postnatal depression is about 10-15% (Cox et al, 1993). High level maternal mood problems were found both in prenatal and postnatal stage. The project aimed to facilitate maternal emotional well-being, especially the mothers to be confident on their coping skills in the acute period in order to enhance the adjustment in new parenthood and establish better social support network in the community.

Objectives

1. To enhance adjustment in new parenthood
2. To enhance their coping skills
3. To enhance social support and network in the community

Methodology

Total there were 29 cases referred by Psychiatry CCDS and 11 cases from OBS respectively. The program started a trial in 2015 for mothers of prenatal and postnatal stage. The program was organized by Community and Patient Resource Department and collaborated with powerful internal teams (Department of Psychiatry, Obstetrics & Gynaecology) and external community partners (Caritas IFSC, Expressive Arts Therapy Association of Hong Kong, Bring Me A Book HK). The workshops delivered with integrative intervention model (baby massage, expressive arts, engagement with community resources and story-telling) in order to empower participants having better adjustment on their mother role.

Result

Over 90% mothers gained positive experiences through the intervention process. Further, there were 31 cases showed interest to join follow-up program in the community. The implementation of the project demonstrated effectiveness and significance of connecting the targeted mothers with community resources as a support to the adjustment. There was still a room for improvement to adopt validated assessment tool for better analysis.