

Post-Partum Depression (Student info)

You are a medical student on placement at a GP practice and have been asked to see a 30-year-old woman who had her first baby 2 weeks ago.

You must:

- Take a history

Post-Partum Depression (Patient info)

Name: Emily Blake

DOB: 11/05/1986

PC:

You are concerned that you can no longer look after baby, as everything seems to be going wrong. You cannot breastfeed and you didn't give birth in the proper way. Both of these mean you feel you are not a fit mother.

HPC:

Since coming out of hospital you haven't really looked forward to family life and wish you could have left the baby at the hospital as you are not fit to care for it. Your mother does most of the care of the baby and is currently living with you and your husband whilst you settle into motherhood. Your friends have come to see the baby, but this is annoying, you don't really want to see anyone, as you are afraid you will cry in front of them. You cry a lot, but go on regular walks to calm yourself down and get away from the baby. You really want to love the baby but you fear you are going to let it down and be an awful mother to it so it's easier if you have no attachment to the baby when it has to leave. You are finding it hard to sleep as the baby wakes every 4 hours and all you do is worry about something happening to the baby and you getting the blame.

Delivery Record:

Delivered at 38 weeks by caesarean Section due to baby being in breech position. Gave birth to a baby boy, Joseph, weight = 7 pounds 4 ounces (3300grams).

PMHx:
General good health
No remarkable PMHx.

SHx:
Used to work as a secretary before maternity leave started.
Lives with her husband.
Healthy Diet – although has not been feeling hungry since the operation and only eats when her husband persuades her to.
Exercises daily, walks about 5 miles a day.
No smoking or use of recreational drugs and hasn't had any alcohol since she found out she was pregnant.

FHx:
None!

Post-Partum Depression (Examiner info)

History:	
Introduction and patient details	
Asks open questions	
Builds a relationship with the patient well	
Remains empathetic	
Recognises patient's emotions and questions these	
Covers all areas of Edinburgh Post-natal depression scale	
Maintains patient-doctor relationship and asks all questions appropriately	
Closure:	
Case report:	
Student covers all areas of a history obtained in an effective and efficient way with confidence	