

MATERNAL HEALTH

& Occupational Therapy Support

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Postpartum depression is the **most common childbirth complication** and affects **50-60%** of new mothers

(2017, Stremmer et al.)

45% of new mothers report traumatic birthing experiences. **Trauma-informed care** is essential when working with postpartum patients.

(2018, Beck et al.)

Culture greatly impacts an individual's views on postpartum care. Practice **culturally centered healthcare** to provide your patient with the most respectful and relevant care

(2020, Hardeman et al.)

Postpartum individuals may have difficulty with **activities of daily living** such as mobility, toileting, bathing, and personal hygiene, as well as challenges with **instrumental activities of daily living** such as socialization, sexual activity, and driving.

Occupational therapy can assist postpartum patients with mental health concerns, activities of daily living, and instrumental activities of daily living. Occupational therapists focus holistically on a patient to not only ensure the health of the mother and new baby, but the **satisfaction** and **happiness** of both as well.