

1. Clearly define the question or problem
2. Efficiently search for research evidence
3. Critically appraise the research sources
4. Synthesize data and form recommendations
5. Adapt the information to the local context
6. Implement
7. Evaluate



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Evidence for Practice

FAMILY HEALTH RAPID REVIEWS

JANUARY 2015

Sharing the Research Evidence

Use of Services by Immigrant Women with Symptoms of Postpartum Depression

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Rapid Review Findings

Question:

How can we improve the use of health, community and social services for immigrant women with symptoms of postpartum depression?

Overview of the Search Process:

- Five databases and grey literature were searched for relevant articles from 2003-January 2014.
- Eight potentially relevant articles were retrieved for relevance assessment and critical appraisal
- One high quality guideline on immigrant health and two good-quality book chapters of synthesized literature inform the findings of this review.

Findings

- In 2014, it was estimated that that 1,100 immigrant women in Peel experienced symptoms of postpartum depression (PPD).
- All ethnic groups have unique issues in accessing and using services. Understanding the experiences of immigrant mothers is integral to addressing barriers to care and planning programs and services.
- Barriers include: a lack of knowledge around postpartum depression, treatment options and supports; concerns that mental illness burdens or stigmatizes families; and fears regarding mental illness
- Interventions are grouped into six strategic areas: delivering culturally appropriate care, addressing life context, addressing determinants of health, creating supportive environments, building partnerships, and addressing policy. Interventions in each of these areas identify ways in which service providers can break down barriers and provide culturally relevant and appropriate services.

Implications for Practice

1. Involve immigrant mothers in developing policies, programs and services
2. Create and implement referral pathways between all services
3. Collaborate with community partners to create opportunities for mothers to establish connections and build social networks in supportive environments
4. Ensure culturally appropriate care that includes:
 - Service providers who are skilled in using interpreters and in culturally sensitive interviewing and assessment
 - Materials offered in English and multiple languages
 - Information that is disseminated using multi-cultural channels/media

Full text available at: <http://www.peelregion.ca/health/library/pdf/serv-immigrant-women-postpart-depression.pdf>