

Bölüm 6

PERİNATAL DÖNEMDE PSİKOLOJİK DEĞİŞİMLER VE HEMŞİRELİK YAKLAŞIMLARI

Gözde Gökçe İŞBİR¹

İÇİNDEKİLER

- ◆ Perinatal Süreçlerde Duygusal Değişiklikler ve Uyum
- ◆ Stres
- ◆ Korku ve Anksiyete
- ◆ Doğumun Psikolojik Travması ve Travma Sonrası Stres Bozukluğu
- ◆ Postpartum Hüzün
- ◆ Postpartum Depresyon
- ◆ Postpartum Psikoz
- ◆ Perinatal Süreçlerde Kadınların İyilik Durumlarını Arttırmaya Yönelik Hemşirelik Yaklaşımları
- ◆ Akılda Tutulması Gerekenler



ÖĞRENİM HEDEFLERİ

Hedef 1	Perinatal dönemde iyilik hali kavramını kavrayabilme
Hedef 2	Perinatal dönemde psikolojik değişiklikleri bilme
Hedef 3	Perinatal dönemde ruh sağlığı sorunlarını sıralayabilme
Hedef 4	Perinatal dönem ruh sağlığı sorunlarının risk faktörlerini bilme
Hedef 5	Perinatal dönem ruh sağlığı sorunlarının belirtilerini bilme
Hedef 6	Perinatal dönem ruh sağlığı sorunlarını birbirinden ayırt edebilme
Hedef 7	Perinatal dönem ruh sağlığı sorunlarını önlemede kullanılacak koruyucu hemşirelik yaklaşımlarını belirleyebilme
Hedef 8	Perinatal dönem ruh sağlığı sorunlarını erken tanılayabilme
Hedef 9	Perinatal dönem ruh sağlığı sorunları olan bireylerin tedavisi için ruh sağlığı çalışanlarına uygun yönlendirmeyi yapabilme

¹ Doç. Dr., Mersin Üniversitesi Sağlık Bilimleri Fakültesi Ebelik Bölümü, gozdegokce@gmail.com



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