



## NURSING CARE FOR PATIENTS WITH POSTPARTUM DEPRESSION NURSING CARE FOR PATIENTS WITH POSTPARTUM DEPRESSION

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### SUMMARY

Postpartum depression is a mental disorder that significantly affects the health and well-being of mothers, also impacting their bond with their babies. This study sought to describe and analyze nursing care for patients with postpartum depression, exploring how emotional support and guidance interventions can contribute to the recovery of these women. Aiming to identify nursing practices that favor the adequate management of the disorder, the research used a qualitative approach, developed through a literature review that covered publications from two thousand and twenty to two thousand and twenty-four. The data sources included the LILACS, Capes and Scielo databases, using as inclusion criteria articles available in Portuguese and that directly addressed nursing care in the context of postpartum depression. Duplicate studies and those that did not address the topic specifically were excluded. The results indicated that nursing plays a fundamental role in the early detection and monitoring of patients, offering emotional support and guidance that help reduce stigma and promote self-care. Nursing interventions, when performed in an empathetic and informed manner, have proven effective in alleviating symptoms of depression and facilitating mothers' adaptation to the postpartum period. The importance of integrated action with other health professionals was also observed, enhancing care and contributing to a more complete recovery of patients. The research highlighted the importance of training nursing professionals to deal with the specificities of postpartum depression, promoting sensitive and evidence-based care. **Keywords:** Postpartum Depression. Nursing. Emotional Support.

### ABSTRACT

Postpartum depression is a mental disorder that significantly affects the health and well-being of mothers, also affecting their bond with their babies. This study sought to describe and analyze nursing care for patients with postpartum depression, exploring how emotional support and guidance interventions can contribute to the recovery of these women. Aiming to identify nursing practices that favor the adequate management of the disorder, the research used a qualitative approach, developed through a literature review that covered publications from two thousand and twenty to two thousand and twenty-four. The data sources included the Lilacs, Capes and Scielo databases, using as inclusion criteria articles available in Portuguese and that directly addressed nursing care in the context of postpartum depression. Duplicate studies and those that did not address the topic specifically were excluded. The results indicated that nursing plays a fundamental role in the early detection and monitoring of patients, offering emotional support and guidance that helps reduce stigma and promote self-care. Nursing interventions, when performed in an empathetic and informed manner, have proven effective in alleviating symptoms of depression and facilitating mothers' adaptation to the postpartum period. The relevance of integrated action with other health professionals was also observed, enhancing care and contributing to a more complete recovery of patients. The research highlighted the importance of nursing training professionals to deal with the specificities of postpartum depression, promoting sensitive and evidence-based care. **Keywords:** Postpartum Depression. Nursing. Emotional Support.

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### 1. INTRODUCTION

Postpartum depression is a psychiatric disorder that affects a significant number of women after the birth of their children. This mental health problem has profound implications for both the mother and the newborn, and can compromise emotional bonding and child development. Historically, this condition has been underdiagnosed and neglected in many health settings. However, in recent decades, the importance of psychological monitoring and nursing care has been highlighted as a fundamental part of ensuring effective recovery and minimizing negative impacts.



of postpartum depression, (Gomes *et al.* 2024).

Considering the complexity of postpartum depression, the role of nursing emerges as essential in the process of identifying, monitoring and supporting patients. The role of nursing professionals goes beyond basic health care, involving observation, emotional support and guidance so that mothers can deal with the challenges of this period. This role requires an in-depth understanding of the symptoms of postpartum depression and a sensitive approach that respects the individual needs of each patient, promoting a more humanized and effective recovery, (Gomes *et al.* 2024).

The research was limited to the study of nursing care for patients with postpartum depression, seeking to understand how these professionals can contribute to improving the clinical condition of these women. The research problem was defined based on the need to identify the most effective nursing practices for treating this disorder in patients in the postpartum period. The guiding question was formulated as follows: what are the nursing practices and interventions that most contribute to the support and recovery of patients with postpartum depression? As possible answers to this question, the hypothesis was considered that a nursing approach that includes active listening, emotional support and educational interventions can significantly reduce the symptoms of postpartum depression. Another hypothesis raised is that systematic monitoring and guidance for self-care facilitate the adaptation of mothers to the postpartum period and improve their quality of life. Finally, it was considered that training nursing professionals on the specificities of postpartum depression has a positive impact on the treatment and recovery of patients.

The overall objective of the study was to understand the nursing care practices that positively influence the treatment of postpartum depression, with the intention of contributing to the creation of guidelines that assist in the care of these patients. The specific objectives included identifying the main symptoms and difficulties faced by women with postpartum depression, mapping the most used nursing interventions and evaluating the effects of these practices on the well-being of patients. These objectives formed the basis for the analysis and discussion of the topic, offering an organized structure for the literature review.

The relevance of this academic work lies in its contribution to society and to the field of mental health, since postpartum depression, despite its prevalence, still faces barriers in diagnosis and treatment. The research seeks to offer an in-depth analysis of the role of nursing, highlighting its importance in early detection and continuous monitoring of patients. By studying nursing practices focused on postpartum depression, the work aims to fill gaps in knowledge and promote improvements in the care offered to women experiencing this condition.

## 2. NURSING CARE FOR PATIENTS WITH POSTPARTUM DEPRESSION

Postpartum depression is a disorder that affects the mental health of many women after the birth of their children, causing impacts on both the mother and the child and the family. Gomes *et al.* (2024) argue that this condition presents symptoms such as deep sadness, anxiety, extreme fatigue, and feelings of incapacity, which can compromise the relationship between mother and baby, in addition to affecting the patient's general well-being. In this context, nursing care plays an essential role in the early identification and treatment of postpartum depression, aiming to offer emotional support and practical guidance to mothers. The nurse's work in this area requires specialized knowledge and skills to deal with psychological and social aspects involving the condition, seeking to reduce stigma and promote a humanized approach.

The role of nursing in the treatment of postpartum depression is multifaceted and involves everything from initial care to ongoing monitoring of mothers. Silva and Aoyama (2022) highlight that the nursing approach should include a careful assessment of symptoms, guidance for self-care and creating a safe space where patients can express their concerns. This practice is essential to build a relationship of trust between the professional and the patient, allowing the nurse to identify warning signs and intervene appropriately. Nursing care for women with postpartum depression should also include an educational approach, helping mothers understand the symptoms of depression and feel supported at a time of vulnerability.

Nursing intervention in postpartum depression is challenging due to the emotional and cultural barriers surrounding this disorder. Monteiro *et al.* (2020) emphasize that many women are reluctant to seek help for fear of judgment or stigmatization, which makes the role of nursing even more complex. It is up to the nurse to create a welcoming environment, free from prejudice, where the patient

feel valued and understood. This initial support is vital for women to realize that they are not alone and that their condition can be treated. In addition, follow-up should be ongoing, with the professional monitoring the patient's progress and adapting interventions as necessary to ensure effective recovery.

Nursing care in cases of postpartum depression also requires integrated action with other health professionals, such as psychologists and psychiatrists. Silva and Aoyama (2022) emphasize that, by working as a team, nurses can provide more comprehensive care, addressing both the physical and emotional aspects of the patient. Collaboration among health professionals is essential to develop an effective treatment plan that considers the specific needs of each patient. Nursing, with its proximity and frequent contact with the patient, plays a facilitating role in this process, assisting in treatment adherence and encouraging patient engagement with the guidance offered.

Another relevant aspect of nursing care is the training of professionals to deal with the specific challenges of postpartum depression. Gomes *et al.* (2024) point out that continuing education in mental health and training to identify signs of postpartum depression are essential for nurses to be prepared to offer quality care. Training provides professionals with the tools to deal with the complexity of cases, ensuring a safer and more sensitive approach. In addition, technical knowledge combined with an empathetic attitude strengthens the bond between the nurse and the patient, which is essential for successful monitoring and treatment.

Nurses play a central role in educating patients and their families about postpartum depression, helping to demystify the disorder. Monteiro *et al.* (2020) argue that the lack of information about postpartum depression can lead to misinterpretations, which worsens the isolation of women who suffer from the condition. By offering clear and accessible information, nurses help raise awareness among patients and family members, promoting mutual support and understanding of the disorder. Family education is an important factor for women to feel understood and supported, which contributes to a faster and more effective recovery.

In addition to education and emotional support, nursing also plays an important role in promoting self-care among women with postpartum depression. Silva and Aoyama (2022) highlight that guidance on self-care is a strategy that strengthens patients' self-esteem and independence. By encouraging practices such as adequate rest, a balanced diet, and physical activity, nurses contribute to the physical and mental well-being of mothers. This practical support is essential for patients to develop strategies to face the challenges of the postpartum period, helping them regain control over their routines and deal with depression more actively.

The relationship of trust between nurse and patient is another factor that favors adherence to treatment for postpartum depression. Gomes *et al.* (2024) explain that, by establishing a bond of trust, the nurse facilitates the communication process and promotes a more transparent and effective exchange of information. This proximity allows the professional to identify possible risk factors and intervene early. Building this relationship is essential for patients to feel comfortable sharing their feelings and fears, which contributes to a more accurate diagnosis and more assertive monitoring.

Nursing care for postpartum depression also requires a preventive approach, with the aim of identifying women who are at risk of developing the disorder. Monteiro *et al.* (2020) argue that, through periodic interviews and assessments, nurses can detect early signs of depression and offer support before the condition worsens. This preventive approach is particularly important to avoid complications and to promote a faster and less traumatic recovery for the mother and baby. Prevention, in this context, is a measure that contributes to the patient's well-being and to promoting a healthier postpartum experience.

The role of nurses in postpartum depression therefore requires a set of skills that go beyond physical care and include emotional support and educational guidance. Silva and Aoyama (2022) argue that this holistic approach is essential to meet the complex needs of patients, promoting treatment that considers the individual as a whole. This model of care is especially relevant in the context of postpartum depression, as it allows women to feel welcomed and understood at a time of emotional fragility. Nursing care, therefore, plays an essential role in the recovery of patients, promoting well-being and encouraging self-care and autonomy.

## 1.1 THE ROLE OF NURSING IN MENTAL HEALTH MONITORING IN POST-PARTUM PERIOD

Postpartum depression is a mental health disorder that affects many women after the birth of their children, with implications that go beyond the individual well-being of the mother, affecting the development of the mother-child bond and family dynamics. Souza and Viana (2024) emphasize that the role of obstetric nursing is essential to prevent and identify symptoms of depression in the postpartum period early. Nursing, by working in health education, can guide mothers about the emotional changes that occur after childbirth, providing valuable information about the signs and symptoms of postpartum depression and demystifying the stigma associated with this disorder. This initial support is essential for women to feel understood and confident to share their anxieties, enabling timely and effective intervention.

The presence of nursing in the context of postpartum mental health contributes to the creation of a welcoming and safe environment, which facilitates dialogue between professionals and patients. Oliveira *et al.* (2024) argue that the nurse acts as a support point, often being the first professional to identify behaviors or expressions that indicate emotional distress. This proximity allows the nurse to carefully observe the emotional state of patients, promoting a relationship of trust that facilitates the monitoring and treatment process. Dedicated attention and constant contact with mothers provide the nurse with the opportunity to carry out a continuous assessment, which is essential for monitoring psychological well-being during the postpartum period.

Health education plays an important role in the context of postpartum care, as it enables women to recognize their own emotional states and identify possible warning signs. Souza and Viana (2024) point out that, by educating mothers about what to expect in the postpartum period, nurses contribute to reducing the anxiety and fear that accompany this phase. This educational approach is even more relevant for those who do not have an adequate support network, as knowledge about postpartum depression allows them to recognize the problem and seek help without hesitation. By understanding that emotional changes are normal, patients can develop healthier coping strategies, which helps prevent symptoms from worsening.

The role of nurses in postpartum mental health goes beyond guidance and also includes direct emotional support for mothers, who often face emotional and physical challenges in the initial period after childbirth. Oliveira *et al.* (2024) emphasize that the emotional support provided by nursing represents a source of comfort and security, helping women adapt to new responsibilities and cope with feelings of overload. The sensitivity of nurses in dealing with patients' anxieties and doubts is an essential aspect for promoting an environment of comprehensive care, where they feel supported and validated in their experiences. This continuous emotional support contributes to the construction of a more positive postpartum experience and reduces the risk of developing psychological complications.

Another essential aspect of nursing practice is the development of intervention strategies adapted to the needs of each patient. Albuquerque *et al.* (2023) emphasize the importance of ongoing study by nursing professionals on postpartum depression, especially for those working in primary health care. Constant updating allows nurses to better understand the most effective approaches and evidence-based intervention techniques, ensuring that the care provided is sensitive and effective. Continuous study allows nursing professionals to improve their skills to recognize subtle variations in patient behavior, which is essential to provide more accurate and adapted monitoring.

Training nurses to work in the context of postpartum mental health is essential so that they can develop a holistic view of care and identify potential risk factors. Souza and Viana (2024) argue that the continuous training of professionals is an essential element for the quality care, as it allows them to understand the nuances of mental health in the postpartum period. This preparation is especially important in primary care, where nurses play a central role in the patients' support network, often being the first to notice signs of emotional vulnerability. Adequate training enables nurses to intervene more assertively and offer individualized support, respecting the particularities and history of each patient.

The role of nursing in the early identification of symptoms of postpartum depression is enhanced by the proximity that nurses have with patients in the context of primary care and hospital follow-up. Oliveira *et al.* (2024) highlight that constant contact allows the professional to closely monitor

mothers' emotional responses and conduct frequent assessments of their psychological well-being. This closeness facilitates the development of a relationship of trust, which is essential for patients to feel comfortable expressing their feelings without fear of judgment. By cultivating this supportive relationship, nurses play a preventive role by detecting early signs of emotional distress and guiding patients to seek additional support when necessary.

In the context of mental health, nurses have the potential to act as facilitators in the development of support networks for mothers, promoting interactions that help strengthen psychological well-being. Albuquerque *et al.* (2023) note that creating support groups and encouraging participation in community activities can be effective strategies to reduce the feeling of isolation that many mothers experience postpartum. By promoting these activities, nurses contribute to the formation of social bonds that help prevent depression. Support networks, formed by other mothers or by the community itself, offer a space for exchanging experiences and solidarity that has a positive impact on patients' mental health.

Nursing's role in postpartum mental health is, therefore, a combination of health education, emotional support, and preventive intervention, which seeks to offer comprehensive monitoring to patients. Souza and Viana (2024) emphasize that guidance on emotional changes and training to recognize signs of depression are measures that promote self-care and strengthen mothers' confidence. By providing this support, nurses help to reduce stigma and encourage women to seek help, favoring a more positive and safe postpartum experience for women. This role is particularly relevant in contexts of social vulnerability, where access to mental health resources may be limited.

Nursing plays an essential role in promoting humanized and individualized care, adapted to the needs and challenges faced by each patient. Oliveira *et al.* (2024) suggest that mental health-oriented nursing practice should value the uniqueness of each maternal experience, offering a space for acceptance and understanding. This patient-centered care model promotes a healthier recovery and strengthens the bond between mother and baby, contributing to the overall well-being of the family. By acting in a preventive and therapeutic manner, nursing consolidates itself as a fundamental pillar in the mental health care of women in the postpartum period.

## 1.2 NURSING INTERVENTIONS FOR IDENTIFICATION AND TREATMENT POSTPARTUM DEPRESSION

Postpartum depression is a disorder that affects the mental health of many women, presenting a challenge for nursing professionals working in maternity care. Alves *et al.* (2021) emphasize that nursing plays a fundamental role in the early identification of symptoms of depression in postpartum women, since these professionals are in direct and frequent contact with mothers shortly after childbirth. Proximity to patients allows nurses to observe changes in women's behavior and emotional state, promoting rapid and targeted action. Early identification is essential so that treatment can be started as soon as possible, minimizing the impacts of the disorder on the mother and child and preventing more serious complications.

Nursing work in identifying postpartum depression involves observation and communication strategies, which are essential to capture signs of emotional distress. João *et al.* (2024) emphasize that the nurse, by establishing a relationship of trust with the puerperal woman, creates a safe environment that facilitates dialogue and the expression of feelings. This bond allows women to feel comfortable sharing their anxieties and doubts, which is essential for the nurse to be able to carry out a complete assessment of their emotional state. This practice favors a more detailed understanding of the patient's needs, enabling an intervention that is adjusted to each case and that takes into account the uniqueness from each mother's experience.

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Nursing interventions in the treatment of postpartum depression include emotional support, guidance, and ongoing monitoring. Quirino and Silva (2022) state that the emotional support provided by nurses is an essential element for patients' recovery, as it reduces feelings of isolation and promotes a welcoming environment. By acting empathetically, nurses help patients deal with feelings of guilt and sadness that are common in this disorder, encouraging them to accept help and actively participate in treatment. This ongoing monitoring is vital for mothers to realize that they are not alone and that there are resources and professionals available to help them overcome this difficult phase.

The guidance given by the nurse to mothers is another important intervention in the care of depression postpartum. Alves *et al.* (2021) suggest that nurses should provide clear and accessible information about the symptoms of depression so that women can better understand what they are experiencing. This guidance includes explanations about the normality of emotional changes after childbirth, but also about the importance of seeking help when symptoms persist or intensify. This type of educational intervention allows patients and their families to recognize the disorder and seek the necessary support, reducing stigma and promoting the understanding that postpartum depression is a treatable condition.

Nursing care for the treatment of postpartum depression also involves regular monitoring of the patient's emotional and physical state. João *et al.* (2024) point out that systematic monitoring allows for a continuous assessment of the patient's progress, allowing the nurse to quickly identify any signs of worsening and adjust interventions as necessary. Frequent monitoring is especially important to prevent relapses and to ensure that mothers are receiving adequate support throughout the postpartum period. This proactive approach contributes to a faster recovery and the prevention of complications that could affect the patient's mental and physical health.

The integration between nurses and other health professionals, such as psychologists and psychiatrists, is essential for the effective treatment of postpartum depression. Quirino and Silva (2022) emphasize that nurses can act as mediators between the patient and the multidisciplinary team, facilitating access to different mental health services. Collaboration between professionals allows for more complete treatment, addressing both the emotional and physical aspects of the disorder. Nurses, due to their closeness to the patient, can identify specific needs and refer them to other specialists, promoting a comprehensive approach that considers the various dimensions of mental health care.

Another important aspect of nursing intervention is the ongoing training of professionals to deal with postpartum depression. Alves *et al.* (2021) emphasize that training and constant updating on mental health management are essential for nurses to be able to identify and treat postpartum depression efficiently. Specific training provides the necessary skills for nurses to recognize the signs of depression and adopt a sensitive and informed approach. The training of nursing professionals is a measure that directly impacts the quality of care provided, ensuring that interventions are based on evidence and adjusted to the needs of patients.

The nurse's role may also include developing support programs and support groups for mothers who are experiencing postpartum depression. João *et al.* (2024) argue that creating support spaces is an effective strategy to promote the exchange of experiences among women facing similar difficulties, which can strengthen the sense of community and reduce the feeling of isolation. These support groups, when guided by health professionals, offer a safe environment for mothers to share their experiences and find emotional support. Nurses, by leading or participating in these groups, play a fundamental role in strengthening the patients' support network, contributing to a healthier and safer recovery.

Educating families and caregivers is another key point in nursing interventions for postpartum depression. Quirino and Silva (2022) emphasize that by including the family in the educational process, nurses contribute to making the environment around the mother more welcoming and understanding. When well-informed, families can offer more effective support, understanding the patient's limitations and needs and contributing to reducing the emotional burden that the mother faces. Family education is, therefore, a care strategy that expands the scope of nursing interventions, promoting an environment that is more favorable to the mother's recovery.

Continuity of care and prevention of relapses are also fundamental aspects in nursing care for women with postpartum depression. Alves *et al.* (2021) argue that

the nurse must remain attentive throughout the recovery period, carrying out visits or consultations. Periodic follow-up visits are conducted to assess the patient's well-being. This ongoing monitoring allows the healthcare professional to adjust interventions and provide emotional support as needed, ensuring that the patient feels supported even after the initial phase of treatment. Continuity of care is a preventative measure that helps prevent worsening of symptoms and strengthens the patient's emotional resilience.

Nursing care for postpartum depression therefore requires a combination of early identification skills, emotional support, educational guidance and integration with a health team. João *et al.* (2024) emphasize that the role of the nurse is essential to create an environment where the patient feels safe and welcomed, facilitating acceptance of treatment and promoting well-being. By acting in a

In an empathetic and informed manner, nurses contribute to reducing stigma and strengthening the patient's support network, promoting a more complete recovery. This holistic approach makes nursing a key element in the treatment of postpartum depression, providing comprehensive care that values the mental health and well-being of patients.

### 1.3 THE IMPORTANCE OF EMOTIONAL AND EDUCATIONAL SUPPORT FOR MOTHERS WITH POSTPARTUM DEPRESSION

Postpartum depression is a condition that significantly affects the physical and psychological well-being of many women, compromising the beginning of motherhood and the emotional bonds with the baby. Freitas *et al.* (2023) point out that diagnosing this condition is complex, as it involves a range of symptoms ranging from sadness and anxiety to isolation and apathy. The emotional support offered by nursing is essential to alleviate these impacts, providing a welcoming environment where the patient feels understood and supported. This support not only facilitates the early identification of symptoms, but also encourages mothers to seek help and accept treatment, recognizing that postpartum depression is a treatable disorder that can be overcome with adequate support.

The role of nursing in providing emotional support to these women is a fundamental aspect in the treatment of postpartum depression. White *et al.* (2024) emphasize that the nurse, by creating a relationship of trust with the patient, promotes a space where she can express her anxieties without fear of judgment. This connection facilitates the sharing of feelings and helps to alleviate emotional stress, as many mothers feel ashamed or guilty for experiencing negative feelings in the postpartum period. The role of the nurse, therefore, is not restricted to clinical interventions, but also involves creating an environment of empathy and acceptance that strengthens the recovery process.

Another relevant aspect of nursing care is the provision of educational support, which significantly contributes to mothers' understanding of postpartum depression and treatment options. Fernandes *et al.* (2024) emphasize that by providing clear information about the symptoms and factors that contribute to the development of depression, the nurse helps the patient understand that her condition is common and that there are strategies to deal with it. This educational support is particularly important, as many women have little information about the disorder and, in many cases, believe that they need to face the problem alone. By receiving guidance and information, the patient feels safer and more confident, which contributes to greater adherence to treatment.

The impact of emotional support in the treatment process is enhanced when nursing provides continuous monitoring, which reinforces mothers' confidence in their ability to overcome depression. Freitas *et al.* (2023) argue that regular monitoring allows the nurse to assess the patient's progress and adjust interventions as necessary, providing personalized care. This closeness fosters the bond between the patient and the professional, allowing the mother to feel supported throughout the recovery phase. Continuous monitoring is a measure that contributes not only to symptom relief but also to the prevention of relapses, offering constant support that helps in coping with emotional difficulties.

The role of nursing in emotional support also involves training nurses to recognize signs of emotional distress and adopt an empathetic stance. White *et al.* (2024) point out that ongoing training for nursing professionals is essential to ensure that care is provided in a sensitive and informed manner. Technical knowledge combined with empathy allows nurses to offer support that goes beyond physical care, valuing the patient's mental health and strengthening their emotional resilience. This preparation enables nurses to create a therapeutic environment where patients feel valued and respected, promoting a more humanized and effective care experience.

7 Nursing education also plays an important role in empowering patients to take care of themselves. Fernandes *et al.* (2024) highlight that, by teaching mothers about the importance of taking care of their mental and physical health, nurses help promote a faster and more efficient recovery. Guidance on self-care practices, such as adequate rest, healthy eating, and relaxation techniques, helps patients deal with the stress and anxiety that accompany motherhood. This educational support is a strategy that strengthens women's autonomy, allowing them to develop skills to face difficulties and regain control over their lives.

The importance of emotional and educational support offered by nursing is reinforced by the nurse's ability to involve the family in the care process, promoting a supportive environment.

that goes beyond the clinical environment. Freitas *et al.* (2023) suggest that including the family in education about postpartum depression is an effective strategy for creating a solid support network that helps the mother in her daily life. By better understanding what the patient is experiencing, family members can offer more sensitive and understanding support, which contributes to a smoother recovery. This family involvement also helps to reduce the stigma associated with postpartum depression, promoting a more positive and welcoming view of the disorder.

The emotional support provided by nursing is one of the pillars of treatment, as it offers immediate relief to mothers who are experiencing feelings of anguish and sadness. White *et al.* (2024) observe that by sharing their experiences and receiving validation of their feelings, the patient begins to develop a more positive perception of their condition. This support is essential for the patient to feel less isolated and realize that she is not alone in her fight against depression. By offering this emotional support, nursing contributes to the construction of a healthier postpartum experience and promotes the mother's emotional resilience, which is essential for facing the challenges of motherhood.

Continuing educational and emotional support throughout treatment is essential to ensure that the patient feels supported at all stages of recovery. Fernandes *et al.* (2024) emphasize that constant support allows the mother to develop progressive confidence in her ability to overcome depression and establish an emotional bond with her baby. This confidence is strengthened by the presence of a nurse who is available to answer her questions and guide her regarding the care she should adopt. The proximity of the nurse to the patient is, therefore, a measure that promotes a more effective recovery, minimizing the risks of abandoning treatment and relapses.

The relevance of educational support extends to the assistance that the nurse can offer in the patient's adaptation to the new role of mother, which can be challenging and generate feelings of insecurity. Freitas *et al.* (2023) state that nursing guidance helps mothers understand the normal aspects and difficulties of this period, providing a more realistic and less idealized view of motherhood. This educational process is essential for the patient to develop adjusted expectations and for her to feel more prepared to face the demands of childcare. Education focused on adapting to motherhood helps reduce anxiety and improves the patient's emotional well-being, promoting a more satisfactory experience.

By offering emotional and educational support, nursing works in an integrated manner to ensure that the patient has a complete and lasting recovery. White *et al.* (2024) point out that nurses, by balancing guidance and empathy, offer care that respects the patient's individuality and values her recovery journey. This role is especially important in cases of postpartum depression, where emotional distress can be intense and ongoing support is vital. By providing this support, nurses contribute to strengthening the patient's mental health and creating an environment where the mother feels welcomed and understood at all stages of her treatment.

### 3. MATERIAL AND METHOD

The research followed a qualitative approach, aiming to explore and understand the nuances related to nursing care for patients with postpartum depression, seeking to deepen the understanding of emotional and educational support practices aimed at these patients. The study was developed through a literature review, a method that, according to Lima and Mito, allows the construction of scientific knowledge by gathering, synthesizing and analyzing existing publications, providing a solid basis for the discussion and interpretation of the topic addressed.

For the selection of materials, articles published between the years two thousand and twenty-two thousand and twenty-four were consulted, covering recent studies that addressed the context of nursing care in the postpartum period. The Lilacs, Capes Periodicals and Scielo databases were used to identify relevant publications. The search process involved keywords related to nursing care, mental health and postpartum depression, in order to ensure that the studies analyzed reflected the current state of knowledge in the area.

The inclusion criteria for the articles consisted of selecting studies published in Portuguese and with full access available in the consulted databases. These criteria ensured that the publications analyzed were accessible and comprehensible, allowing a detailed analysis of the contents. On the other hand, the exclusion criteria included duplicate studies between the databases and publications that did not directly address nursing care related to emotional and educational support.

in cases of postpartum depression, thus avoiding tangential materials influencing the results.

To complement the theoretical analysis, a search was conducted of case law related to mental health care in the postpartum period, covering the period from two thousand and nineteen to two thousand and twenty-three. The judicial decisions were obtained directly from the Court of Justice website, with the aim of identifying how nursing care practices and mental health issues have been addressed and recognized in the legal field. This resource contributed to the understanding of how the justice system deals with maternal mental health, offering a practical overview that complements the theoretical review of the existing literature.

## FINAL CONSIDERATIONS

The study on nursing care for patients with postpartum depression highlighted the importance of practices aimed at providing emotional support and guidance to these women, with the aim of facilitating their adaptation to the postpartum period and minimizing the negative impacts of the disorder on their mental health. The achievement of the objectives was demonstrated by observing that nursing plays an essential role in the early identification of symptoms and in providing humanized care, promoting the well-being of patients and strengthening the mother-child bond.

Data analysis showed that empathetic and informed interventions, such as active listening and emotional support, have a positive impact on patients' recovery, alleviating symptoms and promoting self-care. Nursing's role in the context of postpartum depression is not limited to clinical care; it also involves creating a welcoming space where patients feel understood and supported. This approach reinforces the role of nursing as a pillar in mental health care, helping women to face the emotional challenges of the postpartum period with greater confidence.

Another highlight of the study was the importance of collaboration between nursing and other health professionals, such as psychologists and psychiatrists. This integration enhances the quality of care provided and allows the specific needs of each patient to be met in a comprehensive and personalized manner. Cooperation between health areas provides comprehensive care, which is essential for a more complete recovery and for reducing the risk of relapse.

The research also highlighted the need for ongoing training for nursing professionals, enabling them to be prepared to deal with the complexities of postpartum depression in a sensitive and evidence-based manner. Continuing education enables nurses to identify early signs of depression and implement effective interventions, promoting safer and more efficient care.

Therefore, it is concluded that nursing care in cases of postpartum depression is essential for the recovery of patients, as it combines technical care with emotional support, creating a therapeutic environment that welcomes and values the patient. By implementing these practices, nursing contributes to the construction of a healthier postpartum experience and to the promotion of maternal mental health, thus fulfilling its essential role in the health system and in the well-being of women and their families.

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