

Anamnese kwaliteit ouder-kindrelatie, signalering psychische klachten en (vroegkinderlijk) trauma



Aan de hand van de volgende thema's kan een anamnese plaatsvinden, waarin ruimte is voor signalering van een (verwachte) gespannen, zorgelijke, bedreigde, verstoorde, of gevaarlijke ouder-kindrelatie voor de algemene populatie van zwangeren en hun partners, waaronder signalering van psychische klachten en (vroegkinderlijk) trauma.

Obstetrisch

- Obstetrische voorgeschiedenis^{1,2}
- Traumatische ervaring bevalling^{3,4}
- Zwangerschap gepland? Wijze van conceptie^{5,6}
- Houding ten opzichte van de zwangerschap: gewenst? Ambivalentie?^{5,7}
- Ervaring, klachten of problemen van de zwangerschap⁷
- Ernstige angst voor de bevalling⁸
- Houding ten opzichte van de komst van het kind^{5,8}

Psychisch

Voorgeschiedenis en familiegeschiedenis

- Psychische klachten of behandeling voor psychische klachten⁷
- Psychische klachten in de perinatale periode⁷
- Eerstegraads familieleden met psychiatrische aandoening of ernstige psychische klachten⁷
- Traumatisch ervaren bevalling^{4,7}
- Seksueel trauma/seksueel geweld¹²
- Traumatische ervaring op volwassen leeftijd⁷
- Traumatische ervaring/verwaarlozing op kinderleeftijd^{7,13,14,15}
- Huiselijk geweld^{7,16,17}
- Behandeling/begeleiding voor psychische klachten in het verleden⁷

Als behandeling/begeleiding voor psychische klachten in de voorgeschiedenis: welke, door wie (contactgegevens) en met welk effect

Actuele psychische klachten

- Psychische klachten of behandeling voor psychische klachten^{7,18-25}
- Actueel traumatische ervaring^{7,20,21,22}
- Actueel huiselijk geweld^{7,16,17}
- Behandeling/begeleiding voor actuele psychische klachten^{2,4,5}

Als behandeling/begeleiding voor psychische klachten: welke, door wie (contactgegevens) en met welk effect

Verslaving/intoxicaties

Voor alle geldt vraag naar: gebruik sinds ELM? Gebruik bij positieve zwangerschapstest?
Actueel gebruik?

- Roken²⁶
- Alcohol²⁷⁻³⁰
- Cannabis²⁷⁻³⁰
- Harddrugs²⁷⁻³⁰
- Chronisch gebruik opiaten of benzodiazepinen²⁷⁻³⁰
Behandeling /begeleiding voor verslaving in het heden of verleden
Als behandeling/begeleiding voor verslaving/intoxicatie: welke, door wie
(contactgegevens) en met welk effect

Lichamelijke gezondheid

- (chronische) Lichamelijke ziekte of (aangeboren) aandoening, inclusief verstandelijke beperking^{31,32}
- Medicatiegebruik
- Lengte, gewicht³³
- Voeding³³
- Lichamelijke activiteit^{35,36}
- Begeleiding/controle voor lichamelijke problemen

Als behandeling/begeleiding voor lichamelijke ziekte/(aangeboren) aandoening: welke, door wie (contactgegevens) en met welk effect

Als medicatie: sinds wanneer, door wie voorgeschreven, voor welke aandoening, zwangerschap en indicatie continueren besproken met voorschrijver

Sociaal

- Sociaal netwerk en kwaliteit van interpersoonlijke relaties^{7,38-40}
- Ervaren stress²⁰⁻²²
- Werk/dagbesteding³¹
- Hoogst afgeronde opleiding³¹
- Relatie en eventuele spanningen in de relatie^{7,16,17 37,41}
- Zorgtaken voor kinderen of volwassenen²⁰⁻²²
- Huisvesting^{7,20-22, 42-44}
- Moeilijk aflosbare schulden of economische problemen^{7,20-22, 42-44}
- Migratieproblemen^{7,20-22, 42-44}
- Problemen die het moeilijk maken om naar de zwangerschapscontroles te komen?^{7,20-22, 42-44}
- Begeleiding voor sociale problemen^{7,20-22, 42-44}
- Ervaren zelfsturing (self efficacy)⁴⁵

Als behandeling/begeleiding op sociaal gebied: welke, door wie (contactgegevens) en met welk effect

Verwijzingen:

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