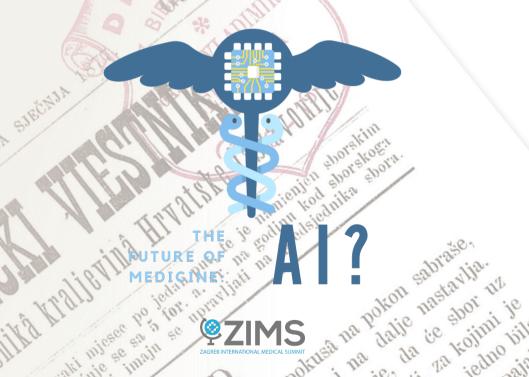


LIJEČNIČKI VJESNIK

GLASILO HRVATSKOGA LIJEČNIČKOG ZBORA THE JOURNAL OF THE CROATIAN MEDICAL ASSOCIATION Utemeljen 1877. Founded 1877

20th ZIMS Zagreb International Medical Summit

for students and young doctors



Liječ VjesnGod. | Vol. 142[2020] Broj | Num. Supl. 5 Str. | Pag. 1 – 72 Zagreb, Hrvatska | Croatia

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Tehnički urednik / Technical Editor

Korektorica / Proof Reader Slog /

Typesetting

Tisak / Printed by

Web stranica / Web page ALEN BABACANLI Zagreb 2020. Naklada od (n) primjeraka

Rukopis i svi članci šalju se *Uredništvu Liječničkog vjesnika*, Zagreb, Šubićeva ul. 9, tel. (01) 46-93-300, e-mail: lijecnicki-vjesnikhlz.hr. Članarina, pretplata i sve novčane pošiljke šalju se Hrvatskomu liječničkom zboru, Zagreb, Šubićeva ulica 9, odnosno na žiro račun br. 2360000-1101214818 ili devizni račun br. 2100060384, Zagrebačka banka d.d., Savska c. 60, Zagreb, Swift: Zaba HR 2X, IBAN HR7423600001101214818, OIB 60192951611. Članarina Hrvatskoga liječničkog zbora iznosi 200 kuna; za liječnike pripravnike i obiteljska članarina iznosi 100 kuna. Pretplata za Liječnički vjesnik je 315 kuna (inozemstvo 84 eura). Radi redovitog primanja časopisa svaku promjenu adrese potrebno je javiti Uredništvu. Svaki član Hrvatskoga liječničkog zbora ima pravo besplatno objaviti članak u Liječničkom vjesniku; autori koji nisu članovi Zbora moraju platiti naknadu u iznosu od 187,50 kuna + PDV. Liječnički vjesnik citiraju: MEDLINE/Index Medicus i EMBASE/Excerpta Medica.

ZIMS 20th Zagreb International Medical Summit

for Medical Students and Young Doctors 1th December 2020 – 5th December 2020 Zagreb, Croatia

ZIMS20 Abstract Book

EDITORS

doc.dr.sc. Frane Paić, Ivan Matolić Galic, Andrija Matijević

DESIGN AND LAYOUT

Andrija Matijević, Lana Palčić

PUBLISHERS

Croatian Medical Association – Student Section
Local Committee Zagreb,
Šubićeva 9, HR-10000 Zagreb, Croatia
European Medical Students' Association Zagreb Šalata 3, HR-10000
Zagreb, Croatia
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UI. Dr. Franje Tuđmana 14, 10431, Sveta Nedelja

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ZIMS Abstract Book is published annually in conjunction with ZIMS. Published so far 1st ZIMS Abstract Book(2001),

2nd ZIMS Abstract Book (2002), 3rd ZIMS Abstract Book (2003), 4th ZIMS Abstract Book (2004), 5thZIMS Abstract Book (2005), 6th ZIMS Abstract Book (2006), 7th ZIMS Abstract Book (2007), 8th ZIMS Abstract Book (2008), 9th ZIMS Abstract Book (2009), 10th ZIMS Abstract Book (2010), 11th ZIMS Abstract Book (2011), 12th ZIMS Abstract book (2012), 13th ZIMS Abstract book (2013), 14th ZIMS Abstract book (2014), 15th ZIMS Abstract book (2015) and 16th ZIMS Abstract book (2016) with ISSN 0024-3477, 17th ZIMS Abstract book (2017), 18th ZIMS Abstract book (2018) and 19th ZIMS Abstract book (2019)

Svi abstracti u ovom abstract booku nalaze se u originalnom obliku u kojem su bili poslani od samih autora. All abstracts published in this abstract book are in their original form in which they were sent by their authors.

ZIMS is an independent annual student congress organized by medical students from Zagreb University School of Medicine who are members of Croatian Medical Association – Student Section (SSCMA) and European Medical Students' Association Zagreb (EMSA Zagreb). Contributors from all fields of medicine and adjacent sciences are welcome to apply and post their Abstract, and Full-text articles for publishing. All participants in ZIMS must be students or young doctors graduated within five years

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Postpartum psychosis and sleep disorders: what is the link?

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DOI: https://doi.org/10.26800/LV-142-supp5-57

Introduction:

The term "postpartum psychosis" refers to a severe mental illness that begins abruptly shortly after childbirth. The pathophysiology of postpartum psychosis is poorly understood, but factors such as primiparity, difficult labor, genetic predisposition, and hormonal changes have been suggested as etiological factors. It is argued that sleep loss resulting from the interaction of various putative causal factors may be the final common pathway in the development of psychosis in susceptible women.

Aim:

The aim is to investigate the link between sleep disturbances and postpartum psychosis.

Materials & Methods:

Searches included MEDLINE, EMBASE, and PUBMED from 2015 to 2020 years. Manual searching was performed on reference lists of included articles. Published primary research in English was included.

Results:

Postpartum psychosis is one of the few mental disorders with a clear biological trigger: childbirth. Among the factors affecting the likelihood of developing this disease, it is worth noting genetic, hormonal, obstetric risk, drugs, endocrine and immune disorders, as well as sleep and wakefulness disorders. A plausible hypothesis is that sleep disturbance following prolonged labor or nocturnal labor may be associated with the onset of postpartum psychosis. Women with postpartum psychosis had a longer duration of labor and were more likely to have night-time delivery compared to healthy women. Insomnia was the most common and usually the earliest symptom. These preliminary findings indirectly suggest that sleep loss may be the cause of postpartum psychosis in women who are biologically predisposed to the condition.

Conclusion:

The link between sleep disturbances and postpartum psychosis indicate sleep interventions as a potential low-cost, non-pharmacological prevention and treatment strategy for postpartum mental illness.

Keywords: Childbirth, Psychosis, Sleep disorders