

LIVE: Perinatal Psychiatry: Treatment During Pregnancy and the Postpartum 2021

Thursday, October 21, 2021

Virtual

WELCOME

On behalf of the entire Massachusetts General Hospital Department of Psychiatry, we are proud to welcome you to our conference: *Perinatal Psychiatry: Treatment During Pregnancy and the Postpartum 2021*.

Thank you for joining us this year.

TARGET AUDIENCE

The target audience for this event is practicing psychiatrists, primary care physicians, social workers, psychologists, nurse practitioners, licensed mental health counselors, nurses and prescribing nurse practitioners.

EVALUATION FORMS/CME/CEU CERTIFICATES

Every participant needs to complete the activity evaluation online to claim CME/CEU credits for this course. Please refer to the **Evaluation and CME Information** document in this syllabus for more information. We strongly encourage you to complete the evaluation, even if you do not require a certificate. Your comments are important to us as we plan future programs. The link to claim credit is as follows:

www.mghcme.org/womensmentalhealth

QUESTIONS

Opportunity for questions will be provided at the end of each module during the panel discussion. Please write your questions in the chat box on Zoom. Experience has shown that this method is preferable to that of spontaneous questions.

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CONTACT INFORMATION

For questions or comments, please contact MGH Psychiatry Academy member services at 866-644-7792 or mghcme@mgh.harvard.edu.

LEARNING OBJECTIVES

At the end of this educational activity, participants should be able to:

Psychiatric Disorders During Pregnancy

- Discuss critical research findings in reproductive psychiatry that inform clinical care
- Describe the current knowledge gaps in reproductive psychopharmacology over the last decade
- Explain current treatment algorithms for screening and treatment of psychiatric disorders during pregnancy

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Postpartum Mood and Anxiety Disorders

- Describe and apply the risks/benefits safety of psychiatric medication during the postpartum and breastfeeding context
- Identify strategies for screening and treatment of postpartum depression
- Define the presentation and treatment of postpartum psychosis; and describe and assess the vulnerability for mood episodes in women with bipolar disorder and acute treatment and preventative strategies

Sorting Through the Data: Where do patients and providers go for information?

- Identify reliable resources for information on the reproductive safety of medications
- Discuss the strengths and limitations of the Pregnancy and Lactation Labeling Rule (PLLR)
- Use basic tools for the evaluation of reproductive safety data in the medical literature

Substance Abuse in Pregnancy and the Postpartum

- Discuss the pharmacologic treatments of substance use disorders in pregnant and postpartum women
- Explain the importance of screening, assessment and treatment of comorbid psychiatric conditions in women with SUD
- Describe the psychosocial and environmental factors in the practice of “low barrier psychiatry” for pregnant and postpartum women with substance use disorders

Specialized Psychotherapies for Pregnancy and Postpartum

- Discuss the types and value of psychotherapy in consideration of perinatal mental health
- Describe the research on evidence-based psychotherapy for perinatal mental health
- Identify common barriers to psychotherapy and novel strategies to address the gaps in perinatal mental health treatments

Medication Teratogenesis and Pregnancy Complications

- Identify the timing and impact of medication exposures on fetal development
- Describe the knowledge gaps in our understanding of medication safety
- Demonstrate a general understanding of common obstetrical complications

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ACCREDITATION

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of McLean Hospital and Massachusetts General Hospital. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

McLean Hospital designates this live activity for a maximum of **5.75 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS

The Massachusetts General Hospital Department of Psychiatry is approved by the American Psychological Association to sponsor continuing education (CE) for psychologists. The Massachusetts General Hospital Department of Psychiatry maintains responsibility for this program and its content. This offering meets the criteria for **5.75** Continuing Education (CE) credits for psychologists.

REGISTERED NURSES

This program meets the requirements of the Massachusetts Board of Registration in Nursing (244 CMR 5.00) for **5.75** contact hours of nursing continuing education credit. Advance practice nurses, please note: Educational activities which meet the requirements of the ACCME (such as this activity) count towards 50% of the nursing requirement for ANCC accreditation.

SOCIAL WORKERS

The Collaborative of NASW, Boston College, and Simmons College Schools of Social Work authorizes social work continuing education credits for courses, workshops, and educational programs that meet the criteria outlined in 258 CMR of the Massachusetts Board of Registration of Social Workers.

This program has been approved for **5.5** Social Work Continuing Education hours for relicensure, in accordance with 258 CMR. Collaborative of NASW and the Boston College and Simmons Schools of Social Work Authorization Number **D 90436-2**.

Other CE Licenses: Other Providers can claim a Participation Certificate upon successful completion of this course. Participation Certificates will specify the title, location, type of activity, date of activity, and number of *AMA PRA Category 1 Credits™* associated with the activity. Providers should check with their regulatory agencies to determine ways in which *AMA PRA Category 1 Credits™* may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.

Agenda:

8:30-8:45 AM

Welcome & Introduction

Lee S. Cohen, MD and Marlene P. Freeman, MD

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8:45-9:30 AM	Psychiatric Disorders During Pregnancy Lee S. Cohen, MD
9:30-10:15 AM	Postpartum Mood and Anxiety Disorders Marlene P. Freeman, MD
10:15-10:30 AM	Question & Answer Lee S. Cohen, MD and Marlene P. Freeman, MD
10:30-10:45 AM	Break
10:45-11:30 AM	Sorting Through the Data: Where do patients and providers go for information? Ruta Nonacs, MD, PhD
11:30-12:15 PM	Substance Use Disorders in Pregnancy and the Postpartum Edwin Raffi, MD, MPH
12:15-12:30 PM	Question & Answer Ruta Nonacs, MD, PhD and Edwin Raffi, MD, MPH
12:30-1:30 PM	Break
1:30-2:15 PM	Specialized Psychotherapies for Pregnancy and the Postpartum Rachel Vanderkruik, PhD, MSc
2:15-3:00 PM	Medication Teratogenesis and Pregnancy Complications Sarah Bernstein, MD
3:00-3:15 PM	Question & Answer Rachel Vanderkruik, PhD, MSc and Sarah Bernstein, MD
3:15-3:30 PM	Conclusion & Closing Remarks Lee S. Cohen, MD and Marlene P. Freeman, MD

FACULTY

PLANNERS & COURSE DIRECTORS

Lee S. Cohen, MD

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Director, Ammon-Pinizzotto Center for Women's Mental Health
Perinatal and Reproductive Psychiatry Clinical Research Program
Associate Chief of Psychiatry
Massachusetts General Hospital
Edmund and Carroll Carpenter Professor of Psychiatry
Harvard Medical School

Marlene P. Freeman, MD

Professor of Psychiatry, Harvard Medical School
Associate Director, Ammon-Pinizzotto Center for Women's Mental Health
Medical Director, CTNI
Abra Prentice Foundation Chair in Women's Mental Health

Jane Pimental, MPH

Managing Director
Massachusetts General Hospital Psychiatry Academy

David H. Rubin, MD (Reviewer)

Director, Child and Adolescent Psychiatry Residency Training
Massachusetts General Hospital and McLean Hospital
Director, Postgraduate Medical Education, Department of Psychiatry
Executive Director, Massachusetts General Hospital Psychiatry Academy
Massachusetts General Hospital

Susan Sprich, PhD (Psychologist Reviewer)

Director, Postgraduate Psychology Education
Director, Cognitive Behavioral Therapy Program
Massachusetts General Hospital
Assistant Professor of Psychology
Harvard Medical School

SPEAKERS

Sarah N. Bernstein, MD

Medical Director of the Obstetrics Clinic
Department of Obstetrics and Gynecology
Division of Maternal-Fetal Medicine
Massachusetts General Hospital
Assistant Professor of Obstetrics, Gynecology and Reproductive Biology
Harvard Medical School

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Associate Director, Ammon-Pinizzotto Center for Women's Mental Health
Medical Director, CTNI
Abra Prentice Foundation Chair in Women's Mental Health

Ruta Nonacs, MD, PhD

Instructor in Psychiatry, Harvard Medical School
Staff Psychiatrist, Massachusetts General Hospital Center for
Women's Mental Health
Editor-In-Chief, womensmentalhealth.org

Edwin Raffi, MD, MPH

Perinatal and Reproductive Psychiatrist
Massachusetts General Hospital
Instructor in Psychiatry
Harvard Medical School

Rachel C. Vanderkruik, PhD, MSc

Staff Psychologist
Ammon-Pinizzotto Center for Women's Mental Health
Perinatal and Reproductive Psychiatry Clinical Research Program
Massachusetts General Hospital
Harvard Medical School

FACULTY DISCLOSURE STATEMENTS

In accord with the disclosure policy of McLean Hospital as well as guidelines set forth by the Accreditation Council on Continuing Medical Education, all people in control of educational content, including speakers, course directors, planners, and reviewers, have been asked to disclose all relevant financial relationships with commercial interests of both themselves and their spouses/partners over the past 12 months, as defined below:

Commercial Interest

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The ACCME defines a “commercial interest” as any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests. For more information, visit www.accme.org.

Financial relationships

Financial relationships are those relationships in which the individual benefits by receiving a salary, royalty, intellectual property rights, consulting fee, honoraria, ownership interest (e.g., stocks, stock options or other ownership interest, excluding diversified mutual funds), or other financial benefit. Financial benefits are usually associated with roles such as employment, management position, independent contractor (including contracted research), consulting, speaking and teaching, membership on advisory committees or review panels, board membership, and other activities from which remuneration is received, or expected. ACCME considers relationships of the person involved in the CME activity to include financial relationships of a spouse or partner.

Relevant financial relationships

ACCME focuses on financial relationships with commercial interests in the 12-month period preceding the time that the individual is being asked to assume a role controlling content of the CME activity. ACCME has not set a minimal dollar amount for relationships to be significant. Inherent in any amount is the incentive to maintain or increase the value of the relationship. The ACCME defines “relevant’ financial relationships” as financial relationships in any amount occurring within the past 12 months that create a conflict of interest.

Conflict of Interest

Circumstances create a conflict of interest when an individual has an opportunity to affect CME content about products or services of a commercial interest with which he/she has a financial relationship.

The following planners, speakers, and content reviewers, on behalf of themselves and their spouse or partner, have reported financial relationships with an entity producing, marketing, re-selling, or distributing health care goods or services (relevant to the content of this activity) consumed by, or used on, patients:

Speakers & Planners:

<u>Name</u>	<u>Company</u>	<u>Relationship</u>
Sarah Bernstein, MD	Morrison Mahoney LLP	Legal Expert
Lee S. Cohen, PhD	National Pregnancy Registry for Atypical Antipsychotics, Alkermes Biopharmaceuticals; Forest/Actavis Pharmaceuticals; Otsuka Pharmaceuticals; Sunovion Pharmaceuticals, Inc.; Teva Pharmaceuticals	Research Support/ PI

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	<p>Brain & Behavior Research Foundation; JayMac Pharmaceuticals; National Institute on Aging; National Institutes of Health; SAGE Therapeutics</p> <p>Alkermes Biopharmaceuticals; Praxis Precision Medicines, Inc.</p>	<p>Other Research Support, PI/Co-investigator</p> <p>Advisory/Consulting (through MGH Clinical Trials Network Initiative)</p>
Marlene P. Freeman, MD	<p>JayMac, Sage; Advisory boards: Otsuka, Alkermes, Sunovion;</p> <p>Janssen (Johnson& Johnson); Steering Committee for Educational Activities: Medscape.</p> <p>Dr. Freeman is an employee of Massachusetts General Hospital, and works with the MGH National Pregnancy Registry [Current Registry Sponsors: Teva (2018- present), Alkermes, Inc. (2016-Present); Otsuka America Pharmaceutical, Inc. (2008-Present); Forest/Actavis (2016-Present), Sunovion Pharmaceuticals, Inc. (2011-Present)].</p> <p>As an employee of MGH, Dr. Freeman works with the MGH CTNI, which has had research funding from multiple pharmaceutical companies and NIMH.</p>	<p>Investigator Initiated Trials /Research:</p> <p>Independent Data Safety and Monitoring Committee:</p>
Susan Sprich, PhD (<i>Psychologist Reviewer</i>)	<p>Oxford University Press</p> <p>Springer</p> <p>Association for Behavioral and Cognitive Therapies (ABCT)</p>	<p>Royalties (Co-authoring treatment manual and client workbook)</p> <p>Royalties (book editing)</p> <p>Honorarium (serving as one of the associate editors of the journal, "Cognitive and Behavioral Practice")</p>

All other individuals including course directors, planners, reviewers, faculty, staff, etc., who are in a position to control the content of this educational activity have, on behalf of themselves and their spouse or partner, reported no financial relationships related to the content of this activity.