



PSYCHIATRY ACADEMY

Perinatal Psychiatry: Treatment During Pregnancy and the Postpartum

Thursday, October 21, 2021

8:30am-3:30pm | 5.75 credits

REGISTER FOR THIS FULL-DAY SESSION
WHICH WILL BE LIVE-STREAMED ON ZOOM

www.mghcme.org/womensmentalhealth



DESCRIPTION

This course will focus on the diagnosis and treatment of psychiatric disorders in women across pregnancy and the postpartum. Specialized knowledge is necessary to tailor treatments to reproductive events such as pregnancy, pregnancy planning, and the postpartum. Exposure to psychotropic medications and the consequence of untreated psychiatric disorders must be considered when treating pregnant women, those who may become pregnant during treatment, and those who are breastfeeding (Griogoriadis et al., 2018). Up to date and comprehensive knowledge is required to help patients make collaborative and individualized treatment decisions (MacQueen et al., 2016). A strong understanding of the literature pertaining to the reproductive safety of medications is imperative to factoring in potential risks and benefits of medication, and context is particularly critical in putting risks into perspective (Stevens et al., 2019). Focused material will also be presented regarding specialized psychotherapies utilized during pregnancy and the postpartum, as well as an overview of embryology and obstetrics informing a broad range of care modalities. Learning in this course will be facilitated by didactic materials delivered by the faculty from the MGH Center for Women's Mental Health. Faculty will also provide question and answer and case-based discussion sessions for course participants. Readings to accompany course materials will also be provided.

OBJECTIVES

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

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

ACCREDITATION

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.

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 sponsorship of McLean Hospital/Psychiatry Academy. McLean Hospital is accredited by the ACCME to provide continuing medical education for physicians.

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

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

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

Application for social work continuing education credits has been submitted.

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 continuing education credits associated with the activity. Providers should check with their regulatory agencies to determine ways in which CE credit may or may not fulfill continuing education requirements. Providers should also consider saving copies of brochures, agenda, and other supporting documents.

Risk Management

1.5 credits meet the criteria of the Massachusetts Board of Registration in Medicine for risk management study.

UPDATE ACROSS THE LATEST ADVANCES IN WOMEN'S MENTAL HEALTH

This course will focus on the diagnosis and treatment of psychiatric disorders in women across the reproductive lifespan. Specialized knowledge is necessary to tailor treatments to reproductive events such as pregnancy and pregnancy planning, postpartum, breastfeeding, the menopausal transition, and menstrual cycle related mood dysregulation.

THURSDAY, OCTOBER 21, 2021

8:30AM TO 3:30PM

Women's Mental Health: \$250

Psychopharmacology and Women's Mental Health Bundled Pricing (Savings of \$55)

BUNDLED PRICING IS AS FOLLOWS:

MDS/Doctoral-Level Professionals

Super Early Bird – \$744*** (on or before August 4, 2021)

Early Bird – \$849 (on or before September 4, 2021)

Regular Registration – \$999 (after September 4, 2021)

Other Professionals or Trainees

Super Early Bird – \$504*** (on or before August 4, 2021)

Early Bird – \$609 (on or before September 4, 2021)

Regular Registration – \$659 (after September 4, 2021)

***The deeply discounted Super Early Bird Registration rate is NON-REFUNDABLE and NON-TRANSFERABLE and will not be refunded under any circumstances.

FACULTY

Lee Cohen, MD

Director, Ammon-Pinzotto Center for Women's Mental Health
Massachusetts General Hospital
Edmund and Carroll Carpenter Professor of Psychiatry

Marlene Freeman, MD

Associate Director, Ammon-Pinzotto Center for Women's Mental Health
Massachusetts General Hospital
Professor of Psychiatry
Harvard Medical School
Medical Director, CTNI

Ruta Nonacs, MD, PhD

Staff Psychiatrist, Ammon-Pinzotto Center for Women's Mental Health
Massachusetts General Hospital
Instructor in Psychiatry
Harvard Medical School

Edwin Raffi, MD, MPH

Staff Psychiatrist, Ammon-Pinzotto Center for Women's Mental Health and HOPE Clinic
Massachusetts General Hospital
Instructor in Psychiatry
Harvard Medical School

Rachel Vanderkruik, PhD, MSc

Research and Clinical Fellow, Ammon-Pinzotto Center for Women's Mental Health
Massachusetts General Hospital
Harvard Medical School

Sarah Bernstein, MD

Medical Director of the Obstetrics Clinic
Department of Obstetrics and Gynecology/Division of Maternal-Fetal Medicine
Massachusetts General Hospital
Clinical Instructor
Harvard Medical School

TARGET AUDIENCE

- Practicing Psychiatrists
- Primary Care Physicians
- Social Workers
- Psychologists
- Nurse Practitioners
- Licensed Mental Health Counselors
- Nurses
- Prescribing Nurse Practitioners
- OB/GYN

AGENDA

8:30-8:45am	Welcome & Introduction Lee S. Cohen, MD; Marlene P. Freeman, MD
8:45-9:30am	Psychiatric Disorders During Pregnancy Lee S. Cohen, MD
9:30-10:15am	Postpartum Mood and Anxiety Disorders Marlene P. Freeman, MD
10:15-10:30am	Question & Answer Lee S. Cohen, MD; Marlene P. Freeman, MD
10:30-10:45am	Break
10:45-11:30am	Sorting Through the Data: Where Do Patients and Providers Go for Information? Ruta Nonacs, MD, PhD
11:30-12:15pm	Substance Abuse in Pregnancy and the Postpartum ** Edwin Raffi, MD, MPH
12:15-12:30pm	Question & Answer Ruta Nonacs, MD, PhD; Edwin Raffi, MD, MPH
12:30-1:30pm	Break
1:30-2:15pm	Specialized Psychotherapies for Pregnancy and the Postpartum Rachel Vanderkruik, PhD, MSc
2:15-3:00pm	Medication Teratogenesis and Pregnancy Complications** Sarah Bernstein, MD
3:00-3:15pm	Question & Answer Rachel Vanderkruik, PhD, MSc; Sarah Bernstein, MD
3:15-3:30pm	Conclusion & Closing Remarks Lee S. Cohen, MD; Marlene P. Freeman, MD

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