

Online Training for Addressing Perinatal Mood & Anxiety Disorders



Our team has received funding from the National Institute of Mental Health (NIMH) to evaluate the extent to which the addition of toolkits and virtual implementation assistance added to online training modules improves obstetric providers' knowledge, skills, and practices towards perinatal mood and anxiety disorders.

- One in five women experience mood and anxiety symptoms during pregnancy or in the year after giving birth.
- Left untreated, perinatal mood and anxiety disorders have deleterious effects on maternal health, birth outcomes, infant attachment, and children's development.
- Maternal mental health conditions including suicide are a significant preventable cause of maternal mortality. Suicide accounts for 20% of postpartum deaths among women with depression.

FACTS AND FIGURES

1 in 5 women suffer from perinatal mood and anxiety disorders

Untreated perinatal mood and anxiety disorders contribute to preventable maternal mortality

Recognizing that mental health conditions are significant and preventable causes of maternal morbidity and mortality, the Council on Patient Safety in Women's Health Care, convened by the American College of Obstetricians and Gynecologists, developed a Maternal Mental Health patient safety bundle which outlined core care components needed in every clinical setting to address perinatal mood and anxiety disorders. While most obstetric providers want to address perinatal mood and anxiety disorders, real-world practice is often lagging behind recommended care standards due to a paucity of resources and lack of training for Ob/Gyns. The goal of our program is to increase provider capacity to detect, assess and treat perinatal mood and anxiety disorders.

We are developing a new online training model to which we will add a toolkit and implementation assistance that can be delivered virtually and is applicable to providers accessing varied levels of mental health resources available across the US.

Our goal is to help obstetric providers to:

- 1) implement screening for perinatal mood and anxiety disorders;
 - 2) distinguish mood disorders from each other, as co-morbid conditions, and differentiate them from other medical illnesses;
 - 3) triage and refer based on assessments;
 - 4) treat women with mild to moderate illness; and
 - 5) consider risks and benefits of different treatment modalities.
- **Online training** - will include 3 modules along with pre- & post surveys and a 6-8 month follow-up survey. Participants completing the training will receive a certificate of completion. Credits for ABOG MOC4 are currently being pursued.
 - **Toolkit** - provides information, algorithms, and clinical guidance so that obstetric providers and practices can successfully address perinatal mental health conditions.
 - **Virtual implementation assistance** - will assist practices in how to integrate screening, assessment and treatment into their practice workflow.

Our training, toolkit and implementation assistance aim to help obstetric providers implement screening for perinatal mood and anxiety disorders and respond appropriately, thus getting women the care they need.

We will conduct a randomized controlled trial comparing online training with online training plus toolkit and implementation assistance to evaluate the difference in effectiveness among patients receiving obstetric care from participating practices in both groups.

For more information or questions, please contact:

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