



Perinatal Mental Health Pivoting in the Times of Covid-19

DIANA E. RAMOS, MD, MPH, MBA

PRESIDENT, ORANGE COUNTY MEDICAL ASSOCIATION

JUNE 17, 2020

Case

- ▶ 31 yo Hispanic G2P1
- ▶ married
- ▶ 34 weeks pregnant
- ▶ H/O postpartum depression
- ▶ 4yo son
- ▶ Manager at a hotel
- ▶ “shelter in place”
Feeling “stressed”




Los Angeles Times


Editorial: COVID-19 is disproportionately killing minorities.
That's not a coincidence

BY TARA | COMMENTARY | ECONOMY | BY GUEST COMMENTARY | PUBLISHED MAY 3, 2020

Latinas are more vulnerable to economic insecurity because of COVID-19




All the Righteous: Correction: Food Pantries in Detroit, Sable 'Food Chest' left, sales, unford bottled water being donated by Lorie Lurie, April 23, 2020, to help families whose water had been cut off during the COVID-19 pandemic. (Brad Sengler / Associated Press)



CNN US Crime + Justice Energy + Environment Extreme Weather Space + Science LIVE TV Edition

Why black Americans are at higher risk for coronavirus

By Eric Levenson, CNN
Updated 8:16 PM ET, Tue April 7, 2020



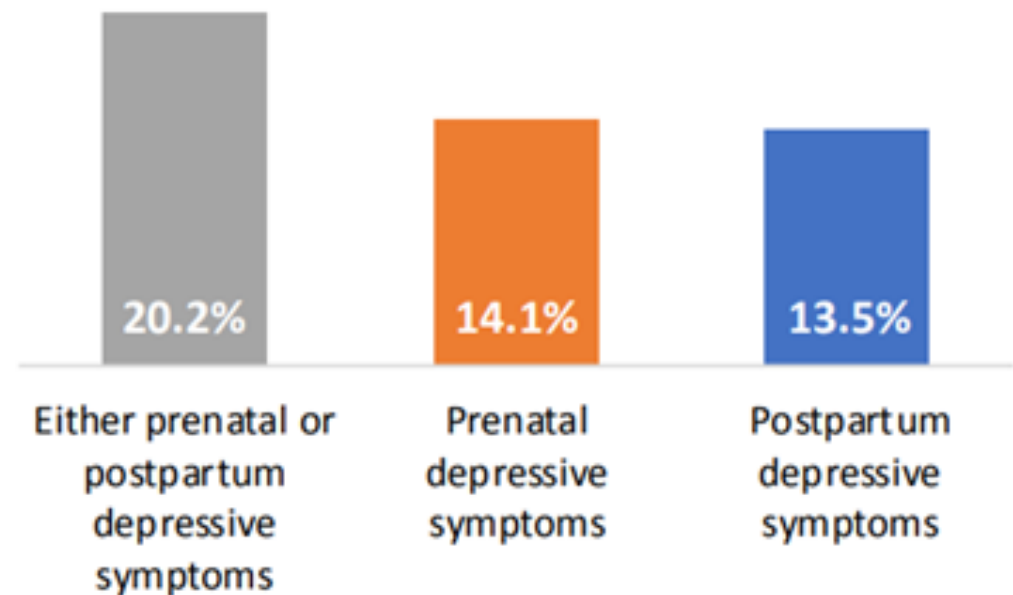
COVID's Impact

<https://calmatters.org/commentary/latinas-are-more-vulnerable-to-economic-insecurity-because-of-covid-19/>

Background

- ▶ 1:5 California women suffers from depression, anxiety, or both while pregnant or after giving birth
- ▶ Stressors: poverty, or adverse childhood events, **COVID**
- ▶ Maternal depression impacts the family

Symptoms of depression among California

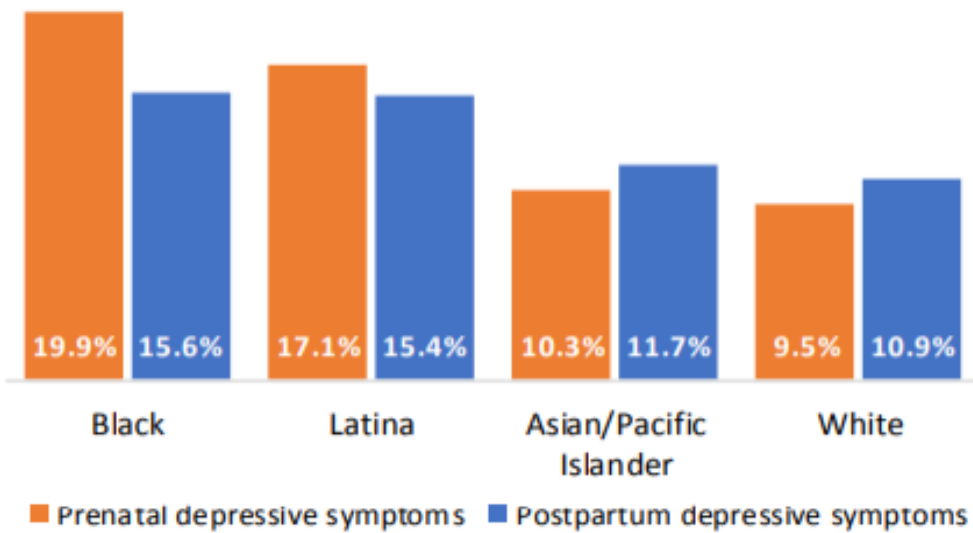


Risk Factors

- ▶ Personal or family history of depression
- ▶ History of physical or sexual abuse, intimate partner violence
- ▶ Unplanned or unwanted pregnancy
- ▶ Current stressful life events
- ▶ Pregestational or gestational diabetes
- ▶ Complications during pregnancy -preterm delivery
- ▶ Low socioeconomic status
- ▶ Lack of social or financial support
- ▶ Adolescent parenthood

RACIAL/ETHNIC DISPARITIES

Symptoms of depression by race/ethnicity, 2013-2015



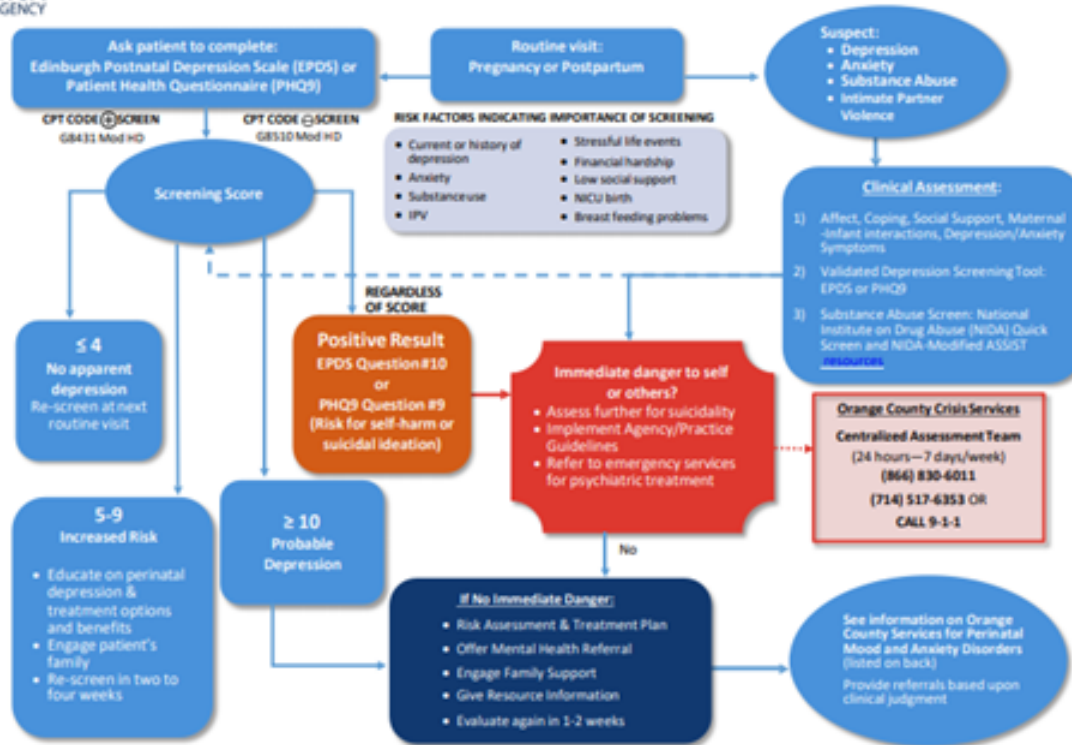
Impact of Psychiatric Illness on Pregnancy Outcome

	Obstetric Impact on Outcome	Neonatal Impact on Outcome
Anxiety Disorder	Increase incidence of prolonged labor, fetal distress, preterm delivery, and spontaneous abortion	Decreased developmental scores and inadaptability, slowed mental development at 2 years of age
Major Depression	Increased incidence of low birth weight, decreased fetal growth, and postnatal complications	Increased newborn cortisol and catecholamine levels, infant crying, rates of admission to neonatal intensive care units

Derived from ACOG Practice Bulletin 92 Use of Psychiatric Medications During Pregnancy and Lactation



Perinatal Mood and Anxiety Disorders: Maternal Screening and Care Pathway



The American College of Obstetrics and Gynecology recommends that obstetrician-gynecologists and other obstetric care providers screen patients at least once during the perinatal period for depression and anxiety symptoms using a standardized, validated tool. It is recommended that all obstetrician-gynecologists and other obstetric care providers complete a full assessment of mood and emotional well-being during the comprehensive postpartum visit for each patient. If a patient is screened for depression and anxiety during pregnancy, additional screening should then occur during the comprehensive postpartum visit. This care pathway was designed to assist the clinician and is not intended to replace the clinician's judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be under the close supervision of a

Perinatal Mood & Anxiety Disorders Maternal Screening and Care Pathway

Screening

- ▶ Edinburgh
- ▶ PH-Q 9

Considerations :
Remote screening?

Edinburgh Depression Scale (EPDS)

EDINBURGH POSTNATAL DEPRESSION SCALE (EPDS)	
NAME: _____	DATE: _____
WEEKS OF PREGNANCY: _____	(or) AGE OF BABY: _____

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please mark "X" (or) on the box by the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**—not just how you feel today. Complete all 10 items and find your score by adding each number that appears to the right of your checked answer. This is a screening test; not a medical diagnosis. If something doesn't seem right, talk to your health care provider regardless of your score.

Below is an example, already completed.

I have felt happy:

- 0 Yes, all of the time
- 1 Yes, most of the time
- 2 No, not very often
- 3 No, not at all

This would mean: "I have felt happy most of the time" in the past week. Please complete the other questions in the same way.

In the past 7 days:

- | | |
|--|--|
| 1. I have been able to laugh and see the funny side of things: | *6. Things have been getting on top of me |
| 0 <input type="checkbox"/> As much as I always could | 3 <input type="checkbox"/> Yes, most of the time I haven't been able to cope |
| 1 <input type="checkbox"/> Not quite so much now | 2 <input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual |
| 2 <input type="checkbox"/> Definitely not so much now | 1 <input type="checkbox"/> No, most of the time I have coped quite well |
| 3 <input type="checkbox"/> Not at all | 0 <input type="checkbox"/> No, I have been coping as well as ever |
| 2. I have looked forward with enjoyment to things | *7. I have been so unhappy that I have had difficulty sleeping |
| 0 <input type="checkbox"/> As much as I ever did | 3 <input type="checkbox"/> Yes, most of the time |
| 1 <input type="checkbox"/> Rather less than I used to | 2 <input type="checkbox"/> Yes, sometimes |
| 2 <input type="checkbox"/> Definitely less than I used to | 1 <input type="checkbox"/> No, not very often |
| 3 <input type="checkbox"/> Hardly at all | 0 <input type="checkbox"/> No, not at all |
| *3. I have blamed myself unnecessarily when things went wrong | *8. I have felt sad or miserable |
| 3 <input type="checkbox"/> Yes, most of the time | 3 <input type="checkbox"/> Yes, most of the time |
| 2 <input type="checkbox"/> Yes, some of the time | 2 <input type="checkbox"/> Yes, quite often |
| 1 <input type="checkbox"/> Not very often | 1 <input type="checkbox"/> Not very often |
| 0 <input type="checkbox"/> No, never | 0 <input type="checkbox"/> No, not at all |
| 4. I have been anxious or worried for no good reason | *9. I have been so unhappy that I have been crying |
| 0 <input type="checkbox"/> No, not at all | 3 <input type="checkbox"/> Yes, most of the time |
| 1 <input type="checkbox"/> Hardly ever | 2 <input type="checkbox"/> Yes, quite often |
| 2 <input type="checkbox"/> Yes, sometimes | 1 <input type="checkbox"/> Only occasionally |
| 4 <input type="checkbox"/> Yes, very often | 0 <input type="checkbox"/> No, never |
| *5. I have felt scared or panicky for no very good reason | *10. The thought of harming myself has occurred to me |
| 3 <input type="checkbox"/> Yes, quite a lot | 3 <input type="checkbox"/> Yes, quite often |
| 2 <input type="checkbox"/> Yes, sometimes | 2 <input type="checkbox"/> Sometimes |
| 1 <input type="checkbox"/> No, not much | 1 <input type="checkbox"/> Hardly ever |
| 0 <input type="checkbox"/> No, not at all | 0 <input type="checkbox"/> Never |

Total Score:

Edinburgh Postnatal Depression Scale (EPDS). Adapted from the British Journal of Psychiatry, June, 1987, vol. 150 by J. Cox, J. M. Holden, & C. Sagovsky.

Case

- ▶ 31 yo Hispanic G2P1
- ▶ married
- ▶ 34 weeks pregnant
- ▶ H/O postpartum depression
- ▶ 4yo son
- ▶ Manager at a hotel
- ▶ “shelter in place”
Feeling “stressed”





Psychotherapy



Family or
couple therapy



Hospitalization



Self-help strategies



Medications

Common Treatment for Depression

Support : What can you do?

- ▶ Offer support, understanding, patience, and encouragement
- ▶ Never ignore comments about suicide, and report them to your loved one's health care provider or therapist
- ▶ Invite her out for walks, outings, and other activities
- ▶ Help her adhere to the treatment plan, such as setting reminders to take prescribed medications
- ▶ Help her by ensuring that he or she has transportation to therapy appointments
- ▶ Remind her that, with time and treatment, the depression will lift



COVIDBLAST.COM

Gami-Fi Health *playing for health*



CovidBlast

CovidBlast was created using the [coronavirus.gov](https://www.coronavirus.gov) recommendations for staying healthy.
As we begin to open up our Cities and States, CovidBlast makes learning to stay healthy fun.

Wave: 2 / 3

Get boosts! Boosts Remaining 00/20

Question:

Good Hygiene includes- Touching your face.

True

False

Health: ██████████

The screenshot shows a dark-themed game interface. At the top, it says 'Wave: 2 / 3' and 'Get boosts!' with a progress indicator 'Boosts Remaining 00/20'. The main question is 'Question: Good Hygiene includes- Touching your face.' Below the question are two pink buttons labeled 'True' and 'False'. At the bottom, there is a 'Health' indicator with a green progress bar.

<https://perinatalmentalhealthtoolkit.eventbrite.com>



Announcing the Release of the O.C. Perinatal Mental Health Toolkit

June 29, 2020
6:00 - 7:00 p.m.
(via Zoom)



Description:

1 in 5 mothers and 1 in 10 fathers in Orange County are affected by perinatal depression and anxiety within their baby's first year of life. As these rates are expected to rise due to COVID-19 related stressors and social isolation, the Orange County Perinatal Mood and Anxiety Disorder Collaborative has compiled resources to help all those working with young families to confidently address the issue. This webinar release will walk users through key components of the toolkit to support their ability to educate, prevent, screen, refer or treat perinatal mental health conditions.

Speakers:

Clayton Chau, M.D., Ph.D., Orange County Health Care Agency Director

Diana E. Ramos, M.D., MPH, Orange County Medical Association President

Hoda Shawky, MSN, CPNP, PMHS, IBCLC, Pritzker Fellow First 5 Orange County

RSVP: <https://perinatalmentalhealthtoolkit.eventbrite.com>

The Zoom link will be sent on June 27, 2020 to those who RSVP

Resources

- ▶ www.postpartum.net/learn-more/pregnancy-postpartum-mental-health/
- ▶ <http://pediatrics.aappublications.org/content/126/5/1032.full.pdf+html?sid=5fe33526-c78a-4a3f-98e3-da2d23f6e5f2> (reaffirmed in 2015)
- ▶ www.aafp.org/afp/2010/1015/p926.html
- ▶ <https://www.ochealthinfo.com/phs/about/family/mcah/pmad>
- ▶ <https://www.acog.org/topics/perinatal-mood-and-anxiety-disorders>

Thank you!

DrDramos
@hotmail.com

