

Educational Topic 29: Anxiety and Depression in Pregnancy and the Postpartum Period

Rationale:

Pregnancy may be accompanied by anxiety and depression, especially in the postpartum period. Recognition of psychological disturbance is essential for early intervention. Understanding normal and abnormal psychological and emotional reactions to pregnancy, childbirth and the postpartum period allows providers to give reassurance to the woman and her social supports.

Student should be able to:

Intended Learning Outcomes	Level of Competence	Instructional Method	Assessment Method	ACGME Competency	HSS	Emerging Topics	APGO eResources	EPA
A. Discuss the prevalence of and identify risk factors for postpartum blues, depression and psychosis, including social, economic, ethnic and racial factors, as well as disparities in access to care and health outcomes	K	AL, CE, DT, IL	MCQ, OE	ICS, MK	HP, PH, PS, QI, SD	PM, RX	BSV, OTC, uW	1, 2
B. Differentiate between postpartum blues, depression and psychosis	KH	AL, CE, DT, IL	MCQ, OE, OSCE	MK, PC			OTC, uW	1, 2, 3, 10
C. Compare and contrast treatment options for postpartum blues, depression and psychosis, including the role of an interprofessional team to ensure patient safety	KH	AL, CE, DT, IL, S	MCQ, OE, OSCE	MK, PC, SBP	HP, IP, PH, QI, VBC	RX	BSV, OTC, uW	4, 9, 11

Intended Learning Outcomes	Level of Competence	Instructional Method	Assessment Method	ACGME Competency	HSS	Emerging Topics	APGO eResources	EPA
D. Recognize appropriate treatment options for mood disorders during pregnancy and lactation, including the role of an interprofessional team to ensure patient safety	KH	AL, CE, DT, IL, S	MCQ, OE, OSCE	ICS, MK, PC, SBP	HP, IP, PH, QI, VBC	RX		4, 9

