

MANAGING POST- PARTUM MOOD AND ANXIETY DISORDERS: A MULTI-DISCIPLINARY APPROACH

Laura Kelly PhD, APN
Cheryl Leiningen DNP, APN

PURPOSE AND OBJECTIVES:

The purpose of this presentation is to describe the benefits of a multi-disciplinary approach including the addition of a peer/mom mentoring program, to treating women with post-partum mood disorders.

By the end of the presentation the participant will be able to:

1. identify interventions that are helpful to women with post partum mood disorders.
2. how peer support/mom mentoring is useful in the treatment of post partum mood and anxiety disorders.
3. describe how use of social media assists as an adjunct to other interventions in treating post partum mood and anxiety disorders.

INTERVENTIONS IN A MULTI-DISCIPLINARY CLINIC

- ◉ The Perinatal Mood and Anxiety Disorder (PMAD) Clinic is an interdisciplinary, multi-intervention program for women with post-partum mood and anxiety disorders. Combining numerous interventions including a very large peer support, mom mentoring program allows women to come with their babies to the clinic 5 days a week from 9am-5pm.

INTERVENTIONS IN A MULTI-DISCIPLINARY CLINIC

○ “Typical Interventions”

- psychiatric assessment
- medication management by psychiatric nurse practitioners
- individual psychotherapy
- group psychotherapy

INTERVENTIONS IN A MULTI-DISCIPLINARY CLINIC

◉ “Adjunct Therapies”

- group psychotherapy (determined by population needs)
- art therapy
- infant massage
- aromatherapy
- weekly support groups facilitated by an RN
- sleep training

PEER SUPPORT

◉ Peer support

- social media
 - ◉ <https://www.facebook.com/search/top/?q=bloom%20foundation%20for%20maternal%20wellness>
- drop in breakfast
- daily “arts and crafts” for mom and baby
- mentor moms program
 - ◉ Mentor moms are moms who were treated for a post partum disorder, got well and then are trained by clinicians to be a support person for a new mom

REFERENCES

- ◉ Clark, A. , Skouteris, H., Wertheim, E., Paxton, S. & Milgrom, J. (2009).

My baby body: A qualitative insight into women's body-related experiences and mood during pregnancy and the postpartum, *Journal of Affective Disorders*, Vol. 27, Iss. 4, 2009

Feldman, R. (2007a). Parent-infant synchrony and the construction of shared timing: Physiological precursors, developmental outcomes, and risk conditions. *Journal of Child Psychology and Psychiatry*, 48, 329-354.

Goodman, S. H. (2007). Depression in mothers. In S. Nolen-Hoeksema, T. D. Cannon, & T. Widiger (Eds.), *Annual review of clinical psychology* (Vol. 3, pp. 107-135). Palo Alto: Annual Reviews.

Thompson, K. S., & Fox, J. E. (2010). Post-partum depression: a comprehensive approach to evaluation and treatment. *Mental Health in Family Medicine*, 7(4), 249-257.

