



**Bipolar Disorder
Postpartum Psychosis**
Media Conference
Trainee Guide

Contributors

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Pre-Assessment Learning

- Friedman, S.H., Prakash, C., and Nagle-Yang, S. *Postpartum Psychosis: Protecting Mother and Infant*. *Current Psychiatry*, 2019; 18(4): 12-21.
- Wesseloo R, Kamperman AM, Munk-Olsen T, Pop VJ, Kushner SA, Bergink V. Risk of Postpartum Relapse in Bipolar Disorder and Postpartum Psychosis: A Systematic Review and Meta-Analysis. *Am J Psychiatry*. 2016 Feb 1;173(2):117-27.
- Emotionally disturbed ex-teacher who poisoned, drowned her two kids convicted of manslaughter - New York Daily News, April 8, 2016
--link: <https://www.nydailynews.com/new-york/ex-teacher-poisoned-drowned-kids-guilty-manslaughter-article-1.2593449>

****Please note that this article can be read ahead of time or as a group during the review of other media materials****

Optional Supplemental Reading

- Bergink, V., Bouvy, P. F., Vervoort, J. S., Koorengel, K. M., Steegers, E. A., & Kushner, S. A. (2012). Prevention of postpartum psychosis and mania in women at high risk. *American Journal of Psychiatry*, 169(6), 609-615.

Overview

Popular media frequently touches on issues germane to reproductive psychiatry, such as postpartum depression, stress in pregnancy, and breastfeeding. Well-known celebrities such as Gwyneth Paltrow and Chrissy Teigen have voiced their experiences with maternal mental health to millions of people worldwide. However, the tone of the messages arising from the media can be tinged with stigma. The ability to field patient questions arising from popular culture is an important professional skill for trainees to develop. In particular, trainees should be able to explain data and statistics cited in the lay media in an accurate, reassuring, and clinically relevant manner. Thus, the goal of this module is to have residents build communication skills that enable them to serve as knowledgeable and thoughtful representatives of reproductive psychiatry to a lay audience.

Each session consists of three parts: 1) reviewing and critiquing a piece from the popular media (such as from newspaper articles or social media); 2) appraising the comparable medical literature; and 3) role-playing a psychiatrist/patient interaction about how to communicate this topic to a lay audience.

The aim of reviewing the medical literature is to compare its findings with the information portrayed in the media. For the purposes of this exercise, the most relevant parts of medical literature are the abstract, the introduction, and the discussion. The aim is not to have an in-depth, “journal-club” analysis of the article (which is an important skill for residents to master elsewhere in their training), but rather to delineate in broad strokes the gaps between the information presented by the media portrayal and by the medical literature. Sessions usually last 50 minutes but can be modified, depending on the number of media items and articles selected. The media conference is tailored for PGY-4 psychiatry residents but can be modified for any resident trainee group. A small group setting with time and



3. Does the pre-assessment reading provide any key information about the differential?

4. What questions do you imagine a patient who is considering pregnancy might ask after viewing these media pieces?

5. How might you respond to the concerns elicited above?

Appraisal of Scientific Literature

Article 1: Friedman, S.H., Prakash, C., and Nagle-Yang, S. *Postpartum Psychosis: Protecting Mother and Infant*. *Current Psychiatry*, 2019; 18(4): 12-21. Link: <https://www.mdedge.com/psychiatry/article/197703/schizophrenia-other-psychotic-disorders/postpartum-psychosis-protecting>.

1. What are some expected clinical features of Postpartum psychosis (PPP)?

2. What are some prodromal symptoms of PPP?

3. What tests/imaging should be included in a workup of PPP?

4. What diagnoses are on the differential of a woman with PPP?

5. What distinguishes PPP from other potential diagnoses?

6. What are the major motives of maternal infanticide?



7. What are the major risks for women with PPP?

8. What is a mother-baby psychiatric unit (MBU)?

9. What are important elements of standard of care for PPP?

Article 2: Wesseloo R, Kamperman AM, Munk-Olsen T, Pop VJ, Kushner SA, Bergink V. Risk of Postpartum Relapse in Bipolar Disorder and Postpartum Psychosis: A Systematic Review and Meta-Analysis. *Am J Psychiatry*. 2016 Feb 1;173(2):117-27. Link: <https://www.ncbi.nlm.nih.gov/pubmed/26514657>

1. What is the study design? What are the strengths and limitations of the study?

2. What are the major findings of the study?

Supplemental article: Bergink, V., Bouvy, P. F., Vervoort, J. S., Koorengel, K. M., Steegers, E. A., & Kushner, S. A. (2012). Prevention of postpartum psychosis and mania in women at high risk. *American Journal of Psychiatry*, 169(6), 609-615. Link: <https://www.ncbi.nlm.nih.gov/pubmed/27609245>

1. What is the study design? What are the pros and cons of the study design?

2. Describe the eligible participants and treatment intervention

3. Describe the major results

Legal issue which may be of interest:

<http://thehill.com/opinion/healthcare/372545-making-postpartum-depression-a-mitigating-factor-sentencing-crimes-is>

Sample Reproductive Psychiatry Script

“A major goal of peripartum psychiatric care is the development of an effective prophylaxis algorithm that optimally balances the risks and benefits for the mother and fetus”



Patient then asks a series of questions:

1. What is my risk of developing postpartum psychosis with another birth?
2. How likely am I to kill my children?
3. What can I do to prevent developing postpartum psychosis?

Wrap-up and Q+A

1. For the learner role-playing the reproductive psychiatrist: what was challenging about this interaction?
2. For the learner role-playing the patient: what was it like to be on the “patient” side of this discussion? Was there anything in particular that your partner did that helped you feel more comfortable in your decision-making?

Additional Resources:

1. Reprotox: <https://reprotox.org>
2. MGH website: <https://womensmentalhealth.org>
3. Lact Med: <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>
4. PubMed: <https://www.ncbi.nlm.nih.gov/pubmed>