

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: <u>https://www.nydailynews.com/new-york/ex-teacher-poisoned-drowned-kids-guilty-manslaughter-article-1.2593449</u>
 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., Koorengevel, 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

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space to work within break-out groups is recommended. After review of the media items and the medical literature, the group will divide into small groups of 2-3 residents to role-play the clinical interaction.

Selection of Content

Content can either be selected in advance or selected at the time of the session. The faculty and resident group may pre-select a topic that is of particular interest to the group and distribute the media item and the article one to two weeks prior to the session. Alternatively, if there is a media item of particular interest to one or more of the trainees, they can bring the item to the session and the relevant literature can be appraised in the session in real time by the faculty and trainees, using a laptop and projector.

Session

• Presentation of media items (10 minutes): Faculty and residents together will review the media item(s)

• Review of medical literature (10 minutes): Faculty and residents together will briefly assess the comparable medical literature. 3 choices of articles are provided and facilitators may select any or all of these depending on available time.

• Role-play with case example (15 minutes): Small groups of residents will role-play a psychiatrist/patient discussion

- Large group discussion
- Wrap-up and Q+A (5 minutes)

It should be noted that the media items are both focused on an actual case. In this context, the goal of presenting these media items is to utilize them as a springboard for discussion rather than to dissect the specifics of the case. However, if there is further interest about the case, a news article providing more specific context and details is included in pre-session reading.

Learning Objectives

1. Demonstrate the ability to analyze reproductive psychiatry issues as portrayed in the lay media

2. Locate and analyze relevant scientific literature as it relates to the issues raised in the media

3. Communicate thoughtfully and accurately with a lay audience (e.g. a patient in a reproductive psychiatry consultation)

Presentation of Media Items

NY Times "Bronx woman convicted of poisoning and drowning her children"

 -link: https://www.nytimes.com/2016/04/09/nyregion/bronx-woman-convicted-of-poisoning-and-drowning-her-children.html

 Youtube "Outrage over sentence for killer mom, postpartum defense"

 -link: https://www.youtube.com/watch?v=SWMMnaZYxxk
 option to read pre-assessment article from the Daily News during this section for more background: Emotionally disturbed ex-teacher who poisoned, drowned her two kids convicted of manslaughter - New York Daily News, April 8, 2016
 -link: <u>https://www.nydailynews.com/new-york/ex-teacher-poisoned-drowned-kids-guilty-manslaughter-article-1.2593449</u>

Critique of Media Coverage

1. What is the central claim of these media pieces?

2. Does the woman described have postpartum psychosis?



- 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

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

- 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?

<u>Article 2</u>: 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: <u>https://www.ncbi.nlm .nih.gov/pubmed/26514657</u>

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., Koorengevel, 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: <u>https://www.ncbi.nlm.nih.gov/pubmed/27609245</u>

- 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"

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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