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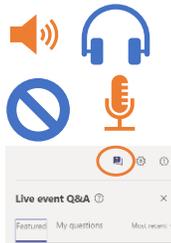
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- There is audio as part of this presentation. Please use headphones if in public settings.
- Even if your sound is on, and you are unmuted, you will not be heard on the call.
- Use the Q&A feature to the right of the screen to type in your question. Your question will be viewed by the moderator, and may be answered verbally or with a written response at the end of the presentation.
- You will receive an e-mail in the next two days from Nancy Mundy ([mundnl@upmc.edu](mailto:mundnl@upmc.edu)) with instructions on how to apply for your continuing education credits.
- Please wait until the end of both presentations before submitting questions.



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STAYING IN TOUCH

TODAY'S PRESENTER  
**Jack Cahalane, PhD, MPH**  
 Senior Director, Integrated Clinics, Telehealth, and  
 Community Liaison at UPMC Western Psychiatric Hospital  
 Clinical Assistant Professor of Psychiatry at the University  
 of Pittsburgh School of Medicine



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STAYING IN TOUCH

Here's what we're talking about

- Family conflict
- Reasons for conflict
- Resolution strategies
- Managing anxiety
- Radical acceptance
- Intimate partner violence resources
- How we can help
- Questions

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UPMC Insurance Services Division

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FAMILY CONFLICT

Family conflicts are normal and happen between different combinations of family members, including:

- Couples
- Parents and children
- Siblings



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REASONS FOR CONFLICT

Conflicts may become more frequent while sheltered at home or when we're experiencing situations that are out of our control

- Limited space
- New routines for an undefined amount of time

Different personality traits

- Couples often have traits that "complement" each other
- Ex: An organized introvert may partner with a messy extrovert

Trying to change a person rather than a behavior may cause tension and frustration



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RESOLUTION STRATEGIES

Comment on behaviors, not personality traits

Direct, clear communication is best

Practice pausing before reacting

- You can't control someone else's actions, but you can control your response
- Try to understand the other person's point of view



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RESOLUTION STRATEGIES

Don't assume things will get better on their own!



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RESOLUTION STRATEGIES

Have weekly family meetings

- Start with recognizing positive behaviors for each family member
- Develop a schedule
- Assign tasks
- Take notes

Avoid getting in the middle of conflicts between other family members

- Encourage them to come to a resolution



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RESOLUTION STRATEGIES

Additional tips

- Show interest in others
- Allow personal space
- Balance with group activities
- Use 'I' statements
- Listen
- Provide positive reinforcement
- Recognize your strengths and the strengths of others
- Use humor!



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MANAGING ANXIETY

Feeling new or increased anxiety is normal right now

Balanced meals, exercise, and meditation can help

Stay in contact with close friends

Take a break from watching the news and listen to music

Recognize some signs of anxiety in kids: acting out, anger, irritability, fatigue



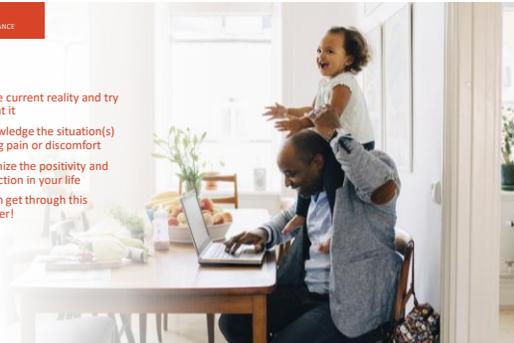
Seven horizontal lines for writing notes.

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RADICAL ACCEPTANCE

Accept the current reality and try not to fight it

- Acknowledge the situation(s) causing pain or discomfort
- Recognize the positivity and satisfaction in your life
- We can get through this together!



Seven horizontal lines for writing notes.

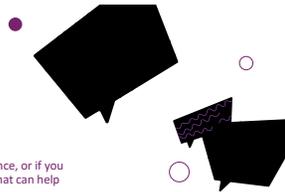
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INTIMATE PARTNER VIOLENCE RESOURCES

Intimate partner violence is separate and different from family conflict

If you find yourself dealing with intimate partner violence, or if you are feeling unsafe at home, here are some resources that can help you:

- National Domestic Violence hotline: 1-800-799-7233
- Resources for Life: 1-866-441-4395 (TTY: 711)



Seven horizontal lines for writing notes.

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HERE'S HOW WE CAN HELP

Information about COVID-19  
[upmchealthplan.com/covid-19](https://upmchealthplan.com/covid-19)

Community resources, personal  
counseling, caregiver counseling, and  
more  
[upmchealthplan.com/intouch](https://upmchealthplan.com/intouch)



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UPMC LIFE CHANGING MEDICINE

## Pregnancy, childbirth and new motherhood during the pandemic

Eydie L. Moses-Kolko, MD [mosesEL@upmc.edu](mailto:mosesEL@upmc.edu)  
April 23<sup>rd</sup>, 2020

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### Outline

- Overarching themes
  - Mothers are a high stakes population
  - Weighing risk versus risk
  - Compounded adjustments
- Mental health symptoms and treatments
- Strategies and Resources

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## Mothers are a high stakes population

- Primary physical and emotional environment for the infant
- Maternal wellness is associated with offspring wellness
  
- 1/7 new mothers have depression
- 80% single-parent families (25% of children) are headed by single mothers; 1/3 live in poverty




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## The stakes just got higher




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## COVID-19 in Pregnancy

- Similar characteristics compared to general population
  - 92% mild illness, no deaths
    - Unlike SARS, MERS and Influenza, which are associated with disproportionate mechanical ventilation and maternal death
  - 75% with fever and/or cough
- 93% with c-section
- Unknown if more complications near delivery




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Chen et al (2020) NEJM

### Changes in OB-office visits

- Uncomplicated OB: 60-70% virtual
  - In-person visit at 36-40 weeks
  - All women given home blood pressure cuff
- Complicated OB
  - more in-person contact, tests, bloodwork
- Postpartum visits are virtual




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### Mother to child transmission of SARS-CoV-2

- Not detected in cord blood, amniotic fluid, vaginal mucus, or breast milk
  - 4/51 newborn reports (+)
- 24% of infected infants < 1 yo severe illness
- Hospital policies
  - Visitor restriction
  - PUI and (+) isolation; PPE
  - Mother-baby separation



<sup>26</sup> Initial Newborn guidance American Academy Pediatrics 2020; CDC guidance on Pregnancy

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### Shared decision making process for mother-infant separation

- Clinical condition of mother and infant
- Breastfeeding
- Test results
- Facility able to accommodate separation




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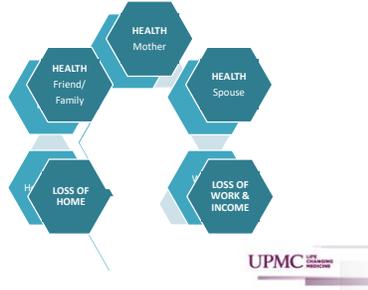
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## Compounded identity adjustments



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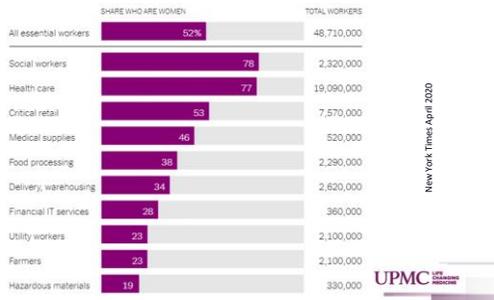
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### Share of Essential Workers Who Are Women



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## Baby Blues

- Self-limited
- Maternal role functioning not affected
- Within 10 days of delivery
- 50-80% of new mothers
- Symptoms: tearfulness, irritability, anergia, overwhelmed feelings

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## Perinatal Depression



- Affects 1 in 7 mothers
- Present before or during pregnancy 60% of the time



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## Perinatal Depression: Themes

### Anxiety, worry, overwhelmed

- GAD is more common in postpartum women than the general population
- Thoughts racing "Brain won't shut off"
- Insomnia
- Panic symptoms

### Self blame, guilt

- Inadequate mother
- Things will never be the same again; hopelessness
- Suboptimal delivery/medical complications

Marrs et al (2009) J Aff Disorders



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## Obsessive-Compulsive Symptoms

- Obsessions = Irrational, intrusive thoughts
  - 25% of perinatal women have obsessions
  - 3-9% of perinatal women have OCD
  - Examples: Aggressive, harm befalling loved ones, contamination
  - Obsessions are ego-dystonic, very distressing, and mothers try to resist them or avoid danger
- Compulsions = Irresistible urges
  - Checking repeatedly on infant "won't let child out of my sight"
  - Breastfeeding/pumping schedule
  - Preventing contact with germs

Werner, Hunkle et al AUP, Faloutche and Woody AMWA 2008



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## Perinatal Trauma and PTSD

- Risk Factors
  - Difficult birth
  - Emergency c-section
  - Fear of birth
  - Past abuse
  - VLBW babies
  - Preterm birth
  - NICU
  - Fetal anomaly
  - Maternal complications
  - Perinatal loss
- Prevalence 18% (base population rate 4%)
- Highly comorbid with depression

Yildiz et al JAD 2017



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## THE SILVER LINING



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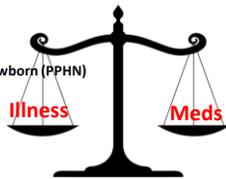
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## Domains of reproductive toxicity

1. Spontaneous Abortion
2. Birth defects
3. Persistent Hypertension of the Newborn (PPHN)
4. Timing of delivery, Birth weight
5. Neonatal complications
6. Lactation
7. Neurobehavioral disorders



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## Postpartum depression and anxiety are treatable

- Antidepressants yield ~ 50% remission rate
  - Fluoxetine, Sertraline, Nortriptyline
  - Paroxetine, venlafaxine, escitalopram, bupropion
- Behavioral interventions yield ~ 40% remission rate
  - Home visitors
  - Interpersonal psychotherapy
  - Cognitive Behavioral Therapy



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## Lactation - antidepressants

	Relative infant dose (%)	Protein binding (%)
Sertraline	2.2	98
Paroxetine	2.1	95
Nortriptyline	1.5	92
Citalopram	3.6	80
Fluoxetine	6.8	95
Bupropion	0.7	75-88

} unquantifiable

Hale, Medication and Mother's Milk 2004



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## Higher risk clinical scenarios

- Delusions, obsessive-compulsive thoughts and behaviors, somatic symptoms, past trauma
- More frequent clinical contact; higher level of care
- Adequate supplies of medications to avoid interruption



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## Telemedicine

- So well suited for mothers !
- Med management
- Individual therapy
- Group therapy
  - NEST
  - New mindfulness program starting



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## Resources

- **UPMC- Western Psychiatric Hospital at Magee**
- **New and Expectant Mothers Specialized Treatment Intensive Outpatient Program**
  - Call PsychcarePlus 412-624-2000, option 2
  - OR email at [PsychCarePlus@upmc.edu](mailto:PsychCarePlus@upmc.edu)
- **Community options**
  - Healthy start: Virtual doula support during delivery in addition to moving beyond depression program
  - Kids Plus Pediatrics facebook page – New Moms Coffee
  - Forward wellness counseling



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## Resources

- **Postpartum Support International**
  - Helpline, Support coordinators by geographical region, online support groups, facebook groups
- **The Bloom Foundation**
  - FREE Mom Support Groups every Tuesday and Thursday
  - <https://www.thebloomfoundation.org/mom-support-group/>



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### My Postpartum Plan - During COVID-19

**Building My Village Topics** < **My Postpartum Plan** < **My Postpartum Plan**

Many things will be unexpected and possibly out of your control, but this may help serve as a guide to share your needs and be ready for the days ahead. This tool is meant to help new parents think about and prepare for the weeks after baby arrives. As you work on this plan try to keep it flexible and think about what YOU need not what others want to give.

Taking extra measures to protect your family against coronavirus, we can offer some ideas to think about while you make your postpartum support plan.

#### TOPICS IN MY POSTPARTUM PLAN

Getting Ready - Supporting New Parents During COVID-19

My Postpartum Plan - During COVID-19

<https://newmomhealth.com/buildingmyvillage/my-postpartum-plan-z6bde>

Visitors, nutrition/meals, homecare, childcare, selfcare, nighttime schedule, appointments



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## Pandemic parenting

“Parenting and self-care need to look different right now and we have to be OK with lowering some of the bars”

“ . . Find some small moments of stillness, and maybe even joy, during this time of crisis. . . ”

“There may also be some good things including more time to be at home to rest and less pressure to be dressed up and ‘doing it all’ ”



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**“Mother love in infancy and childhood is as important for mental health as are vitamins and proteins for physical health”**

*John Bowlby, 1953*



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### Mindfulness

- May we be happy
- May we be healthy and strong
- May we sleep well soon
- May this exhausting time together make our bond stronger
- May we have compassion for each other



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