

#### SRI LAKSHMI NARAYANA INSTITUTE OF MEDICAL SCIENCES

Date: 7.05.2017

From

Dr. Ambigai meena, Professor and HOD, Department of Obstetrics and Gynaecology, Sri Lakshmi Narayana Institute of Medical Sciences, Bharath Institute of Higher Education and Research, Chennai.

To

The Dean, Sri Lakshmi Narayana Institue Of Medical Sciences, Bharath Institute of Higher Education and Research, Chennai.

Sub: Permission to conduct value-added course: PSYCHIATRY IN OBSTETRICS

Dear Sir,

With reference to the subject mentioned above, the department proposes to conduct a value-added course titled: **PSYCHIATRY IN OBSTETRICS**on JUL 2017 - DEC 2017. We solicit your kind permission for the same.

Kind Regards

Dr. Ambigai meena

#### FOR THE USE OF DEANS OFFICE

Names of Committee members for evaluating the course:

The Dean Dr. Sugumaran

The HOD: Dr. Ambigai meena

The Expert The committee has discussed about the course and is approved.

Andigi-i

Dean

**Subject Expert** 

HOD

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### Sri Lakshmi Narayana Institute of Medical Sciences

OSUDU, AGARAM VILLAGE, VILLIANUR COMMUNE, KUDAPAKKAM POST, PUDUCHERRY - 605 502.

[ Recognised by Medical Council of India, Ministry of Health letter No. U/12012/249/2005-ME ( P -II ) dt. 11/07/2011 ]

[ Affliated to Bharath University, Chennai - TN ]

15.06.2017

#### Circular

Sub: Organising Value-added Course: PSYCHIATRY IN OBSTETRICS- reg

With reference to the above mentioned subject, it is to bring to your notice that Sri Lakshmi Narayana Institute of Medical Sciences, **Bharath Institute of Higher Education and Research**, is organizing "PSYCHIATRY IN OBSTETRICS". The course content and registration form is enclosed below."

The application must reach the institution along with all the necessary documents as mentioned. The hard copy of the application should be sent to the institution by registered/ speed post only so as to reach on or before 30.06.2017. Applications received after the mentioned date shall not be entertained under any circumstances.

Dean

DEAN
SHUMBER MATTER OF MISKE SCROSS
OBJUDU, ADARBAY KAM POST,
PUDDICHERRY - 605 MAZ

#### **Course Proposal**

### Course Title: Psychiatry in Obstetrics

### **Course Objective:**

- 1. Overview of Psychiatry in Obstetrics
- 2. How can mental health be affected by pregnancy?
- 3. Prediction and Detection
- 4. Mental disorders
- 5. Depression
- 6. Panic disorders
- 7. Eating disorders
- 8. Psychoses in pregnancy
- 9. Schizophrenia
- 10. Pharmacological medications

Course Outcome: knowledge about psychiatry in obstetrics

**Course Audience: Final MBBS Undergraduates** 

Course Coordinator: Dr.DURGA

**Course Faculties with Qualification and Designation:** 

Dr.Ambigai meena. Prof and HOD, OG Dr.Durga, Associate Professor, OG

**Course Curriculum/Topics with schedule (Min of 30 hours)** 

	Date	Topic	Time	Hour
				s
1	4.01.2018	Over view Psychiatry	4.00pm -5.00pm	1
2	8.01.2018	How can mental health be affected by pregnancy ?		3
3	20.01.201	Prediction and Detection	4.00pm -8.00pm	
4	5.02.2018	Mental Disorder	Disorder 4.00pm -8.00pm	
5	16.02.201 8	Depression	4.00pm -8.00pm	
6	3.03.2018	Panic disorders	4.00pm-8.00pm	4
7	12.03.201 8	Eating disorders	4.00pm -6.00pm	2
8	16.04.201	Psychoses in pregnancy	4.00pm -6.00pm 2	
9	26.04.201 8	Schizophrenia	4.00pm - 6.00pm	
1 0	3.05.2018	Pharmacological Medications	4.00pm -6.00pm	2
			Total Hours	30

REFERENCE BOOKS: (Minimum 2)
Willaims Obstetrics Edition 21

Williams Gynaecology Edition 18

### **VALUE ADDED COURSE**

- 1. Name of the programme& Code Psychiatry in Obstetrics, OBGY 7
- **2. Duration& Period** 30 hrs & Jul 2017 Dec 2017
- 3. Information Brochure and Course Content of Value Added Courses

Enclosed as Annexure- I

- 4. List of students enrolled Enclosed as Annexure- II
- **5. Assessment procedures:** Multiple choice questions- *Enclosed as Annexure- III*
- **6. Certificate model** *Enclosed as Annexure-IV*
- 7.No. of times offered during the same year:1- Jul 2017 Dec 2017
- 8. Year of discontinuation: 2017
- 9. Summary report of each program year-wise

Value Added Course					
Sl. No	Course Code	Course Name	Resource Persons	Target Students	Strength& Year
1	OBGY 7	Psychiatry in Obstetrics	Dr. DURGA	FINAL YEAR MBBS	Jul 2017 - Dec
					2017

10. Course Feed Back Enclosed as Annexure- V

**RESOURCE PERSON** 

K. Duga

**COORDINATOR** 

DEAN

WILLIAM MINISTER WITCH OF MINISTER STREET

ORIGINAL AGARDAN VILLAGE

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ASSOCIATE PROFESSOR DEPT OF COSTETRESS & GYNAEDS CON Sri Lakshmi Narayana Institute of Medical Sciences OSUDU, PUDUCHERRY.

# ychiatry in obstetrics



### le family!!

lers during pregnancy and the postnatal period can have serious for the health and wellbeing of a mother and her baby, as well as for her er family members.

ealth be affected by pregnancy?

ealth during pregnancy.

g a mental illness when they get pregnant.

al health problems in the past.

top medication when they get pregnant have a high risk of getting ill again every 10 women who stop antidepressants in early pregnancy become

health problems for the first time in pregnancy.

n?

es, Depression,

nitoring for high risk patient should be at all times.

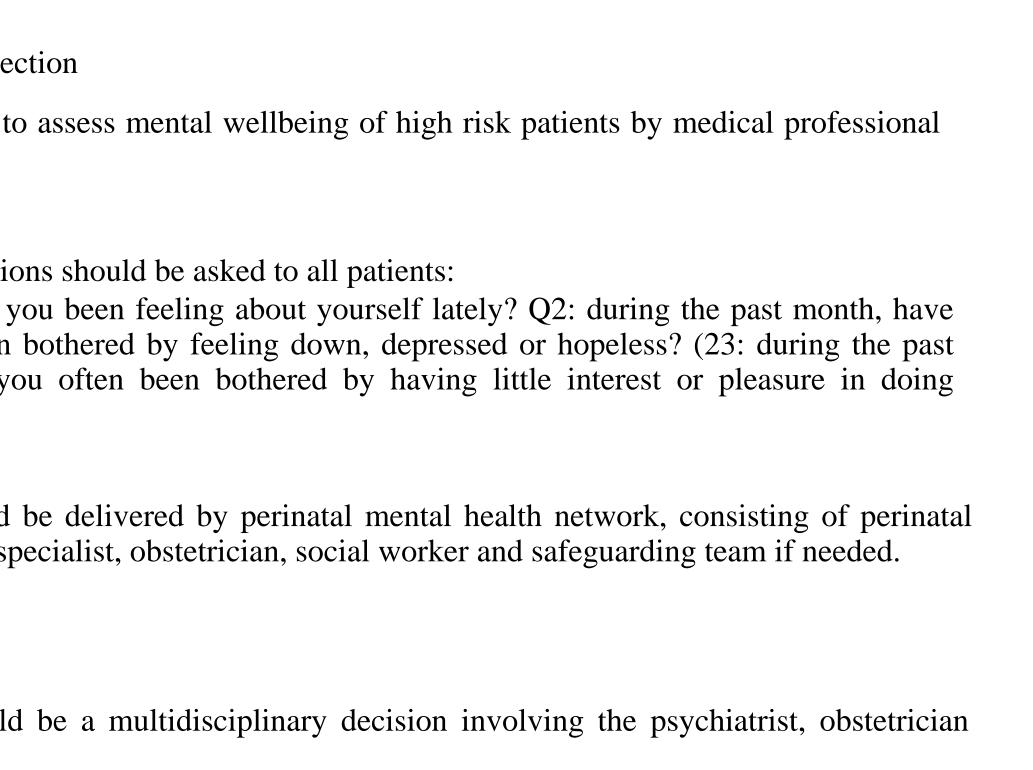
disorder.

h complications/Miscarriage.

V.

e. Social status.

se.



order or mental illness is a psychological or behavioural pattern that occurs all and is thought to cause distress or disability that is not expected as part of pment or culture"

s of mental disorders:

ers: Phobia anxiety disorder ty disorder

er

ompulsive disorder Post-traumatic stress disorder

Bipolar disorders: Major depressive

rders

orders.

ders:

order e disorder

s: Anorexia nervosa

sa

## ssion

disorder characterized by episodes of allencompassing low mood by low self-esteem and loss of interest or pleasure in normally enjoyable

to 70% of women report some negative mood symptoms during prevalence of women who meet the diagnostic criteria for depression on to be between 13.6% at 32 weeks gestation and 17% at 35 to 36 n. Peak through first and third trimester.

because of concerns regarding the effects of medications, can lead to a live consequences, including lack of compliance with prenatal care ons, poor nutrition and self-care, self-medication, alcohol and drug use, at and thoughts of harming the fetus, and the development of postpartumer the baby is born.

## ssion

at examined 1123 mother-infant pairs reported that infants of mothers pregnancy showed less frequent positive facial expressions and and that these infants were also harder to console.

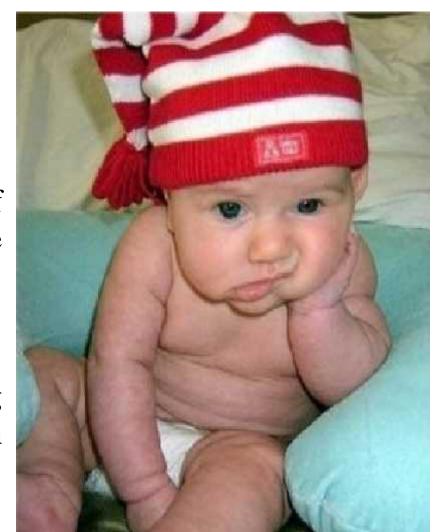
B, Bauchner H, Parker S, et al. ressive symptoms duringpregnancyj rritability. J DevBehavPediatr nild or moderate depression; thdrawal of antidepressants

osychological therapy (CBT, IPT) If history of pressive episodes or new moderate/severe structured psychological treatment.

ant treatment.

on treatment if no response.

resistant patients; consider different single drug or ECT before considering combination



- disorder characterized by recurring severe panic attacks".
- panic disorder during pregnancy is variable and remains unclear.
- reports of pregnant women with pre-existing panic disorder have crease in symptoms during pregnancy, large-scale studies have reported decrease in symptoms for women with preexisting panic disorder.
- nic disorder during pregnancy is reported.
- effects of anxiety and panic on the course of the pregnancy and the health of not well understood.
- owed a correlation between increased anxiety and increased resistance in blood flow.

ning should be performed.

ological therapies (CBT, supportive psychotherapy, relaxation eep hygiene, and dietary counseling) should be considered before all therapies (benzodiazepines, antidepressants).

es of panic disorder; paroxetine should not be started and a safer drug sidered.

e prevalence or course of generalized anxiety disorder (GAD) through

ferentiate from normal anxiety during pregnancy.

eatment for GAD, switching to CBT should be considered.

sive

isorder characterized by thoughts that cannot be controlled (obsessions) behaviours or rituals that cannot be controlled (compulsions) in ese thoughts".

the disorder include excessive washing or cleaning; repeated checking; ing; preoccupation with sexual, violent or religious thoughts; relationshiptons; aversion to particular numbers; and nervous rituals, such as opening

sive

ts suggest that women may be at an increased risk for the onset of OCD and the postpartum period.

f women with diagnosed OCD, 39% of the participants reported that their ring a pregnancy.

ted normally, as usually on psychological therapy.

ation of more than one antidepressant.

- e of eating disorders in pregnant women is approximately 4-9%.
- suggested that the severity of symptoms may actually decrease during
- osa reduces a woman's fertility. Women with bulimia nervosa are more nned pregnancy.
- ological treatment rather than antidepressants.
- breastfeeding if on fluoxetine.
- regnancy
- psychoses are less fertile, partly as a result of hyperprolactinaemia antipsychotic drugs, the newer atypical drugs such as clozapine and not have this effect.

- f newly-discovered episodes of psychosis during pregnancy is rare.
- a history of psychosis, the relapse rates are high.

### regnancy

a number of systematic reviews that women with psychotic disorders are k of obstetric complications and stillbirths.

mmon manifestations being bipolar illness, followed by psychotic schizophrenia.

rder

diagnosis for a mood disorder; usually of alternating episodes of mania

e is same in pregnancy as at any

ge of treatment in unplanned eases the risk.

rder



men who are stable on antipsychotic, should be maintained on with monitoring of weight gain and diabetes.

um as a prophylactic treatment, consider antipsychotics.

e while on medication consider increase of dose or change to another

# phrenia

- lisorder characterized by a breakdown of thought processes and by a eal emotional responses".
- optoms include auditory hallucinations, paranoid or bizarre delusions, or speech and thinking, and it is accompanied by significant social or sysfunction.
- about 0.3—0.7% in general population.
- ing pregnancy can have devastating consequences for both the mother and uding failure to obtain proper prenatal care, negative pregnancy outcomes rth weight and prematurity, and neonaticide or suicide.
- a history of psychosis require close monitoring by health care professionals acy.

# phrenia

schizophrenia who are planning a pregnancy or pregnant, should be ing to guidelines except switch from atypical to typical antipsychotics idered.

schizophrenia who are breastfeeding, should be treated according to ept that women receiving depot medication should be advised that their ow extrapyramidal symptoms.

# acological medication

- clics have a higher fatal toxicity index than selective serotonin reuptake SSRI's)
- is the SSRI with the lowest known risk during pregnancy
- nortriptyline and sertraline are present in breast milk at relatively low fluoxetine)
- r 20 weeks gestation may be associated with an increased risk of persistent hypertension in the neonate
- taken in the first trimester may be associated with foetal heart rate defects pressants carry the risk of withdrawal or toxicity in neonates in most
- ffects are self limiting.
- nes
- t be routinely prescribed for pregnant women, except for short term of extreme anxiety and agitation.
- tus cleft palate
- onate floppy baby syndrome

# acological medication

iral tube defects

nvert to another drug (e.g. for bipolar disorder convert to antipsychotic) ive limit to max I gram per day in divided doses in slow release format. ng per day folic acid)

- should not be routinely prescribed for women who are pregnant risk of foetal agranulocytosis in the Infant
- risk factors for gestational diabetes should be taken into account psychotics and anticholinergic drugs should not be routinely prescribed to comen because may show extrapyramidal side effects several months after tion.

e and Lamotrigene

epine increased risk of neural tube defects (6 to 20 per 1000), also risk of tmal tract problems and cardiac abnormalities - Lamotrigenecarnes risk of per 1000 exposed foetuses. - Stop if possible

# acological medication

rst trimester and during breast feeding at high risk of relapse — gradual withdrawal over 4 weeks onverting to antipsychotic topping for first then restarting in second trimester if not planning to breast and check levels every 4 weeks, then weekly from 36 weeks and withm 24

ng check levels every 4 weeks, then weekly from 36 weeks and withm 24 all dbirth. Adjust dose to keep at the lower end of the therapeutic range aid balance in labour risk of dehydration and lithium toxicity essary to check lithium levels

sive therapy (ECT) ce available on risk of harm to foetus.

- ers in pregnancy may be under-diagnosed and under-estimated.
- ders affect the mother, the baby and the whole family and can have quences on the pregnancy.
- nary team should be involved.
- on is associated with better outcome.
- therapy is superior to pharmacological therapy during pregnancy and (it always the balance of advantages against disadvantages)



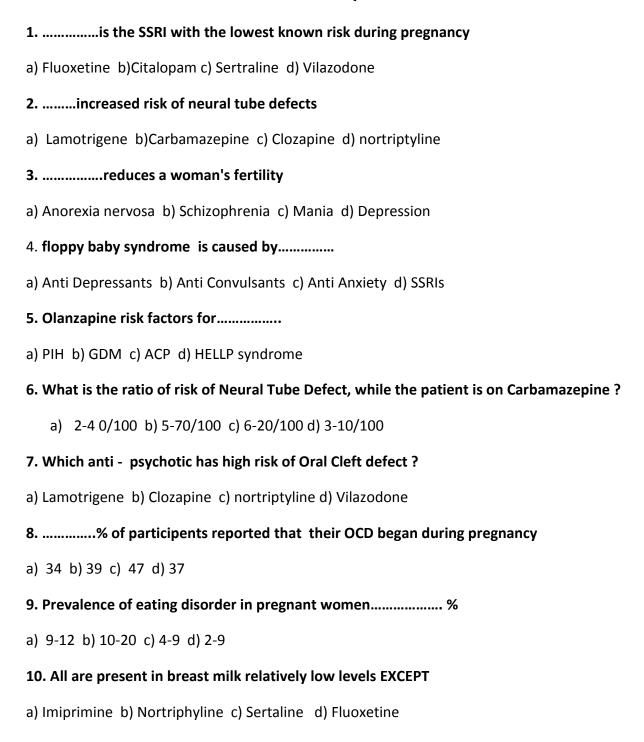
### Value Added courses PSYCHIATRY IN OBSTETRICS

## List of Students enrolled Jul 2017

	Lis	t of Students enrolled Jul 2017 –	Dec 2017
SL. NO	ROLL NO.	NAME	Signature
1.	U14MB261	KARTHIKA PRIYA. S.K	bantel -
2.	U14MB262	KAVYA. K	- may and
3.	U14MB263	KAVYASHREE.P	Kaulya
4.	U14MB264	KEERTHI.R	Keesti
5.	U14MB265	KELHOUNEIR TSEIKHANUO	Differ -
6.	U14MB266	KIRTHICK SARAN RAJA. V	Liver Sty.
7.	U14MB267	KISHORE KANNA.A	+ ichnokan
8.	U14MB268	LINGABARATHAN.A	Limen
9.	U14MB269	LITHIGA. M	dimin
10.	U14MB270	LOHISHVAR.A	List.
11.	U14MB271	LOKESHKUMAR. B	there
12.	U14MB272	MADIMCHETTY SATHYA AASHEERV	Afoliant.
13.	U14MB273	MAHANMAHARAJ.A	X ahamri
14.	U14MB274	MANOJ. R	Manor. 7
15.	U14MB275	MANOJ. S	Sainh
16.	U14MB276	MEGAVANNAN. T	Menny.
17.	U14MB277	MOHAN RAJ. K	MRLA
18.	U14MB278	MONISHA. M	(n)
19.	U14MB279	MURALIPRASATH. V	- MANT
20.	U14MB280	NANDHA KUMAR. V	Mulling

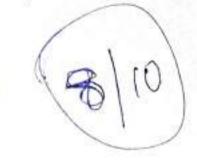
### **PSYCHIATRY IN OBSTETRICS**

### **MCQs**



### PSYCHIATRY IN OBSTETRICS

### MCQs



- 1. .....is the SSRI with the lowest known risk during pregnancy
- a) Fluoxetine a Citalopam c) Sertraline d) Vilazodone
- 2. .....increased risk of neural tube defects
- a) Lamotrigene b)Carbamazepine c) Clozapine d) nortriptyline
- 3. .....reduces a woman's fertility
- Anorexia nervosa b) Schizophrenia c) Mania d) Depression
- 4. floppy baby syndrome is caused by.....
- a) Anti Depressants b) Anti Convulsants c) Anti Anxiety.d) SSRIs
- 5. Olanzapine risk factors for......
- a) PIH b) GDM c) ACP d) HELLP syndrome
- 6. What is the ratio of risk of Neural Tube Defect, while the patient is on Carbamazepine?
  - a) 2-4 0/100 b) 5-70/100 et 6-20/100 d) 3-10/100
- 7. Which anti psychotic has high risk of Oral Cleft defect?
- a) Lamotrigene b) Clozapine c) nortriptyline d) Vilazodone
- a) 34 b) 39 c) 47 d) 37
- 9. Prevalence of eating disorder in pregnant women...... %

al-9-12 b) 10-20 c) 4-9 d) 2-9

- 10. All are present in breast milk relatively low levels EXCEPT
  - a) Imiprimine b⊁Nortriphyline c) Sertaline d) Fluoxetine



### Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research (Deemed to be University under section 3 of the UGC Act 1956)

### CERTIFICATE OF MERIT

This is to certify that <u>KISHORE KANNA</u> has actively participated in the Value Added Course on **Psychiatry in Obstetrics** held during Jul 2017 – Dec 2017 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

**RESOURCE PERSON** 

ASSISTANT PROFESSOR
DEPT. OF OBSTETRICS & GYNAECOLOGY
Sri Lakshmi Narayana Institute of
Medical Sciences
OSUDU DIDUCHERRY.

COORDINATOR

DEAN
SAI LAKSHMI MARAYANA INSTITUTE OF MEDICAL SCIENCE
OSUDU, AGARAM VILLAGE,
KOODAPAKKAM POST,
PUDUCHERRY - 605 592



### Sri Lakshmi Narayana Institute of Medical Sciences

Affiliated to Bharath Institute of Higher Education & Research (Deemed to be University under section 3 of the UGC Act 1956)

### CERTIFICATE OF MERIT

This is to certify that <u>MANOJ. S</u> has actively participated in the Value Added Course on **Psychiatry in Obstetrics** held during Jul 2017 - Dec 2017 Organized by Sri Lakshmi Narayana Institute of Medical Sciences, Pondicherry- 605 502, India.

**RESOURCE PERSON** 

ASSISTANT PROFESSOR
DEPT. OF OBSTETRICS & GYNAECOLOGY
Sri Lakshmi Narayana Institute of
Medical Sciences
OSULTI DIDUCHERRY.

COORDINATOR

DEAN
SAI LAKSHMI MARAYANA INSTITUTE OF MEDICAL SCIENCE
OSUDU, AGARAM VILLAGE,
KOODAPAKKAM POST,
PUDUCHERRY - 605 592

### **Annexure 4**

### **Course/Training Feedback Form**

Course: Date: Name: Reg NO.				
Departme	ent: Obstetri	cs and Gynaeco	logy	
Q 1: Pleas	se rate your o	verall satisfaction	n with the forma	t of the course:
a.	Excellent	b. Very Good	c. Satisfactory	d. unsatisfactory
_	se rate course Excellent		c. Satisfactory	d. unsatisfactory
		nce was well plan b. Very Good		d. unsatisfactory
		clear and easy to b. Very Good		d. unsatisfactory
-	•	• •		and information: d. unsatisfactory
<b>Q</b> 6: Any	other suggest	ions:		
Comment	ts:			
Thank yo	u for taking	the time to com	plete this surve	y, your comments are much appreciated.
<b>OPTION</b> A	AL Section: N	Vame		
Signature				Date

OURSE PRYCHIATRY IN OBSTETRICS
Pate:
iame: KAVYA IK
teg NO. U14 MB 252 Department: Obstetrics and Gynaecology
A partition of the control of the co
1: Please rate your overall satisfaction with the format of the course
a. Excellent Mery Good c. Satisfactory d. meatisfactory
Q 2: Please rate course notes:
Excellent b. Very Good c. Satisfactory d. un-attributory
Q 3: The lecture sequence was well planned
a. Excellent bery Good c. Satisfactory d. ansatisfactory
Literature De l'est de l'action de l'actio
Q 4: The lectures were clear and easy to understand
a_Excellent h. Very Good c. Satisfactory d. unsatisfactory
Q 5:Please rate the quality of pre-course administration and information:
a. Excellent b Very Good c. Satisfactory d. unsatisfactory
Q 6: Any other suggestions:
Q u. m., uma area
Comments:
Thank you for taking the time to complete this survey, your comments are much appreciated.
Thank you for taking the time to complete this and region

Date

OPTIONAL Section: Name

Signature



### Course/Training Feedback Form

Course: PSYCHIATRY IN OBSIETRICS
Date:
Name: KEERTHI, R
Department: Obstetrics and Gynaecology
The same virtuate onegy
Q 1: Please rate your overall satisfaction with the format of the course:
a. Excellent b Very Good e. Satisfactory d. unsatisfactory
Q 2: Please rate course notes:
3 Excellent b. Very Good e. Satisfactory d. unsatisfactory
Q 3: The legture sequence was well planned
Excellent b. Very Good c. Satisfactory d. unsatisfactory
Q 4: The lectures were clear and easy to understand
a. Excellent Very Good e. Satisfactory d. unsatisfactory
Q 5:Please rate the quality of pre-course administration and information:
Excellent b. Very Good c. Satisfactory d. unsatisfactory
Q 6: Any other suggestions:
Comments:
Thank you for taking the time to complete this survey, your comments are much appreciated.
OPTIONAL Section: Name
ignature Date

Date: 24.12.2017

#### From

Dr.Durga Assistant Professor, Obstetrics and Gynaecology, Sri Lakshmi Narayana institute of Medical sciences, Bharath Institute of Higher Education and Research, Chennai.

Through Proper Channel

#### To

The Dean, Sri Lakshmi Narayana institute of Medical Sciences, Bharath Institute of Higher Education and Research, Chennai.

Sub: Completion of value-added course: Psychiatry in Obstetrics

Dear Sir,

With reference to the subject mentioned above, the department has conducted the value-added course titled: **Psychiatry in Obstetrics** on Jul 2017 - Dec 2017 . We solicit your kind action to send certificates for the participants, that is attached with this letter. Also, I am attaching the photographs captured during the conduct of the course.

Kind Regard

Dr.DURGA

ASSOCIATE PROFESSOR DEPT OF OSSTETRESS & GYMAEDOLOGY Sri Lakahmy Narayana Institute of Medical Sciences OSUDU. PUDUCHERRY

**Encl:** Certificates

**Photographs** 

