

Pregnancy and Mental Health: Managing Psych Meds at Confirmation of Pregnancy

Christy Evers, DNP, APRN, CNM
Krysta Ramirez Henry, DNP, APRN, CNM, PMH-C, FACNM

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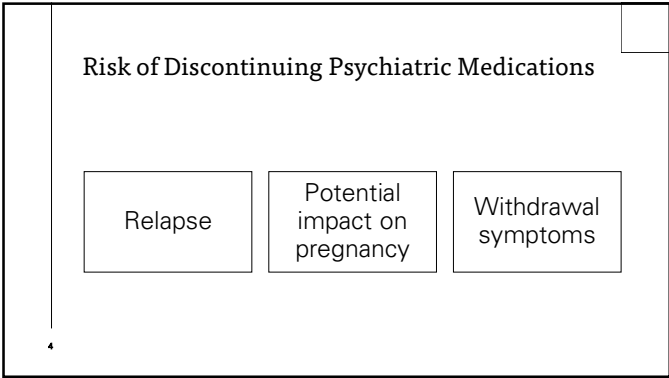
Objectives

- By the end of the session, participants will be able to identify at least three potential risks of discontinuing psychiatric medications during pregnancy and three risks of untreated psychiatric illnesses.
- Participants will outline a multidisciplinary care plan for managing a pregnant patient with a psychiatric condition, integrating input from OB-GYNs, psychiatrists, and therapists.
- Participants will describe at least two evidence-based strategies for managing psychiatric conditions in pregnant individuals, citing recommendations from ACOG or APA.

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Positively Pregnant, Now What?

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Table 1. General Approach to Risk Counseling for Depression Psychopharmacotherapy	
Risks of under-treatment or no treatment for depression during pregnancy include...	Risks of antidepressant use during pregnancy include...*
Limited engagement in medical care and self-care	PPHN
Substance use	Transient neonatal adaptation syndrome
Preterm birth	Preeclampsia (SNRIs)
Low birth weight	Spontaneous abortion (SNRIs)
Preeclampsia	
Postpartum depression	
Impaired infant attachment (which carries long-term developmental effects)	
Disrupted relationship with partner	
Suicide [†]	
PPHN, persistent pulmonary hypertension of the newborn; SNRI, serotonin-norepinephrine reuptake inhibitor.	
*Data derived from literature that accounts for the underlying indication for antidepressant use.	
[†] Suicide is a leading preventable contributor to maternal mortality in the United States, exceeding hemorrhage and hypertensive disorders.	
Data from Trost SL, Beauregard J, Nijie F. Pregnancy-related deaths: data from maternal mortality review committees in 36 US states, 2017–2019. Centers for Disease Control and Prevention; 2022. Accessed December 7, 2022. https://www.cdc.gov/reproductivehealth/maternal-mortality/erase-mmrc.html and Viswanathan M, Middleton JC, Stuebe A, Berkman N, Goulding AN, McLaurin-Jiang S, et al. Maternal, fetal, and child outcomes of mental health treatments in women: a systematic review of perinatal pharmacologic interventions. Comparative Effectiveness Review No. 236. Agency for Healthcare Research and Quality; 2021. Accessed February 8, 2022.	

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Multidisciplinary Care

- Care manager
- Primary care providers
- Obstetrical team
- Psychiatrist

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Medication Management Goals

- ✓ Use lowest effective dose
- 📦 Avoid polypharmacy
- ➕ Minimize switching medications
- 🧠 Consider untreated or inadequately treated mental health conditions a fetal exposure

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Do Not Titrate Down in the Third Trimester

Not shown to improve neonatal outcomes

Associated with increase risk to the mental health of pregnant person

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Evidence-Based Strategies for Management

ACOG recommends that selective serotonin reuptake inhibitors be used as first-line pharmacotherapy for perinatal depression.

ACOG recommends that selective serotonin reuptake inhibitors be used as first-line psychopharmacotherapy for perinatal anxiety.

ACOG recommends against discontinuing mood stabilizers, except for valproate, during pregnancy due to the risk of recurrence or exacerbation of mood symptoms.

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[illegible]

Case Example

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[illegible]

Summary and Key Takeaways

- It is risk vs. risk
- SSRIs are first-line
- Avoid switching medications unless contraindicated
- Multi-disciplinary approach

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Resources

Postpartum Support International at <https://www.postpartum.net/>

Kansas Maternal and Child Health, Psychiatric Consultation and Care Coordination at <https://www.kansasmch.org/psychiatric-consultation-care-coordination.asp>

Maternal Health Access Project at <https://mydss.mo.gov/mhd/hot-tips/maternal-health-access-project>

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References

1. Treatment and management of mental health conditions during pregnancy and postpartum. ACOG. (2023, June). <https://www.acog.org/clinical/clinical-guidance/clinical-practice-guideline/articles/2023/06/treatment-and-management-of-mental-health-conditions-during-pregnancy-and-postpartum>
2. *Perinatal Mental Health Toolkit*. Psychiatry.org - Perinatal Mental Health Toolkit. (2024). <https://www.psychiatry.org/psychiatrists/practice/professional-interests/women-s-mental-health/maternal-mental-health-toolkit>

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Thank you

Dr Christy Evers
(913) 749 – 9064
Cevers2@kumc.edu

Dr Krysta Ramirez Henry
(913) 209 – 8604
kramirezhenry@kumc.edu

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