

Perinatal Psychiatry Services, Dept of Psychiatry
Certificate Course on Perinatal Mental Health
October to December 2021

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Digital Curriculum

Duration	Hybrid- Online sessions on Fridays and reading materials will be shared on tuesdays. Oct to Dec 2021 20 hours (16 hrs synchronous in zoom + 4hrs self-paced e-learning/asynchronous including assignments)
Who are the Potential Learners	Doctors including Psychiatrists and Obstetricians, Obstetric or Psychiatric Nurses, Clinical Psychologists and Psychiatric social workers.
Who may not get benefited	Experts or Specialists like Perinatal Psychiatrist/Faculty/etc.
Goals	On course completion, you should be able to: <ul style="list-style-type: none"> - Identify and provide first line of treatment for common mental disorders in pregnancy and postpartum - Identification of severe mental disorders and management of severe mental disorders in perinatal period - Have an understanding of psychopharmacology in pregnancy and postpartum - Mother-infant bonding assessment and interventions - Psychosocial interventions that can be done in the perinatal period
Method	<u>Completely ONLINE</u> <u>Blended Patient Centric Learning</u> <ul style="list-style-type: none"> ● Realtime: Face to Face through zoom video conferencing (also Zoom cloud conference app downloadable at Playstore) (How to Join ZOOM) (video link) ● Anytime:Self-paced e-learning (Google Classroom or Google classroom app)
Is it like MOOC	No The primary focus here is to learn through both knowledge based and skill based sessions which are interactive in nature with the Perinatal mental health experts of NIMHANS The concept is of Learning by Doing

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Accessible through	By any Internet-enabled smartphone or Laptop or PC
Course fee	Rs 2500/- Commitment to time and participation is a must There is NO Participation Certificate. Only candidates fulfilling our course completion requirements will be certified.
Hub/Team leads	Clinical experts from NIMHANS HUB: Hub Team Instructors Experts <ul style="list-style-type: none"> ● Course Mentor: Dr Prabha S Chandra MD, FRCPE, FRCPsych, FAMS Professor of Psychiatry, NIMHANS ● Course Co-ordinator: Dr Geetha Desai MD, DNB, PhD Professor of Psychiatry, NIMHANS ● Program facilitator: Dr Manisha Murugesan MD and Dr Aana Shah MD PDF in Women's Mental Health, Dept of Psychiatry ● Program Advisor: Dr Prabhat Chand MD, Professor of Psychiatry, NIMHANS
Benefit of the course	<ul style="list-style-type: none"> ● Acquire confidence in identifying, managing and referring patients with mental health problems in perinatal period ● Learn the most recent evidence based Practice in Perinatal Psychiatry ● Certificate upon completion
Eligibility for Accreditation Certificate (all criteria to be met)	<ol style="list-style-type: none"> 1. More than 80% Attendance in Friday online sessions (as measured by zoom video presence) 2. More than 90 min participation in each session i.e. Video presence per online session (as measured by the software and your video presence) 3. Presentation or submission of 1 or more perinatal related patient case summaries. 4. > 60% in the two assessments during the course 5. Completion of pre-test and post-test surveys.
FAQs and updates	Kindly check https://nimhansdigitalacademy.in/
Contact	perinatalnimhans@gmail.com

Problem statement

Mental health of women during pregnancy and postpartum can have a significant impact on overall health of the mother as well as the infant. Mental health disorders during pregnancy and postpartum need to be assessed and managed with focus on the mother-infant dyad. It is important to sensitize health professionals to perinatal mental health issues which would in turn aid in easy and early identification and treatment of various mental health disorders during the perinatal period. Hence this course has been planned by the Perinatal Psychiatric Service team of NIMHANS to sensitize all the professionals who work with the perinatal population.

Goals & Objectives:

On course completion, you should be able to:

- Identify and provide basic treatment for common mental disorders in pregnancy and postpartum
- Identify risk factors and approach to severe mental disorders in perinatal period
- Have an understanding of psychopharmacology in pregnancy and postpartum
- Mother-infant bonding assessment and interventions
- Psychosocial interventions that can be done in the perinatal period

Duration: This program spreads over 8 classes (Oct to Dec 2021) and will include 2 assessments as part of the course requirement for completion and certification.

Teaching Methodology

The focus here is about the “Patient-centric”, “Peer-led”, “All teach-All learn” model. The objective is that at the end of the Program, you can work like a “Local Expert” in providing quality care in Perinatal mental health.

During the weekly online class that will take place every Friday 2PM to 4PM, the focus will be on **patient case presentation, clarification and discussion with NIMHANS clinical experts** as well as peers. There will be brief didactic topics that will be presented by subject academic experts of NIMHANS.

Self-paced E-learning (Google Classroom app or webpage)

Each participant will have access to Google classroom app or webpage. The relevant contents will be delivered through this app. These will be in the form of selected articles, videos, power points etc. You have access to this for life long. The participants will be able to interact through this app with the course coordinators. (Please download Google classroom app from playstore.)

Syllabus/Curriculum: Every Fridays 2 to 4PM for LIVE session (zoom platform)

1st Module: Common Module for all participants of all streams.

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2nd Module: Add-on pharmacology sessions for medical professionals only (2 sessions)

Topic	Online Session (Fridays)	Case discussion and Facilitator (3-4 pm)
<u>Module 1, Session 1:</u> <i>“Why should we know about Perinatal Mental health and Extent of the problem”</i>	22/10/2021 “Perinatal Mental health –too important to ignore” Dr Prabha S Chandra	Dr Manisha Murugesan Dr Aana Shah Dr Prabha S Chandra
Pre test assessment		
<u>Module 1, Session 2:</u> <i>“I was worried and sad since pregnancy and it continues even after my child is born”</i>	29/10/2021 Anxiety and depressive disorders in the perinatal period – Assessment Dr Sundar Nag and Dr Sachin N	Dr Manisha Murugesan
<u>Module 1, Session 3:</u> <i>How can anxiety and depression in the perinatal period be treated? (Part 1)</i>	05/11/2021 (2-3 pm) Psychological Treatment of depressive and anxiety disorders in the Perinatal period Dr Veena S and Ms. Vaishalee	
<u>Module 2, Session 1: (for medical professionals only)</u> <i>How can anxiety and depression in the perinatal period be treated? (Part 2)</i>	05/11/2021(3-4 pm) Antidepressants and benzodiazepines in pregnancy and lactation Dr Geetha Desai and Dr Shruti N	
<u>Module 1, Session 4:</u>	12/11/2021	Dr Aana Shah

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<p align="center"><i>“She is irritable and aggressive and is not caring for the baby”</i></p>	<p align="center">Severe mental disorders - Overview of Postpartum psychosis, postpartum depression & OCD</p> <p align="center">Dr Harish T and Dr Manisha Murugesan</p>	
<p align="center"><u>Module 1, Session 5:</u></p> <p align="center"><i>“I am the father of the baby and I want to help in child care”</i></p>	<p align="center">26/11/2021(2-3 pm)</p> <p align="center">Father’s mental health, Role of fathers and Family Support in the perinatal period</p> <p align="center">Dr Kimneihat Vaiphei</p>	
<p align="center"><u>Module 2, Session 2:(for medical professionals only)</u></p> <p align="center"><i>“I have a mental illness and I’m pregnant, what do I do about medications?”</i></p>	<p align="center">26/11/2021 (3-4 pm)</p> <p align="center">Pre-conception counselling in severe mental illness including Antipsychotics and Mood stabilizers in the perinatal period</p> <p align="center">Dr Rashmi A and Dr Aana Shah</p>	
<p>ASSESSMENT – 1</p>		
<p align="center"><u>Module 1, Session 6:</u></p> <p align="center"><i>“I am facing violence because they want a male child”</i></p>	<p align="center">03/12/2021</p> <p align="center">IPV in perinatal period</p> <p align="center">Dr Prabha S Chandra, Dr Veena S and Dr Manisha Murugesan</p>	<p align="center">Dr Aana Shah</p>
<p align="center"><u>Module 1, Session 7:</u></p> <p align="center"><i>“Does a mother's mental illness affect her child?”</i></p>	<p align="center">10/12/2021</p> <p align="center">Impact of maternal mental health problems on the socio emotional development of the infant and interventions</p>	<p align="center">Dr Manisha Murugesan</p>

	Dr Thomas Kishore and Ms. Shweta Narayan	
<u>Module 1, Session 8:</u> <i>‘The woman who lost her child’- Perinatal Grief</i>	17/12/2021 (2-3 pm) Perinatal grief Dr Geetha Desai and Dr Naveen Pai	
<u>Module 1, Session 9:</u> <i>“Does my drug problem affect the child?”</i>	17/12/2021 (3-4 pm) Substance use disorder during perinatal period Dr Jayant Mahadevan	
Final Post-test Assessment – 2		

Why should I Join?

It’s Virtual - Imagine the amount of time and energy you’d be saving by taking the course at the convenience of your home/workplace. Plus, you wouldn’t even have to commute long hours. So that’s a win-win.

It’s Self- Paced - Even when you have a ton of work to do at home or at work, you can still take up this course and learn from it at YOUR OWN SCHEDULE. There are absolutely no restrictions on when you take it(as long as you do) and from where. It works for your schedule, not the other way around!

It’s considerably Hassle-Free - Since it’s all based on Cloud Oriented Software as a service, there’s not much room for any discrepancies and it’s considerably easy to use. Also, since we work with technology, your data is not going to get lost amidst a ton of papers. In fact, you don’t even need to do any paperwork here.

You have the Best Practices right at your fingertips - Are you accessing via your smartphone? Laptop? Desktop? Any other device? Great! You’re just a click/swipe away from all the information you need from the Subject-Matter Experts. All you need is the interest to learn more.

Immediacy of responses - You have a query/suggestion? Just shoot it to us and one of us will reply to you within minutes if not hours. To us, effective learning is most important and we will go to lengths to achieve that.

It's having fun with learning - You can connect and open discussions with an ever-growing forum of primary as well as community care providers (which includes physicians, nurse practitioners, psychiatric social workers, psychologists, and the like) pan India and/or outside of the country and build a strong Community of Practice..

How would I be accessing this? : Via Multipoint video conferencing through Zoom app and Google Classroom

LIVE multipoint video conferencing app: You need to have an active internet connection (preferably 4G/broadband) and a PC/laptop/tablets are preferable. It also can be accessed through a smartphone app ([Zoom](#) for multipoint video conference) .Most of the contents will be smartphone friendly. Zoom can be downloaded from Google play store ([zoom cloud meeting](#)) or itunes ([Zoom cloud](#)) for the smartphone users.

Self-paced learning/assignments/Digital content: We will be using [Google Classroom](#) for e-learning. Google classroom app can be downloaded also for android phones ([Google classroom](#))

Frequently Asked Questions (FAQs)

When will I have access to the lectures and assignments?

Every Friday 2PM will be the face to face Lectures and Tuesdays for e-learning materials. Once you enrol for the course, you'll have access to the requisite learning materials and review assignments. Assignments can only be submitted and reviewed once the course has begun.

Will I have the opportunity to clear my doubts or ask questions from the course resource persons?

YES during the Virtual sessions and also through the E-learning platform in google classroom. Some questions will be answered in groups and some as personalized.

Does the certificate mean that I am certified to practice as a perinatal mental health professional?

The certificate means that you have successfully completed this course by achieving the course learning objectives. This course introduces you to the basic concepts of perinatal psychiatry. This is a professional developmental course for remote learners. You are strongly encouraged to seek additional professional training in order to practice as a mental health professional or a perinatal psychiatry specialist.

Can I get a Certificate of participation

There is NO Certificate For Participation. Only those who completed Blended training as mentioned above in page no 2 are eligible for the course completion certificate.