

Living with Uncertainty: Rational Prescribing of Psychotropic Medication in the Perinatal Period

Workshop Description

Decisions about taking medication in pregnancy and breastfeeding can be some of the most challenging for women and for clinicians. Women may be at high risk for a recurrence of mental illness around childbirth yet for many medications there is a lack of data both in regard to their reproductive safety and of their efficacy in preventing episodes of illness. In this workshop we will consider the issues that impact on rational prescribing in the perinatal period. We will consider how to approach the evidence base - including understanding its limitations - and how to communicate the issues to women and their partners.

The facilitators of this workshop are experienced perinatal psychiatrists with considerable experience of clinical practice and teaching. Dr Liz McDonald will begin the workshop by putting the decisions that need to be made about psychotropic medication in the perspective of our general approach to managing women in the perinatal period. Prof Ian Jones will then consider a rational approach to the evidence base for reproductive safety in pregnancy – using the extensive data on antidepressants as an exemplar. Finally, Dr Roch Cantwell will consider the issues around medication use in breastfeeding women

Following these introductory talks, the majority of the session will take a case-based approach with participants in small groups working through a series of real-world vignettes before coming back together to share their thoughts and conclusions. Participants in the workshop will learn about how to approach the evidence base and its limitations, and how to translate this uncertainty into discussions with women and their partners.

Registration Fee

\$150

Target Audience

Not just for prescribers, this workshop will be of interest to all clinicians working with women in the perinatal period who will benefit from a greater understanding of the issues around the use of psychotropic medication at this time. Will be of interest to:

- Psychiatrists at all stages of career
- Family doctors and obstetricians
- Clinical Psychologists
- Nursing staff
- Other therapists

Presented by

Dr Roch Cantwell, FRCPsych

Roch Cantwell is a consultant perinatal psychiatrist and clinical lead for the Glasgow Perinatal Mental Health Service and West of Scotland Mother and Baby Unit. He is the lead psychiatry assessor, and chapter author, for the UK and Ireland Confidential Enquiries into Maternal Deaths. He is also lead clinician for Scotland's national managed clinical network for perinatal mental health. He chairs the RCPsych in Scotland's Perinatal Faculty and is past-chair of the UK

faculty. He chaired the development of the SIGN Guideline on Perinatal Mood Disorders. He has authored or co-authored over 40 papers and book chapters.

Professor Ian Jones, MRCPsych, PHD

Ian Jones is Professor of Psychiatry and Honorary Consultant Perinatal Psychiatrist at Cardiff University. He is Director of the National Centre for Mental Health (www.NCMH.info) and with colleagues leads the Bipolar Disorder Research Network (www.BDRN.org). He leads the Cardiff University Psychiatry Service (CUPS) and a clinical service offering pre-conception counselling to women with severe mental illness. His research focuses on bipolar disorder and postpartum psychosis. He has authored or co-authored over 300 publications and book chapters. He has been awarded the Marcé Medal for his research on Postpartum Psychosis and was named Academic Psychiatrist of the Year at the RCPsych Awards.

Dr Liz McDonald, FRCPsych

Dr McDonald is a consultant perinatal psychiatrist who worked in developing and delivering ground breaking perinatal mental health services in east London. She has been a Chair or member of several committees including the Perinatal Faculty of the Royal College of Psychiatrists; NICE; MBRACE and the Pan-London Perinatal Mental Health Clinical Network. She is currently Clinical Lead at the RCPsych for developing the perinatal psychiatric workforce and a clinical associate at the Tavistock and Portman NHS Trust. She is an outstanding communicator, delivering training across the UK and internationally, and is passionate about and committed to developing the perinatal mental health workforce