



PERINATAL MENTAL HEALTH

A SHORT COURSE FOR OBSTETRICIANS

SATURDAY 28TH & SUNDAY 29TH, NOVEMBER 2020

Organised by

ALL INDIA COORDINATING COMMITTEE RCOG- SOUTH ZONE

INDIAN PSYCHIATRIC SOCIETY - PERINATAL PSYCHIATRY TASK FORCE

2 ICOG points awarded per session

A NOTE FROM THE CHAIRPERSON



AICC RCOG South Zone is happy to announce a second course on Perinatal Mental Health, along with the Indian Psychiatry Society. This online program aims to build and reinforce knowledge on key practical aspects of mental health and wellbeing which is a vital part of pregnancy care. The course is accredited by ICOG and eligible for 2 for credit points per session. Each course will take 40 candidates.

Contact chair@aicccogsz.com for registrations and details

- DR. UMA RAM
CHAIRPERSON, AICC RCOG - SOUTH ZONE

PSYCHIATRIC FACULTY



Dr. Prabha Chandra
Professor of Psychiatry
NIMHANS, Bangalore
COURSE COORDINATOR



Dr. Ashlesha Bagadia
Perinatal Psychiatrist
The Green Oak Initiative, Bangalore



Dr. Sonia Parial
Consultant & Director
Dhanwantari Hospital, Raipur



Dr. Shubhangi Dere
Assistant Professor
MGM Medical College
Founder
Swasti Mind Care Clinic, Navi
Mumbai

OBSTETRIC FACULTY



Dr. Lakshmi Shanmugasundaram
Senior Consultant
Madras Medical Mission, Chennai
COURSE COORDINATOR



Dr. Madhushree Vijaykumar
Consultant
Motherhood Hospitals, Bangalore



Dr. Senthil Coumary A.
Professor
Mahatma Gandhi Medical College &
RI, Sri Balaji Vidyapeeth University,
Pondichery



Dr. Uma Mikkilineni
Consultant
BirthRight by Rainbow Hospitals,
Vijayawada



Dr. S. MayadeviKurup
Senior Consultant
Aster Medify, Kochi



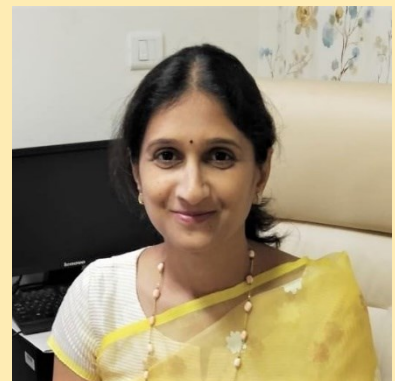
Dr. ArunaMuralidhar
Associate Director & Senior
Consultant
Fortis La Femme Hospital, Bangalore



Dr. Runa Benjamin
Consultant
Seethapathi Clinic & Hospital,
Chennai



Dr. ShameemaAnvarsadath
Senior Consultant
Aster Medcity, Kochi



Dr. Varalakshmi Nandyala
Consultant
BirthRight by Rainbow Hospitals,
Hyderabad

PROGRAMME

FACILITATORS

Psychiatry: Dr. Prabha Chandra, Dr. Ashlesha Bagadia, Dr. Sonia Parial

Obstetrics: Dr. Shameema Anvarsadath, Dr. Runa Benjamin, Dr. Uma Ram,
Dr. Lakshmi Shanmugasundaram

PART 1: SCREENING, PRE-EXISTING MENTAL HEALTH DISORDERS & DEPRESSION

SATURDAY, NOVEMBER 28TH 2020, 14:30 TO 17:30

14:30 – 14:45: **IMPORTANCE OF PERINATAL MENTAL HEALTH**

14:45 – 15:05: **MENTAL HEALTH SCREENING**

15:05 – 15:25: **ANXIETY DISORDERS**

15:25 – 15:35: **CASE PRESENTATION BY DELEGATES**

15:35 – 16:00: **DISCUSSION**

16:00 – 16:20: **DEPRESSION**

16:20 – 16:40: **BIPOLAR DISORDERS & SCHIZOPHRENIA**

16:40 – 17:00: **PSYCHIATRIC EMERGENCIES**

17:00 – 17:30: **DISCUSSION**

PART 2- PREGNANCY SPECIFIC MENTAL HEALTH ISSUES

SUNDAY, 29TH NOVEMBER 2020, 10:00 TO 13:00

10:00 – 10:20: **HEALTH PROFESSIONALS SELF CARE**

10:20 – 10:45: **PERINATAL GRIEF**

10:45 – 10:50: **BREAKING BAD NEWS**

10:50 – 11:00: **CASE PRESENTATION BY DELEGATE**

11:00 – 11:10: **DISCUSSION**

11:10 – 11:30: **INTERPERSONAL VIOLENCE**

11:30 – 11:45: **SUBSTANCE ABUSE**

11:45 – 12:05: **MAJOR DISASTERS/COVID**

12:05 – 12:25: **COMMUNICATION SKILLS**

12:25 – 13:00: **DISCUSSION**