

Multidisciplinary Program

# Perinatal in Practice

## Audience

GP Registrars;  
GPs;  
Nurse – Midwife;  
Psychologists;  
Other mental health professionals.

## Duration & Format

9-hours  
Face to face  
(plus morning tea, lunch,  
and afternoon tea)

## Topics

### Topic 1

Transition to Parenthood

### Topic 2

Understanding Attachment

### Topic 3

Screening & Diagnosis

### Topic 4

Postnatal Management

### Topic 5

Antenatal Management

## Description

This workshop aims to introduce health professionals to the current understanding of perinatal mood disorders and its management, using lecture, case studies and interactive exercises.

## Learning Outcomes

- Recognise the psychosocial stressors that commonly affect parents in the perinatal period;
- Opportunistically screen women for perinatal mood disorders using a screening tool and clinical interview;
- Diagnose perinatal mood disorders as distinct from commonly experienced adjustment difficulties;
- Assess the risk of untreated perinatal depression for the mother-baby dyad;
- Select appropriate medications for pregnant and breastfeeding women when pharmacological treatment is indicated;
- Develop a comprehensive management plan using a MHTP for women with perinatal mood disorders.

## Accreditation

- 9 CPD hours incl. 5.5hr Educational Activity & 3.5 hrs Reviewing Performance (RACGP & ACRRM)
- Mental Health CPD (GPMHSC)
- 9 CPD hours for psychologists

## Time, Location, Cost?

Saturday, 4 May 2024

9:00AM – 5:00PM

Western NSW Primary Health Network (WNSW PHN)  
Unit 4 – 1 Rankin Street,  
Bathurst NSW 2795

FREE – This activity is funded by the Western NSW PHN for AHPs & GPs in the Western NSW region.

Scan to register



Register online or at [education@blackdog.org.au](mailto:education@blackdog.org.au)