

Trainer Guidebook

Arizona WIC Training Perinatal Mood and Anxiety Disorder (PMAD) Course



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What Will You Learn?

Pregnancy and the birth of a child can be a happy time for mothers. Mothers can also feel more anxiety, overwhelming feelings of sadness or anger, or other emotions that cause a mother to not feel like herself. Recognizing some of these emotional states in mothers during pregnancy and after the birth of a baby is important for ensuring that she is able to find support and keep herself and her baby safe.

This course also discusses the importance of the WIC staff's role in pregnant and postpartum mothers' lives. Learning to support and provide appropriate referrals is the most important message for women who may be suffering from or experiencing a PMAD.

The PMAD LMS course has one main WIC module:
Module 1: Addressing PMADs at WIC

After completing the PMAD LMS course, the nutrition educator will:

- Recognize the role of WIC staff in supporting pregnant and postpartum mothers
- Learn how to assess for WIC Code 361
- Be able to provide referrals and resources to support women experiencing a PMAD

TRAINER NOTE: It is recommended for you to review the competencies above with the trainee.

Items Needed for This Course

- Pen or pencil
- Local Agency Referral List
- Any additional items or resources required for the course (e.g., books, online resources, printed job aids. etc.)

Recommended Time

- Approximate time it takes to complete the PMAD course: 60 minutes
- Approximate time it takes to complete the face-to-face activities and discussion: 30-60 minutes

Things to Remember

- The guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in the guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to PMAD.

TRAINER NOTE: As a trainer, you are assessing trainees for their understanding of competencies of the module. The guidebook training activities are intended to help you assess both trainees' ability to apply basic knowledge and assess their critical thinking skills.

Participation by trainees in the face-to-face activities and discussions is required in order for you to thoroughly assess their skills and level of competence.

PMAD Instructions

Begin the PMAD course. Please complete the steps in the following order:

- ☐ Log onto <https://www.train.org/arizona/home>
- ☐ Open the course.
- ☐ Complete the PMAD Guidebook Activities, either individually, with other trainees, or with your trainer.
- ☐ Meet with your trainer to discuss the activities.

TRAINER NOTE:

Trainer Steps:

- At your discretion, trainees may work in groups or as individuals.
- At your discretion, you may review answers with trainees periodically as they complete the activities. Please answer all questions the trainees may have and clarify any incorrect answers.
- Verify that the trainee understands the information, including any resources available on the Local Agency Referral List.
- “Possible responses” provided throughout the guidebook are suggested responses and are often not the only answers.
- If training more than one person at a time, be prepared for trainees to finish the coursework at different times. In order to have the trainees review the face-to-face portions together, prepare a list of things the trainees who finish first can do during downtime (e.g., ask you questions for more clarification, check email, clinic observation, etc.).

Module 1: Addressing PMAD at WIC

MODULE COMPETENCIES:

Activity 1

1. Identify appropriate resources and referrals in your Local Agency related to PMADs.
2. Discuss steps you can take to offer Local Agency referrals to participants.
3. Give an example of how you might collaborate with referral services or assist a participant seeking support for a PMAD.

Activity 2

1. Identify situations when it would be appropriate to assign Code 361.
2. Give an example of how to seek more information if you are unable to determine whether assigning Code 361 or a referral is appropriate.
3. Identify important information to document in a TGIF note.

PMAD - Module 1: Activity 1

TRAINER NOTE: Allow the trainee time to read through the activity and answer the questions. Discuss the questions together to check for understanding and consider other appropriate responses.

Seeking out the local resources near your agency or clinic helps you prepare to see clients. Planning and discussing how you would make a referral to a client may help you deliver this important resource that WIC has to offer in the most beneficial way. In the PMAD course, some of these resources were discussed, but these may be different than what is available in your Local Agency or clinic. (Module 1, page 22) With your trainer, determine and discuss:

- a. Where would you find resources and referrals to offer a mom who may be experiencing a PMAD?

Possible responses:

- Local Agency Referral List for the state and community-specific resources

- b. What are the most important aspects to know about these resources?

Possible responses:

- If the information is still current
- If they are easily accessible
- Warmline vs. hotline
- What, if any, restrictions they may have

c. What could you do to better collaborate or understand the resources in your area?

Possible responses:

- Regularly-scheduled outreach
- Make a phone call
- Visit the site
- Invite the resource's staff to an in-service or to visit the WIC clinic

d. What other WIC resources may help staff better understand why and which referrals may help a client?

Possible responses:

- The strengths and weaknesses of each resource available in the area
- How viable the resources are for clients
 - Regular meetings
 - Easy to contact
 - Proximity or distance

PMAD - Module 1: Activity 2

TRAINER NOTE: Allow trainees time to read through the following activity and answer the questions. Discuss the questions together to check for understanding and consider other appropriate responses.

Think it through!

After reading each of the brief scenarios listed below, what would you do?

- Make a referral?
- Assign the WIC Risk Code?
- Write a TGIF note?
- Continue the conversation to discover more details?
- Nothing at all?

Discuss with your trainer which actions or next steps you would choose and why.

A. Scenario:

You are meeting with a mom. After completing hemoglobin screening via the Masimo Pronto and checking in with her, you notice she has been disengaged and closed off throughout your time together.

- Based on her current behavior, you think it may be best to ask how often she has felt down, depressed, or had little interest in doing things.
- She then responds to you that she just can't seem to "get with it" and she doesn't feel like herself anymore.
- She also states that her mother has been helping a lot with the new baby so she has been able to get some rest, but she is starting to feel like all she does is sleep.

Possible responses:

- **Make a referral, document in the TGIF note in "I" as well as "F" for follow up at the next appointment.**
- **Offer affirmation and validations for the mother who may be revealing this concern, such as, "Thank you for sharing that with me," or, "Other moms have shared similar feelings."**
- **Ask permission to offer referrals such as, "We have resources that some moms have found helpful, would you mind if I share those with you?"**

B. Scenario:

A mom and her two-week-old baby girl are in your clinic for their Certification. While in the lab, you begin to do a clinical assessment and mom begins to share that she is very emotional since baby's birth but she is getting better.

- You decide to probe further to explore what she shared by saying, "How often do you feel down, depressed, or hopeless?"
- Mom looks at you and says, "Oh no, it's nothing like that, I sometimes see a commercial that is so sweet that I cry. Or I look at the baby and realize that I made her and I feel overjoyed. Nothing sad though."

Possible responses:

- **No additional referrals necessary, no code to assign, no documentation needed in the TGIF note.**

C. Scenario:

During an appointment with a pregnant woman in her third trimester, you assess her previous medical history and current health care provider visits.

- Mom shares with you that she does not have any health issues, this is her first pregnancy, and she is beginning to see her OBGYN weekly now that she is in the last month of her pregnancy.
- You also learn that she sought medical advice early on in the pregnancy because she has a history of depression and wanted to verify that her medication was safe to continue taking during pregnancy.
- She was relieved that the medication was well studied and safe during both pregnancy and breastfeeding. She also expressed how excited she is to breastfeed this baby because she has heard about the bonding benefits between her and baby.

Possible responses:

- **Make a referral if desired, assign Code 361, document in the TGIF note.**