

Trainee Guidebook

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



Module 1 Notes

- 1. Good nutrition supports mental health. Choosing foods rich in _____ has been shown to reduce inflammation and depression. List three sources of this nutrient below:
 - 1.
 - 2.
 - 3.
- 2. Breastfeeding may help to _____ symptoms of depression and improve emotional wellbeing.
- 3. Oxytocin known as the “love hormone” helps to improve _____ and _____.
- 4. What code should be applied in HANDS when a participant shares they have been diagnosed by a provider with a PMAD?

| | Baby Blues | Postpartum Depression |
|---------------------|------------|-----------------------|
| When does it occur? | | |
| Symptoms/Signs | | |

- 5. One out of _____ woman is diagnosed with a PMAD in their lifetime.

| PMAD | Common Symptoms/Notes |
|---|-----------------------|
| Perinatal Anxiety | |
| Perinatal Obsessive-Compulsive Disorder | |
| Post-Traumatic Stress Disorder | |
| Postpartum Psychosis | |

6. Women suffering from PMADs are at increased risk for a variety of problems. Please list three:

- 1.
- 2.
- 3.

7. What are the two mandatory PMAD screening questions asked to all postpartum participants?

- 1.
- 2.

8. In your own words, write several phrases you could use after a participant shares they have been struggling with PMAD:

- 1.
- 2.
- 3.

| Provider/Resource | Description/How they help |
|----------------------|---------------------------|
| Healthcare Provider | |
| Warmline | |
| Home Visiting | |
| Local Support Groups | |

9. Where would you document referrals provided during your appointment?

Practice Activities

1. At Certification, a participant answers “no” to screening questions about depression, but shares she feels more anxious and overwhelmed than before she had her baby. Her infant is now 3 months old. Would you assign risk code 361? What local agency resources or referrals would you give to her?

2. During the assessment the caregiver shares they are struggling with feeling overwhelmed, getting easily triggered by their partner, and scared to allow anyone to watch their baby. What are some probing questions you might ask?

Live Training Notes