

## Staying the Course: Supporting Pregnant and Postpartum Women's Use of Medications Learning Guide for Ongoing Professional Development

**Note to Learner:** The Virginia Department of Behavioral Health & Developmental Services and Early Impact Virginia encourage you to complete the training and activities with the support of your supervisor. The notes below will guide you in preparing to take the training, following up with your supervisor after the training, supporting transfer of learning into daily practice, and extending learning through individual supervision.

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### Before the training:

- Learner and supervisor review course objectives and service provider competencies
- Learner sets personal learning goals
- Learner completes pre-training activities, as required

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### During the training, the learner:

- Completes activities
- Reflects on own response
- Identifies questions and concerns
- Prints Reflective Responses to share with supervisor
- Completes post-training evaluation

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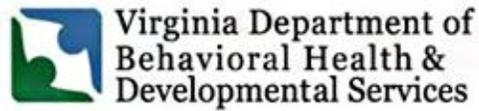
### After the training:

- Learner:
  - Completes pre- and post-training activities, as required, and shares them with supervisor
  - Develops an action plan for applying skills and knowledge in daily practice
  - Meets with supervisor to:
    - Review pre- and post-training activities
    - Discuss reflections, questions, and concerns
    - Review action plan for applying skills and knowledge in daily practice
    - Assess personal learning goals, transfer of learning, and action plan over time

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### Training Description:

This 45-minute online module introduces family support professionals and other service providers to basic information about the importance of medication compliance, and provides an understanding of how pregnant and parenting women being treated for behavioral health or medical conditions may be noncompliant or misuse medications. It prepares service providers to recognize women who may



be at risk for noncompliance or misuse of medications, develop a plan for referral, and support women with behavioral health problems or medical conditions. Service providers will learn important information about each of the topics as well as strategies for educating and supporting pregnant and postpartum women.

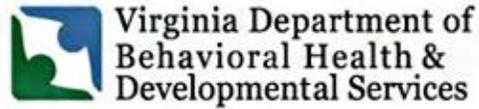
**National Family Support Competencies Addressed:**

- 1.2.b. Defines the term “teratogen” and lists common teratogens including drugs and alcohol
- 5.17.e. Lists key risk factors in pregnancy including high blood pressure, pre-eclampsia, substance use, and poor nutrition
- 5.17.f. Lists common signs of postpartum depression
- 5.18.a. Lists common signs of parental depression

**Before the Training**

**Rate Your Knowledge (Scale of 0 to 5, 0 = no knowledge, 5 = significant knowledge)**

<b>Learning Objective</b>	<b>Before the Training</b>	<b>After the Training</b>
Identify the barriers and strategies for the use of medication treatment		
Describe the options for medication assisted treatment and the importance of this treatment		
Explain the risks and benefits of psychiatric medication use and medication-assisted treatment		
Describe current treatment guidelines as they apply to the treatment of depression and other psychiatric disorders during pregnancy		
Identify additional interventions to help women experiencing perinatal depression		
Discuss how prescription medications are important to pregnancies with comorbid conditions		
Give examples of service providers and resources and assist in making connections as appropriate		



**My personal learning goals for this training are:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## **After the Training**

**Reflections on what I learned:**

**Questions and concerns I identified:**

**Action Plan:** (Each learner's plan will be unique. Listed are a few examples.)

As a result of this training, I will ...

- Update my resource file to include handouts and resources to educate parents about medication-assisted treatment, medication use during pregnancy and perinatal depression.
- Screen all women for substance use disorders and, as appropriate, make referrals.

## **My Action Plan**

<b>Action</b>	<b>Target Date</b>	<b>Date Completed</b>