

Perinatal Mood and Anxiety Disorders: Diagnosis, Treatment, and Other Considerations

Depression in the Perinatal Period

ACTIVITY DESCRIPTION

About 1 in 5 of all birthing parents will experience a perinatal mental health condition, yet very few receive adequate treatment. This can result in short- and long-term adverse effects for the development of the baby, the birthing parents, and the family. In this webinar series, experts in the field will provide an overview of common perinatal mental health conditions, risk factors, screening tools and treatment available for this population.

TARGET AUDIENCE

This accredited continuing education activity is designed for case managers, counselors, peer specialist, behavioral specialists, therapists and nurses.

EDUCATIONAL OBJECTIVES

At the conclusion of this enduring material, the participants should be better able to:

- Discuss the prevalence of perinatal depression and the impact it has among women.
- Describe signs and symptoms of depression during the perinatal period including screening processes for timely initiation of treatment options.
- Identify appropriate perinatal resources concerning depression for mothers and their families for a smooth transition into parenthood.

METHOD OF PARTICIPATION

Release Date: 9/5/2023

Expiration Date: 9/4/2024

Program Number: 23CE00099

The estimated time to complete this enduring material is **60** minutes.

In order to receive continuing education credits, you must complete these steps prior to the activity expiration date.

1. View the entire presentation,
2. Complete the post-test with a score of 80% or better,
3. Complete the online evaluation,
4. Save and print your certificate. Retain for future documentation.

Any questions regarding credit, please contact Valeta Creason-Wahl 402-559-7487 or vcreason@unmc.edu

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The University of Nebraska Medical Center designates this activity for 1.0 ANCC contact hour. Nurses should only claim credit for the actual time spent participating in the activity.



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FACULTY

The below faculty have nothing to disclose:

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**faculty and planning committee member*

PLANNING COMMITTEE

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