



WEBINAR RESOURCES

PERINATAL WELLNESS: STRATEGIES FOR SUPPORTING OVERWHELMED AND SAD PATIENTS

Antidepressants

- **Creating Comfort in Choice** is a video describing how people decide whether or not to take antidepressant medication during pregnancy: bit.ly/creatingcomfort
- **Drugs and Lactation Database (LactMed)** contains information on antidepressant medication in breastfeeding: <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- **Mother to Baby** provides answers to FAQs about antidepressant medication in pregnancy: <https://mothertobaby.org/fact-sheets/>

Mental Health

- **Not Just The Blues: Perinatal Depression and Anxiety** online course provides a basic overview of perinatal depression and anxiety; including common risk factors, screening, treatment approaches, and treatment planning: <https://ubccpd.ca/learn/learning-activities/course?eventtemplate=35>
- **Reproductive Mental Health** provides information on mental health during each reproductive phase: www.reproductivementalhealth.ca

Substance Use

- The **BC Centre on Substance Use** (<https://www.bccsu.ca/>) has a number of available resources including:
 - **Treatment of Opioid Use Disorder During Pregnancy Guideline Supplement:** <https://www.bccsu.ca/wp-content/uploads/2018/06/ODU-Pregnancy.pdf>
 - **ACTOC: Addiction Care and Treatment Online Course** provides education on providing care to patients with various substance use disorders: <https://www.bccsu.ca/about-the-addiction-care-and-treatment-online-certificate/>

- POATSP: **Provincial Opioid Addiction Treatment Support Program** provides the tools for prescribing oral opioid agonist treatment and injectable opioid agonist treatment: <https://www.bccsu.ca/provincial-opioid-addiction-treatment-support-program-poatsp/>
- **Centre of Excellence for Women’s Health Toolkit: Mothering and Opioids: Addressing Stigma – Acting Collaboratively:** <https://bcewh.bc.ca/wp-content/uploads/2019/11/CEWH-01-MO-Toolkit-WEB2.pdf>
- **Perinatal Substance Use** online course offers education on providing care to pregnant people who experience substance use and for newborns exposed to substances during pregnancy: <https://ubccpd.ca/learn/learning-activities/course?eventtemplate=41>
- **Project ECHO: Extension for Community Healthcare Outcomes:** <https://www.bccsu.ca/bcechoonsubstanceuse/>
 - Opioid Use Disorder Launched June 2019, 12 sessions/cycle
 - Targets primary care providers
- **Provincial Rooming-in Guideline for Perinatal Women Using Substance:** <http://www.bcwomens.ca/Professional-Resources-site/Documents/Provincial%20Rooming-in%20Guideline%2022Oct2020%20Final%20-%20updated%20hyperlinks.pdf>
- The **RACE** line allows you to speak to a specialist, including in Perinatal Addiction, in one step: <http://www.raceconnect.ca/race-app/>
 - Phone: 604-696-2131 or Toll free: 1-877-696-2131
- VCH Preceptorship Training

Perinatal Care

- **South Community Birth Program:** <https://scbp.ca/>

PathwaysBC Links

Clinician Tools

- [Early Pregnancy Care Pathway](#)
- [Substance Exposed Newborn Care - Eat, Sleep, Console Care Tool \(PSBC\)](#)
- [Substance Exposed Newborn Treatment Algorithm \(PSBC\)](#)
- [Substance Exposed Newborn Care - Practice Resource Guide - 40 pages \(PSCBC\)](#)

Patient Information (Emailable to patients from Pathways)

- [Substance Exposed Newborn Care Patient Information \(PSBC\)](#)
- [Pregnancy - Antidepressant Medication - Creating Comfort in Choice Video \(3 min\) \(Dr. Catriona Hippman\)](#)