



## Latched on to Maternal Health: Northeast Tennessee Maternal Health Forum

Friday August 3, 2018

Tennessee College of Applied Technology, Elizabethton, TN

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<b>Friday August 3, 2018</b>		
<b>7:30 AM – 8:25 AM</b>	<b>Breakfast and Registration</b>	
<b>8:25 AM – 8:30 AM</b>	<b>Welcome and Introductions</b>	<b>Learning Objectives:</b>  <i>As a result of participating in this activity, the attendee will be able to...</i>
<b>8:30 AM – 9:30 AM</b>	<b>Perinatal Mood &amp; Anxiety Disorders (PMADs): What to Look for and How to Treat</b> <i>Maria Muzik, MD, MS</i> Assistant Professor of Psychiatry Research Assistant Professor, CHGD University of Michigan	<ul style="list-style-type: none"> <li>Recognize signs and symptoms of perinatal mood and anxiety disorders; know the prevalence rates and course of illness across pregnancy and the first year after the birth</li> <li>Identify the adequate management of treatment strategies to reduce perinatal mood and anxiety symptoms; to include discussion of psychotherapy modalities as well as safe medication management during pregnancy and while breastfeeding</li> </ul>
<b>9:30 AM – 10:15 AM</b>	<b>Relational Health Interventions for Mothers with Bonding Problems</b> <i>Katherine Rosenblum, PhD</i> Associate Professor of Psychiatry Associate Research Scientist, CHGD University of Michigan	<ul style="list-style-type: none"> <li>Describe the critical role of early relational health in promoting resilience in children facing adversity</li> <li>Identify at least two strategies for promoting relational health in early childhood</li> </ul>
<b>10:15 AM – 10:30 AM</b>	<b>Break</b>	

10:30 AM - 10:45 AM	<p><b>Latched on to the Patient Experience and Why We Should Care About Maternal Health Issues: A Survivor's Story</b>  <i>Kristina Dulaney, RN</i>          PSI-TN Co-chair          Postpartum Psychosis Survivor</p>	<ul style="list-style-type: none"> <li>• Describe a personal account of postpartum psychosis</li> <li>• Discuss why the topics discussed today are relevant to healthcare providers</li> </ul>
10:45 AM - 11:30 AM	<p><b>Harnessing the Perinatal Period for Women's and their Families' Mental Health</b>  <i>Mary Kimmel, MD</i>          Assistant Professor          Medical Director, Perinatal Psychiatry          UNC School of Medicine</p>	<ul style="list-style-type: none"> <li>• Discuss how critical the perinatal period is, the breadth of perinatal mental health disorders and symptoms, and understand determinants of perinatal health</li> <li>• Identify the areas of perinatal research including the epigenetics, the microbiome, and metabolomics and discuss interventions and treatments being employed for perinatal mental health that inform the improvement of mental health</li> </ul>
11:30 AM - 11:40 AM	<p><b>Yoga</b>  <i>Chelsey Bishop</i>  <i>Moonlight Zen</i></p>	<ul style="list-style-type: none"> <li>• Identify yoga techniques beneficial during pregnancy and the postpartum period</li> </ul>
11:40 AM - 12:00 PM	<p><b>The Pelvic Floor: Anatomy and Pathology</b>  <i>Noelle Brown, PT, DPT</i>          Foundation Health</p>	<ul style="list-style-type: none"> <li>• Describe how to correctly screen/detect potential pelvic floor dysfunction in patients</li> <li>• Identify if a patient is a potential candidate for Pelvic Health Physical Therapy</li> </ul>
<p><b>* Resource Fair open at 12:00PM</b></p>		
12:00 PM - 1:30 PM	<p><b>Lunch and 'Ask an Expert' Panel Discussion</b></p> <p><b>'Ask an Expert' - 12:30 PM - 1:30 PM</b>  <i>Moderator: Jilian Reece</i>  <i>Panel Members: Vanessa Breeding, CNM; Mary Kimmel, MD; Grover May, MD, FACOG; Maria Muzik, MD, MS; Katherine Rosenblum, PhD; Karen Schetzina, MD; Cynthia Thomas, DO, MPH; Samantha Wright, PDL, CBE</i></p>	<ul style="list-style-type: none"> <li>• Answer participants' questions regarding maternal health and topics discussed during the morning sessions</li> <li>• Discuss participants' questions regarding postpartum mental health and identify best practice tools used to screen and diagnose</li> <li>• Develop knowledge of peer strategies in talking with moms struggling with mental health and gain insight into avoiding barriers these moms face in accessing treatment</li> </ul>

1:30 PM – 2:15PM

**Preconception Care: The Value and Importance**

*Grover May, MD, FACOG*  
State of Franklin OB/GYN Specialists

- Identify the importance and goal of preconception care to reduce the risk of adverse health effects for the woman, fetus, and neonate
- Identify the factors that core preconception care should address

2:15 PM - 2:30 PM

**Break**

2:30 PM – 3:00 PM

**Breakout Session 1**

*Participants choose one of the following sessions:*

**What Does Pelvic Health Physical Therapy Look Like?**

*\*Breakout Room 1*  
*Noelle Brown, PT, DPT*  
Foundation Health

- Identify common changes to the body as a result of pregnancy and postpartum and symptoms and conditions that may result
- Identify whether to pursue Pelvic Health Physical Therapy based on symptoms and postpartum changes

**Supportive Pregnancy Care: Group Care Model**

*\*Breakout Room 2*  
*Vanessa Breeding, CNM*  
*Casey Carringer, MBA*  
State of Franklin OB/GYN Specialists

- Describe group prenatal care and the evidence base behind it
- Describe the cost savings and improved patient/physician outcomes and experiences when implementing group prenatal care

**Birth Professional Terminology: Who does What, Where, and How are They Different?**

*\*Breakout Room 3*  
*Gratia Cash*  
Carter County Health Department  
*Samantha Wright, PDL, CBE*  
High Country Doulas

- Define the roles of different providers in childbirth
- Discuss the options available and differences between them in regards to the choice of medical care providers women have during pregnancy and birth
- Discuss the pros, cons, and questions to consider when choosing a care provider

3:00 PM – 3:10 PM

Transition to Breakout Session 2

3:10 PM – 3:40 PM

**Breakout Session 2**  
*Participants choose one of the following sessions:*

**The Doula/Provider Relationship:  
Doulas as a Connector to Improve  
Quality of Care**

**\*Breakout Room 1**

*Samantha Wright, PDL, CBE*  
High Country Doulas

- Discuss how and why doula care can increase the chances of better birth outcomes for patients
- Identify clear strategies on how to strengthen the integrity, professionalism, trust, and collaborative relationship between doulas and providers for the benefit of mothers, babies, and their families

**Statistics around Neonatal  
Abstinence Syndrome (NAS):  
Where are we and what are we  
doing?**

**\*Breakout Room 2**

*Jessie Righi*  
*Stacey Tedford, MS*  
180 Health Partners  
*Cynthia Thomas, DO, MPH*  
Northeast Regional Health Office

- Define Neonatal Abstinence Syndrome (NAS)
- Describe the etiology, diagnosis, management, and potential long term impacts of maternal opioid use and NAS
- Describe the epidemiology of NAS in Northeast Tennessee, including annual NAS case rate and prevalent sources of exposure
- Identify community resources that are working with pregnant women in recovery throughout the state to fight and prevent NAS

**Medication Safety in Breastfeeding  
and Supporting Moms with  
Breastfeeding Barriers**

**\*Breakout Room 3**

*Chasta Hite, RNC, IBCLC*  
Ballad Health  
*Maria Muzik, MD, MS*  
University of Michigan  
*Karen Schetzina, MD, MPH, FAAP*  
ETSU Quillen College of Medicine

- Identify the risks of untreated illness versus the risks of medication use on maternal and child outcomes
- Describe breastfeeding considerations with the use of tobacco, alcohol, illicit drugs, and opioid replacement therapy
- Discuss breastfeeding barriers and how to counsel a mother who desires to continue breastfeeding versus appropriate gentle weaning for those who desire to wean.
- Describe the effects of breastfeeding on depression and how breastfeeding problems can be affected by depression

**3:40 PM – 3:50 PM      Transition to Breakout Session 3**

**3:50 PM – 4:20 PM      Breakout Session 3**  
*Participants choose one of the following sessions:*

**Babies and Biomes: The Importance of Digestion and Gut Health During Pregnancy and Beyond**

**\*Breakout Room 1**

*Amber Gourley, MS, RDN, LDN, CDE, CLT*

The Disobedient Dietician

- Discuss the basics of how the gut biome changes during pregnancy and transfers to the fetus
- Identify ways that women can best prepare themselves and their baby for optimal gut health prior to and during pregnancy

**Embracing Postpartum Wellness**

**\*Breakout Room 2**

*Melanie Abbott, DPT*

Foundation Health

- Describe the function of the pelvic floor and how pregnancy impacts that function
- Identify individuals who are a good candidate for Pelvic Health Rehabilitation postpartum

**Natural Birth Options**

**\*Breakout Room 3**

*Vanessa Breeding, CNM*

*Lisa Vance, CNM*

State of Franklin OB/GYN Specialists

- Identify trigger points that can relieve pain while in labor
- Identify comfort measures to relieve pain at the various stages of labor
- Discuss the concept of gate control theory of pain

**4:20 PM – 4:30 PM      Wrap-up and Credit Claiming Instructions**

**4:30 PM – 5:00 PM      Resource Fair**



# Northeast Tennessee Maternal Health Forum

August 3, 2018

Tennessee College of Applied Technology, Elizabethton, TN



This project is funded under a grant contract with the Tennessee Department of Mental Health and Substance Abuse Services

**Activity Directors** Jilian Reece

**Target Audience** The target audience includes physician specialties like family medicine, internal medicine, OB/GYN, pediatrics, psychiatry, surgery, and emergency medicine as well as advanced practice nurses, physician assistants, pharmacists, nurses, medical or nursing students, physical therapists, psychologists, other mental health professionals and birth professionals, including doulas and midwives.

**Overall Conference Objectives** As a result of attending this activity, the participant will be able to:

- Appropriately assess and recognize the need for further intervention in the prenatal and postpartum woman concerning:
  - Perinatal mood disorders and the need for medication to treat mental health conditions
  - The need for physical therapy or nonpharmaceutical interventions for pain relief and pelvic floor health
  - Relations between mom and baby in at-risk mothers
  - Breastfeeding barriers and the provision of appropriate recommendations around breastfeeding and medication safety
- Discuss the value of preconceptual health in women of childbearing age and feel comfortable initiating conversations around:
  - Birth control concurrent with opioid prescribing
  - Birth options in at-risk mothers, including available nonpharmacologic interventions
  - The increased risk for NAS with the utilization of certain medications and substances
- Recognize community resources appropriate for women when further intervention is needed than what the practitioner can provide

**Disclosure Information and Potential Conflicts of Interest**

East Tennessee State University's Quillen College of Medicine, Office of Continuing Medical Education (OCME) holds the standard that its continuing medical education programs should be free of commercial bias and conflict of interest. It is the policy of the OCME that each presenter and planning committee member of any CME activity must disclose any financial interest/arrangement or affiliation with commercial organizations whose products or services are being discussed in a presentation. All commercial support of an educational activity must also be disclosed to the conference attendees.

**Participants with No Potential Conflicts of Interest**

Each of the following individuals have completed a disclosure form indicating that neither they nor their spouse/family have a financial interest/arrangement or affiliation that could be perceived as a real or apparent conflict of interest related to the content or supporters involved with this activity:

**Activity Director**

Jillian Reece

**Planning Committee Members**

Patty Harnois-Church, MSN  
Laura Gay  
Nicole Moore, BS, CPS  
Diana Morelen, PhD  
Allison Rollans, BS  
Lisa Tipton, LADAC  
Ashlee Williams  
Elizabeth Wolf, MBA, CPPS, CPHRM

**Speakers**

Vanessa Breeding, CNM  
Noelle Brown, PT, DPT  
Casey Carringer, MBA  
Gratia Cash  
Kristina Dulaney, RN  
Chasta Hite, RN, IBCLC  
Maria Muzik, MD, MS  
Katherine Rosenblum, PhD  
Cynthia Thomas, DO, MPH  
Lisa Vance, CNM  
Samantha Wright, PDDL, CBE

**Participants with Potential Conflicts of Interest**

Each of the following speakers and/or planning committee members have completed a disclosure form indicating that either they or their spouse/partner have a financial interest/arrangement of affiliation that could be perceived as a real or apparent conflict of interest related to the content of supporters involved with this activity. All presentations have been peer reviewed, any potential conflicts of interest resolved, and each presentation has been found to be balanced, evidence-based, and free of commercial bias.

**Speaker**

Amber Gourley, MS, RDN,  
LDN, CDE, CLT

**Disclosures**

- BIOHM – Salary and/or Consultant Fees

Mary Kimmel, MD

- 1-K23-MH-110660-01, Foundation of Hope and Brain & Behavior Foundation  
NARSAD Young Investigator - Self
- Research Grant support to UNC from Sage Therapeutics- Self
- Abbvie Laboratories, stock - Spouse
- Advisory Board Member - Ballad Health System
- Salary and/or Consultant Fees – Applied Medical

Grover May, MD, FACOG

- Callion Parma – Ownership or Partnership – Self

Karen Schetzina, MD, MPH,  
FAAP

**Commercial Support Disclosure**

It is the policy of the Office of Continuing Medical Education at Quillen College of Medicine, East Tennessee State University to disclose all commercial supporters of this educational activity from which educational grants were received. This activity has received NO commercial support via educational grants.

The mission of the Office of Continuing Medical Education at the Quillen College of Medicine is to provide lifelong learning opportunities that meet the needs of faculty, community physicians and other health professionals. In addition, the Office of CME is committed to excellence and dedicated to the improvement of health care in Northeast Tennessee and the surrounding Appalachian Region.

**Handouts**

If the author has given permission for us to share his/her presentation(s) it will be posted online and will be available for download and viewing at: [https://www.etsu.edu/com/cme/maternal\\_health\\_2018.php](https://www.etsu.edu/com/cme/maternal_health_2018.php)

**Transcripts of CME Credit**

By completing the evaluation and posttest in the HighMarks system this activity will be added to your TRANSCRIPT, which is maintained in the ETSU Office of CME. You may print your transcript online from your HighMarks account. Check with the Registration Desk for information on how to access and print your transcript, or call our office at 423-439-8027 with questions.

**Conference Planner**

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## Accreditation



**ACCME Accreditation:** The Quillen College of Medicine, East Tennessee State University, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



**CME Credit:** Quillen College of Medicine, East Tennessee State University designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Joint Providership:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Quillen College of Medicine and Carter County Drug Coalition. The Quillen College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.



**CNE Credit:** Up to 7 continuing nursing education hours have been approved for this conference. East Tennessee State University College of Nursing is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. If you would like to claim Nursing Contact Hours, please contact [etsucne@etsu.edu](mailto:etsucne@etsu.edu).

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**1**

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Multi-Disciplinary Thoracic Conference			
Session	Time	Hours	Action
Multi-Disciplinary Thoracic Conference	Fri, 4/27 7:00- 8:00	1.00	<a href="#">Remove Credit</a> <a href="#">Edit Session Evaluation</a>
<b>Total Credits:</b>		<b>1.00</b>	<a href="#">Print Activity Transcript</a> <a href="#">Email Activity Transcript</a>

**2**

**Pending Credits**

Below are the list of sessions for which require the evaluation or post test to be completed/passed before credit is awarded. Please use the options below to complete or retake the evaluation or post test.

Session	Time	Pending Hours	Action
Tennessee Department of Health: New Issues, Data, and Laws in the Opioid Epidemic- Johnson City	Thu, 5/3 5:00- 9:00	3.00	<a href="#">Remove Credit</a> <b><a href="#">Complete Evaluation</a></b>

**3**

1. Log in to your HighMarks account at [ww2.highmarksce.com/etsu](http://ww2.highmarksce.com/etsu).
2. Click **'My Credits'** and Locate *Tennessee Department of Health New Issues, Data, and Laws in the Opioid Epidemic – Chattanooga* in the **'Pending Credits'** section.
3. Click **'Complete Evaluation'** – this will take you through the completion of the course evaluation and post-test.
4. You are finished! The hours will show up under hours instead of pending once the process is complete.

