Supporting Moms After a Severe Event

2016 ACOG-CDC Maternal Safety and Mortality Meeting
Washington Marriott Marquis Hotel
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Postpartum depression after mild and severe preeclampsia.

Symptoms of post-traumatic stress after preeclampsia.

Posttraumatic stress disorder following preeclampsia and HELLP syndrome.

A systematic review of the relationship between severe maternal morbidity and post disorder.

The relationship between acute stress disorder and posttraumatic stress disorder and neonatal intensive care unit.

Poor health-related quality of life after severe preeclampsia.

Increased psychological trauma and decreased desire to have children after a complication.

Posttraumatic stress disorder following preeclampsia and PPROM: a prospective study months follow-up.

Fathers with PTSD and depression in pregnancies complicated by preterm pre

Acute posttraumatic stress symptoms among urban mothers with newborns in the neonatal intensive care unit: a preliminary study.

Anxiety and depression following preeclampsia or hemolysis, elevated liver enzyme syndrome. A systematic review.
Regular dialysis or kidney transplant?
~ Tia D., Miami, FL
Birth trauma affects everybody.
Emotional Impact of this Pregnancy

N=1,552

- Minimal impact: 186
- Some Impact: 621
- Definitely Impacted: 745
Steps Taken to Address Mental Health

N=1,346

- Took anti-depressant or anti-anxiety medication
- Spent time with a therapist, social worker, chaplain
- Sought support from a faith-based community
- Got support via online community
- Participated in a local support group
- Shared my delivery story with others (written or verbal)
- Spent time with my healthcare provider learning about HELLP Syndrome and what happened to me
- Had another baby
- N/A – I did not have any mental health issues

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Birth Trauma? Get Help!

- Breslau Short Screening Scale (7 Qs) for PTSD* or Edinburgh Postnatal Depression Scale**
- Psychological assessment & treatment
- Chaplain or spiritual leader
- Local or online support groups
- Grief counselor, specializing in perinatal loss

** https://psychology-tools.com/epds/
Tips for Supporting a Survivor...from a Survivor

• **Ask mom** what she needs or wants
• Let her **talk**.
• Encourage her to **find doctors** she trusts, who instill confidence, and who provide her accurate medical information.
• Be a friend and **give hugs**.
• Support through the process of **taking each day in turn**.
• Help her seek professional, qualified, **mental health support**.

Lua L., Gainesville, Florida
www.Preeclampsia.org

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www.PreeclampsiaRegistry.org

A trusted resource for researchers; encourage your patients to enroll

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