



**Psychiatry – Reproductive Psychiatry / Women’s Mental Health – **CURRENTLY NOT AVAILABLE****

**Contact Information**

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**Sites**

Royal Victoria Hospital  
Montreal Neurological Hospital

**Elective Description**

An introduction to important clinical concepts in reproductive psychiatry, such as the evaluation and management of premenstrual dysphoric disorder, mood and anxiety disorders during pregnancy and the postpartum period, as well as during the perimenopausal transition. Includes teaching on the risks and benefits of pharmacotherapy during pregnancy and the postpartum period, as well as on hormonal and complementary alternative medicine alternatives to psychotropics. This elective can be done full-time or part-time.

**Elective Duration**

4 weeks

**Educational Objectives**

- Learn how to adequately counsel patients concerning pharmacologic management during pregnancy and the postpartum period (pre-conception psychiatric consultations)
- Learn how to diagnose and treat premenstrual dysphoric disorder
- Learn how to evaluate and treat perimenopausal-related anxiety and mood disorders
- Learn more about the management of high-risk populations such as infertility patients or patients having suffered from recurrent perinatal losses

**Scope of Work**

Clinical practice and research focus on the effects of steroid/sex hormones on behavior; includes the full range of psychiatric disorders related to hormonal fluctuations, from reproductive stages such as the premenstrual, pregnancy/postpartum and perimenopausal stages to critical developmental stages during middle childhood and adolescence when hormones modulate the risk of psychiatric disorders.

**Clinical activities:**

- Gynecology clinic: new consults and follow-ups of patients with premenstrual or perimenopausal exacerbations of psychiatric symptoms as well as infertility and perinatal loss + group therapy for infertility and perinatal loss
- Obstetrical clinic: new consults and follow-ups regarding pre-conception psychiatric counselling, pregnant and postpartum patients + group therapy for pregnant and postpartum women
- Full-time option can include involvement in group therapy for mood/anxiety during pregnancy and the postpartum period; and/or group therapy for perinatal loss

**Number of new assessments per week:**

2, typical case load: ~ 5-6 patient visits, including new assessments and follow-up visits +/- group therapy week

**Amount of time spent in clinical meetings or consulting with other professionals:**

3 hours per week, with monthly meetings with the Quebec provincial network of reproductive psychiatrists

**Description of Research Activities** (if research option is taken- can be half-clinical, half-research)**Clinical projects** involving data collection and analyses related to:

- Pregnancy-related anxiety and risk for hypertensive disorders of pregnancy
- Sex differences in coping mechanisms related to perinatal loss
- Influence of sex hormones on cognition and behavior during adolescence

**Description of Supervision**

- Supervisors: Tuong-Vi Nguyen, David Sinyor
- 1-hour meeting every week after each clinic (Gynecology and Obstetrics) and 30 min before each of the two group therapies, for a total of 3 hours
- 20 percent of new assessments and follow-ups will be directly observed

**Description of Teaching Methods**

- Case based teaching (weekly)
- Journal club (monthly)
- Readings (a list of readings will be provided at the beginning of the rotation)
- Group therapy

**Description of Other Academic or Nonclinical Activities:**

Journal club presentation for the provincial network of reproductive psychiatrists