

Implementing the AIM Perinatal Mental Health Conditions Bundle in MA

A Discussion on Treatment & Follow-Up for PMHC

Dr. Nancy Byatt & Hannah Bonoyer

March 18, 2025



WELCOME!

- Please type your name and institution into the chat.
 - Optional share: What is your favorite spring tradition?
- Please mute yourselves when not speaking.
- Feel free to type your questions into the chat during the webinar.
- We will record this session and upload the recording and webinar slides to our website afterwards!

Agenda

12:00–12:05 Welcome & PNQIN Announcements

12:05–12:10 PMHC Bundle Pearl

12:10–12:50 Treatment & Follow-up of PMHC

12:50–1:00 Discussion, Q&A



AGENDA

12:00–12:05

**Welcome & PNQIN
Announcements**

Brooke Fortin

12:05–12:10

PMHC Bundle Pearl

Tiffany Moore Simas, MD

12:10–12:50

Treatment & Follow-up of PMHC

Nancy Byatt, DO
& Hannah Bonoyer

12:50–1:00

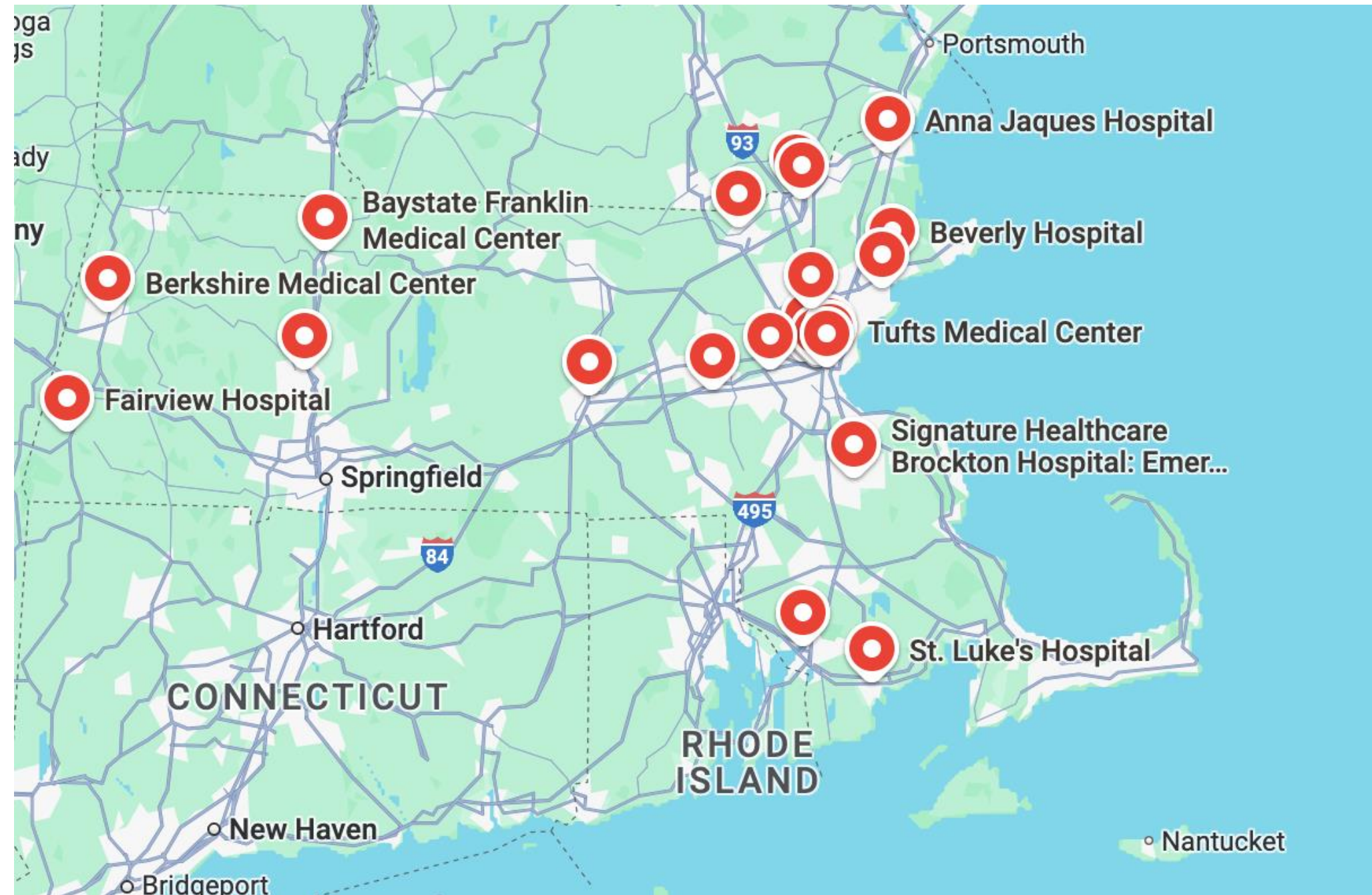
Discussion, Q&A

All



PMHC BUNDLE: PARTICIPATING HOSPITALS

1. Anna Jaques Hospital
2. Baystate Franklin Medical Center
3. Berkshire Medical Center
4. Beth Israel Deaconess Medical Center
5. Beverly Hospital
6. Brigham and Women's Hospital
7. Boston Medical Center
8. Cooley Dickinson Hospital
9. Fairview Hospital
10. Holy Family Hospital
11. Lawrence General Hospital
12. Lowell General Hospital
13. Massachusetts General Hospital
14. MetroWest Medical Center
15. Mount Auburn Hospital
16. Newton-Wellesley Hospital
17. Salem Hospital



18. Signature Healthcare Brockton Hospital
19. Southcoast Charlton Memorial Hospital
20. Southcoast St. Luke's Hospital
21. St. Elizabeth's Medical Center
22. Tufts Medical Center
23. UMass Memorial Medical Center
24. Winchester Hospital



Participation Checklist (Updated)

To be considered fully participating in this bundle between Sept '24 and **Feb '26**, we ask that you complete:

1. Onboarding steps
 - a. Team Roster, Pre-Implementation Survey, data sharing agreement
2. Monthly data submission (Goal: **9** months or more)
3. Monthly webinar attendance (Goal: **9** months or more)
4. Implementation feedback survey @ 6, 12 **and 18** months)
5. Draft or final sustainability plan
6. Sharing opportunities (webinar presentation, summit poster)





PNQIN PMHC BUNDLE WORKGROUP



Tiffany Moore Simas, MD
UMass Memorial Health



Kali Vitek, MPH
PNQIN



Brooke Fortin
PNQIN



Amanda Small, RN
MGH/PPD Survivor



Beth Buxton
DPH



Bonnell Glass, MN
PNQIN/UMass



Candice Belanoff, ScD
BUSPH



Cheryl Slater, RN
PNQIN/BMC



Christin Price, MD
PNQIN



Elizabeth Howell, CNM MS
UMass



Elysia Larson, ScD
HMS/BIDMC



Hannah Bonoyer
Sturdy/PMHC Survivor



Coming
Soon
Jelia Frano
Deloitte/PPP Survivor



Coming
Soon
Jess Gaulton, MD
FamilyWell Health



Jessie Colbert
Mass PPD Fund



Julia Prentice, PhD
BLC



Karen Manganaro, DNP
PNQIN/BWH



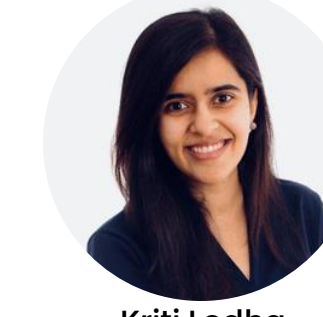
Coming
Soon
Karen Franklin, MD
Holy Family



Coming
Soon
Kettie Louis, DNP
BMC



Kristie Leeman, MD
PNQIN/BCH



Kriti Lodha
PSI-MA/PPP Survivor



Leena Mittal, MD
MCPAP for Moms



Maithri Ameresekere,
MD, BMC



Melissa Abell-Bardsley,
RN, CHA



Molly Fraust-Wylie
PNQIN/BIDMC



Coming
Soon
Pratiksha Yalakkishettar, MD
UMass



Richard Seeber, MD
MGH



Ron Iverson, MD
PNQIN/MGH



Coming
Soon
Salma Mohamed
MassHealth



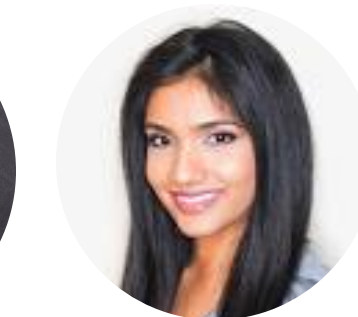
Coming
Soon
Shaniqua Choice
Infinity Equity Consulting



Stephanie Crawford
Propa City
Community Outreach



Coming
Soon
Swathi Damodaran
MassHealth



Uruj Haider, MD
MCPAP for Moms

Reminders & Announcements



Brooke Fortin, MS
PNQIN Project Coordinator

Agenda

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PNQIN Announcements

PMHC Bundle Implementation Extended!!!

Based on early feedback from hospital teams, PNQIN has decided to **lengthen** the implementation of this bundle from 12 months to 18 months.

- **September 2024** – ~~September 2025~~ **February 2026**

Monthly webinars and data submission will continue.

Please reach out to Kali or Brooke with any questions! We hope this decision comes as good news and we look forward to providing additional support for completion of your projects!



PNQIN 2025 Spring Summit – REGISTRATION NOW OPEN!

Summit Date: May 22, 2025 from 8:30am-4:30pm

Location (in-person): Four Points by Sheraton Norwood in Norwood, MA

Theme: Pathways to Hope and Healing: Advancing Perinatal and Neonatal Health

Registration fee:

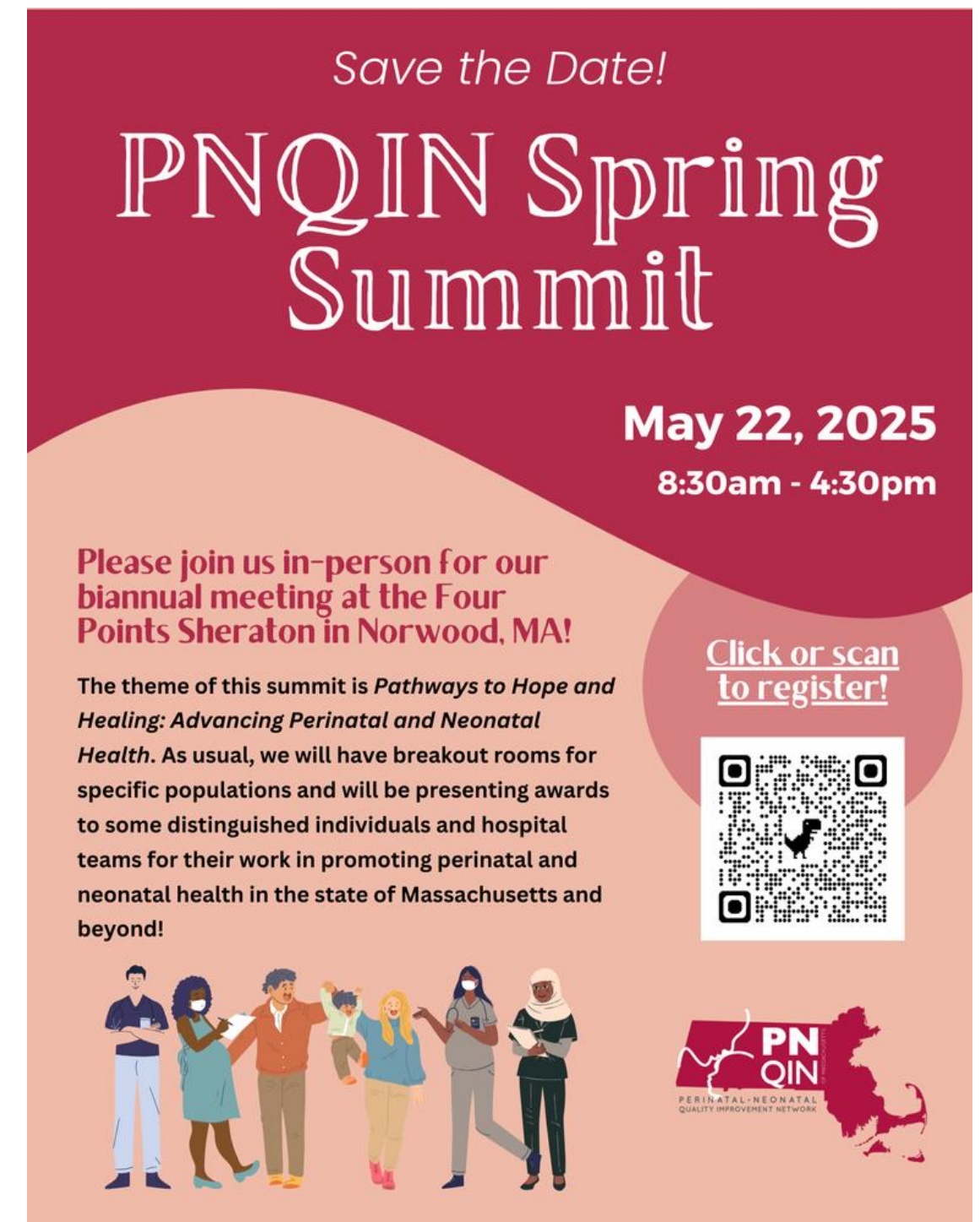
\$50 for Physicians

\$25 for all other care providers and professionals

Free registration available for patients/families with lived experience and students/trainees.

Registration Page and Agenda: <https://cvent.me/4NPL9q>

REGISTRATION IS NOW OPEN and will be capped at 300 attendees - so register now!



Save the Date!



PNQIN Spring Summit

May 22, 2025
8:30am - 4:30pm

Please join us in-person for our biannual meeting at the Four Points Sheraton in Norwood, MA!

The theme of this summit is *Pathways to Hope and Healing: Advancing Perinatal and Neonatal Health*. As usual, we will have breakout rooms for specific populations and will be presenting awards to some distinguished individuals and hospital teams for their work in promoting perinatal and neonatal health in the state of Massachusetts and beyond!

[Click or scan to register!](#)



PNQIN
PERINATAL-NEONATAL
QUALITY IMPROVEMENT NETWORK



PNQIN 2025 Spring Summit - Award Nominations!

We are excited to announce that PNQIN is seeking nominations for 5 awards, which will be presented at our upcoming summit on May 22nd, 2025.

Awards are as follows:

- **Clinical Team Award:** *This award will be given to 1 tertiary care center hospital, health center, or ambulatory clinic.*
- **Diop Award**
- **Innovation Award**
- **Patient & Family Advocacy Award**



To review guidelines for eligibility and criteria for each award category and to see our past award winners, visit our new [PNQIN Summit Awardees Page](#). Guidelines and criteria will also be distributed after the webinar.


All nominations and accompanying materials should be sent in one email to Kali Espinola (Vitek) at PNQINAdmin@pnqinma.org by **March 21st, 2025**. Nominations will be reviewed afterwards by the PNQIN Awards Committee.

PMHC Bundle: Toolkit – NOW AVAILABLE!

The Perinatal-Neonatal Quality Improvement Network of Massachusetts

PNQIN Perinatal Mental Health Conditions (PMHC) Bundle Toolkit



Version 2, February 2025



For the most up to date version and resources please refer to the [Perinatal Mental Health Conditions Bundle Website](#).

The Perinatal-Neonatal Quality Improvement Network of Massachusetts

American College of Obstetrics and Gynecology (ACOG) Alliance for Innovation in Maternal Health (AIM) Patient Safety Bundle: Perinatal Mental Health Conditions




Perinatal Mental Health Conditions

[What are AIM Patient Safety Bundles?](#)
A collection of evidence-based best practices developed by experts from many disciplines to address specific conditions in pregnant and postpartum people, especially those which may lead to severe maternal morbidity and mortality. The bundles include action steps and tools, and are built to be adapted to facilities and institutions of all resource levels.

[What is the Perinatal Mental Health Conditions \(PMHC\) Bundle?](#)
The Perinatal Mental Health Conditions Bundle provides a blueprint to improve the quality of care and outcomes for patients with perinatal mental health conditions. This initiative aims to improve the identification and treatment of all perinatal mental health conditions for all patients throughout the entire perinatal period. For the purposes of this bundle, PMHC includes mood, anxiety, and anxiety-related disorders that occur during pregnancy or within one year of delivery, including conditions that may have started prior to conception.

For a full list of conditions, please review page 8 of the [AIM PMHC ICD-10 codes list](#).

Video: [Introduction to Perinatal Mental Health Conditions](#)



The Perinatal-Neonatal Quality Improvement Network of Massachusetts

ACOG AIM Patient Safety Bundle: Perinatal Mental Health Conditions - Links to Materials

[Patient Safety Bundle](#)

- Format: PDF
- Content: Describes the primary drivers of changes in quality of care for Perinatal Mental Health Conditions, with review of AIM's "5 Rs" framework:
 - Readiness,
 - Recognition & Prevention,
 - Response,
 - Reporting & Systems Learning, and
 - Respectful, Equitable & Supportive Care.
- This can be used as a high-level summary of the implementation goals for the PMHC Bundle.

[Element Implementation Details and Guide](#)

- Format: PDF
- Content: Further explores AIM's "5 Rs" Framework by sharing core strategies, aims, implementation phases, and steps to integrate obstetric and mental health care for each of the "Rs" in their framework. This document provides additional context for the Patient Safety Bundle (above).

[Implementation Resources](#)

- Format: PDF
- Content: Utilizing the "5 Rs" Framework, this document provides specific resources that correspond to each R and is an adjunct to the bundle and implementation guide noted above. Resources in this document include, but are not limited to, links to toolkits, webpages, publications, and training modules.

[Data Collection Plan](#)


- Format: PDF
- Content: This document outlines the structure, process, and outcome measures that we ask hospital teams to submit each month via REDCap to track participation in and implementation of this bundle.

[Change Package](#)

- Format: PDF
- Content: This document, developed and published by the Institute of Healthcare Improvement (IHI) and AIM and co-authored by PNQIN's Bundle Lead, Dr. Tiffany Moore Simas, covers the motivation for designing this bundle. More specifically, the Change Package matches resources to "change ideas," which are interventions that are defined to achieve the goal of integrating obstetric and mental health care and is directly aligned with each bundle element.

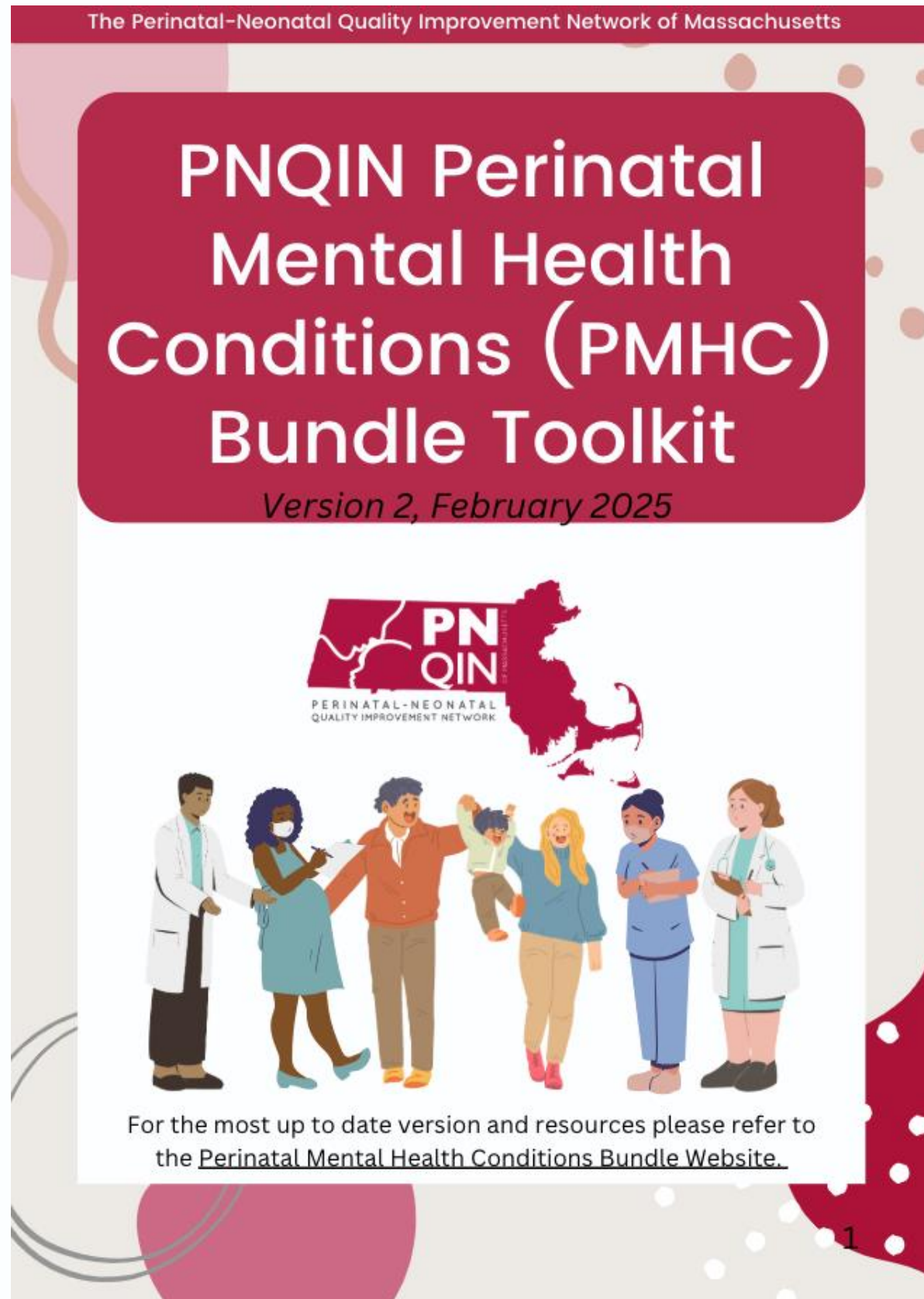
[Learning Modules](#)

- Format: Webpage, e-Modules
- Content: This webpage acts as a landing pad for free e-Modules, hosted by ACOG and Nursegrid that can be completed for CME/CE credit. Modules are hosted by ACOG and Nursegrid and are specific to each AIM Patient Safety Bundle.



The toolkit is now available on the PNQIN Website at [this link](#).

PMHC Bundle: Community Resources



Home → PNQIN Perinatal Mental Health Conditions (PMHC) Toolkit Resources

PNQIN Perinatal Mental Health Conditions (PMHC) Toolkit Resources

A number of resources included in our toolkit may be updated often, as a result, we have posted them here on our resources page for ease of updating and reference. Please see below! *The links included on this page are intact as of 2/14/2025.*

Resource Mapping/ID of Community Resources

Provider-Specific Resources

- MCPAP for Moms
 - [MCPAP Clinician Resource Page](#)
 - Toolkits
 - [Obstetric Provider Toolkit](#)
 - [Pediatric Provider Toolkit](#)

The resources can be found on the PNQIN Website at [this link](#).

MA Announcements

MA DPH: New Guidance on Syphilis Testing

Preliminary 2024 data indicate that **18 congenital syphilis cases occurred in Massachusetts**, an increase of 29% compared to 2023.

To stop congenital syphilis, syphilis screening should be broader and occur further upstream from pregnancy. Massachusetts Department of Public Health (DPH) recommends that **clinicians provide syphilis screening and inform ALL sexually active persons**.

Read the full guidance [here](#).



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
Bureau of Infectious Disease and Laboratory Sciences



MA DPH: Standing Orders MassHealth and Health Safety Net (HSN) Patients

As of 1/27/25, MassHealth has issued a standing order for **prenatal vitamins** and a standing order for **over-the-counter oral hormonal birth control**. MassHealth members and Health Safety Net (HSN) patients are now able to get these medications **free-of-charge without a prescription** from their prescriber.

Access the standing orders [here](#).



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
Department of Public Health
Bureau of Infectious Disease and Laboratory Sciences



New Resources on PNQIN Webpage: CDC Contraception and STI Treatment Guidelines

Given recent updates to the Center for Disease Control and Prevention (CDC) website, PNQIN is sharing CDC resources on contraception and STI testing.

PNQIN would like to offer immense gratitude to our colleagues at the [American College of Nurse Midwives \(ACNM\)](#) and the [American College of Obstetricians and Gynecologists \(ACOG\)](#), for sharing these resources as well.

Resources available [here!](#)



Opportunity to Support the Moms Matter Act

For those who are not government employees, there is a new opportunity to support funding the Moms Matter Act (grants to community-based programs providing perinatal mental health support) and adding co-sponsors to the perinatal mental health workforce trust fund bill – one easy action makes a BIG difference!

Read more and submit a letter of support [at this link](#).



Massachusetts Perinatal Team (MAPT): Call for New Members!

The **Massachusetts Perinatal Team (MAPT)** is a consortium of **Massachusetts perinatal nurse leaders** consisting of managers and educators. All active perinatal services managers, educators, and leaders are welcome to attend.

- The purpose of this consortium is to:
 - Provide peer support and networking opportunity related to perinatal care
 - Collectively address emerging issues of perinatal care that has direct outcome on the health of birthing persons and infants
 - Assist and support staff educational needs
 - Provide input and feedback to the Massachusetts Department of Public Health in matters concerning perinatal regulations and program development
 - Serve as a resource to membership by addressing current and emerging trends and professional issues
 - Promote scholarly practices and mentorship

MAPT meets on the **3rd Friday of each month, usually virtually, from 11a-1p.**

If you are interested in joining please email MassPerinatalTeam@gmail.com.

We can answer any questions you may have and will add you to our list.



MCPAP for Moms: Training Opportunity

MCPAP for Moms, the Massachusetts State Perinatal Psychiatry Access Program, is available as a resource to providers providing **prenatal, perinatal, birthing, and postpartum care** to individuals in Massachusetts.

MCPAP for Moms helps to build health care providers' capacity to address perinatal mental health and substance use disorders through: **trainings and toolkits, telephone-access to perinatal psychiatric consultation, and facilitation of referral to community resources.**

You can learn more about their services on their [website](#).

As part of their training offerings, **MCPAP for Moms is available to come to your institution for Grand Rounds and/or trainings with affiliated obstetric practices!**

If you are interested in learning more or would like to schedule a time for Grand Rounds, please contact Beth McGinn at: Elizabeth.McGinn@carelon.com



National Announcements

Upcoming Live Virtual Courses from the Institute for Perinatal Quality Improvement

- **National QI Essentials Course**

- When: April 1st, 2025 from 9:30AM-1:30PM
- What: A virtual training to support learners in drafting context-specific quality improvement and safety action plans.
- How: Register [here](#)

- **National SPEAK UP Champions Conference**

- When: May 2nd & May 9th, 2025 from 9:30AM-1:30PM
- What: A virtual training to outline strategies to help individuals and groups dismantle racism, provide quality equitable care, and reduce health disparities.
- How: Register [here](#)

- **Intermittent Auscultation, Hydrotherapy, and Freedom of Movement for Laboring Patients**

- When: May 6th, 2025 from 9:30AM-3:30PM
- What: A virtual 5.5-hour, interactive, simulation-based course for clinicians.
- How: Register [here](#)

March of Dimes Professional Training on Low-Dose Aspirin: Now Available!



Learning Outcomes: Participants will gain insights into:

- Screening for pre-eclampsia respectfully and effectively.
- Understanding the benefits and risks during pregnancy for preeclampsia prevention.
- Making appropriate prescribing recommendations.
- Addressing the barriers and leveraging the facilitators for consistent compliance with LDA therapy.

This Course is **FREE!**

1.0 hour of CME, CPE, and CNE will be awarded for the completion of the module and the evaluation.

[ENROLL NOW](#)



Save the Date: March of Dimes March for Change - 4/16

March of Dimes will **provide information on how to advocate for moms and babies in your state**, and give you the **opportunity to meet with lawmakers and advocate**.

Attendees will receive information on priorities, meet with your state lawmakers and share meeting feedback with our staff.

March for Change advocate volunteers will also be paired with experienced advocates to offer a greater level of confidence during meetings.



- **Where:** Omni Parker House Hotel
- **When:** April 16, 2025 9:30 AM-2:30PM EDT

[CLICK TO REGISTER](#)



Perinatal Mental Health Conditions Bundle Pearl: Early Postpartum Screening for PMHC



Tiffany Moore Simas, MD
PNQIN Bundle Lead

Agenda

12:00–12:05 Welcome &
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Q&A



PMHC Bundle Pearl:

Early Postpartum Screening for PMHC

- **ACOG Recommendation:** Screen for PMHC at first postpartum visit
- Number of **birthing people that DO NOT attend the first postpartum visit:** approx. 40%
- Diagnosis of PPD requires identification of depressive mood at 2 weeks postpartum
 - If depressive mood exists <2 weeks postpartum, “Baby Blues”

Potential for early screening using EPDS to predict PPD symptoms later in the postpartum period:

- Screening at **1 week postpartum:** Mothers with a 1-week EPDS score 10 or higher were **30.3 times more likely at 4 weeks** and **19.1 times more likely at 8 weeks** to exhibit postpartum depression symptoms.
- Screening at **2-3 days postpartum:** Using a **cut-off score of 10/11**, the EPDS implemented at 2 to 3 days postpartum obtained good specificity, sensitivity, and positive predictive values for identifying mothers with postpartum depressive symptoms between 4 and 6 weeks postpartum.



A Discussion on Treatment & Follow-up of PMHC



**Nancy Byatt, DO, MS, MBA,
DFAPA, FACLP**
Lifeline for Families Center/MCPAP for
Moms



Hannah Bonoyer
RN/Perinatal Behavioral Health
Coach/PMHC Survivor

Agenda

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Take Care of Yourself

The following discussion will cover the treatment of perinatal mental health conditions and will include a discussion with a person with lived experience with postpartum depression, anxiety, suicidal ideation, and treatment of these conditions.

We encourage you to take care of yourself, however you see fit. Should this topic become too much for you, feel free to leave the webinar and return at 12:50pm for the Q&A session, if you are interested.

Some ideas for self-care during and/or after this discussion include:

- Take a few deep breaths
- Take a short walk
- Stretch
- Drink some water
- Doodle
- Turn down/off the volume
- Light a candle
- Talk to someone about how you're feeling



Any Questions?



**Nancy Byatt, DO, MS, MBA,
DFAPA, FACLP**



Hannah Bonoyer

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Thanks for joining, see you on 4/15!

Have questions?

Email PNQINAdmin@pnqinma.org!

