

Obstetric Pearls for the Non-Obstetrician: Perinatal Mental Health

01/31/2026 to 01/31/2029

Enduring Material

Purpose:

The Avera Research Institute Maternal Health Research Center of Excellence (MARCH) provides a platform for researchers, tribal nations, rural communities, and key stakeholders to engage in bidirectional communication on maternal health, in particular drivers of mortality and severe morbidity. This recording of the live virtual session is the 4th session in the series that will discuss understanding the non-obstetric clinic role in caring for mental health conditions in the pregnant and post partum patient.

Objectives:

- 1 Understand the non-obstetric clinic role in care of the pregnant and post partum patient in regards to the diagnosis of and management of mental health conditions.
- 2 Discuss common mental health conditions in postpartum.
- 3 Discuss psychiatric medications in lactation.
- 4 Identify ways to collaborate as an interprofessional healthcare team to identify and address gaps in maternal care delivery at FQHCs, integrating cultural competency, safety, and quality improvement strategies to reduce maternal morbidity and mortality

Target Audience:

Physician, Nurse – RN, Nurse – LPN/LVN, Counselor/Therapist, Social Worker

For successful completion:

- Watch video
- Complete post-test
- Complete evaluation

Accreditation & Credit Designation:

Accreditation



In support of improving patient care, Avera is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Continuing Education Credit Designation(s)



IPCE CREDIT™

IPCE (Team-based): This activity was planned by and for the healthcare team, and learners will receive 1.00 IPCE credit(s) for learning and change.

Medicine CME: Avera designates this live activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the learner to earn credit toward the CME of the American Board of Surgery's Continuous Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABS credit.



Nurse CE: Avera designates this activity for a maximum of 1.00 ANCC contact hour(s). Nurses should claim only the credit commensurate with the extent of their participation in the activity.

REMINDER

Attendance can be texted up to 24 hours after the activity





Social Work: As a Jointly Accredited Organization, Avera is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.00 Clinical continuing education credit(s).

Counselors, Marriage and Family Therapy (SD Board of Examiners): Avera is a recognized provider of continuing education, for all counseling related content, for the South Dakota Board of Examiners for Counselors and Marriage and Family Therapists. Social Workers will receive 1.00 continuing education clock hour(s) for participating in this course.

Additional Information:

Feedback person for this educational activity is:

Enduring Material available from 01/31/2026 to 01/31/2029

- This course content was reviewed on 1/15/2026

Disclosure Policy:

Due to the regulations required for CE credits, all conflicts of interest that persons in a position to control or influence the education must be fully disclosed to participants. In observance of this requirement, we are providing the following disclosure information: all relevant financial relationships disclosed below have been mitigated.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Jyoti Angal, Ph D, Researcher	Content Expert - Committee Member	Nothing to disclose
Catherine Luvaas, MEd, Researcher	Lead Planner	Nothing to disclose
Lacey McCormack, Ph D, Researcher	Committee Planning Member	Nothing to disclose
Kimberlee McKay, MD	Faculty	Nothing to disclose
Laura Nostvick, LCSW, Social Worker	Content Expert - Committee Member	Nothing to disclose
Amy Speck, BS	Committee Planning Member	Nothing to disclose

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