

Hyperemesis Gravidarum – What Mental Health Clinicians Have To Offer



Dr Julia Feutrill – Psychiatrist

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Hyperemesis Gravidarum

- First trimester onset
- Severe nausea and vomiting of pregnancy
- 5% pre-pregnancy weight loss
- Dehydration
- Electrolyte Imbalance
- Hospitalisation – continued NVP with inability to keep antiemetics down/ ketonuria/ >5% weight loss



History

- Functional adaption = conversion disorder
- 1914 'simulating pain to obtain an abortion'
- *'My routine is as follows: From the moment the patient enters hospital she is denied the solace of the vomit bowl. She is told that, in the event of not being able to control herself, she is to vomit into the bed; and the nurse is instructed to be in no hurry about changing her. . . I assure them very dogmatically that they are going to stop vomiting at once, and that they will leave the hospital perfectly well in a week.'* Atlee 1934



What idiot decided to
call it morning
sickness?!

I've got this crap ALL
DAY!!!

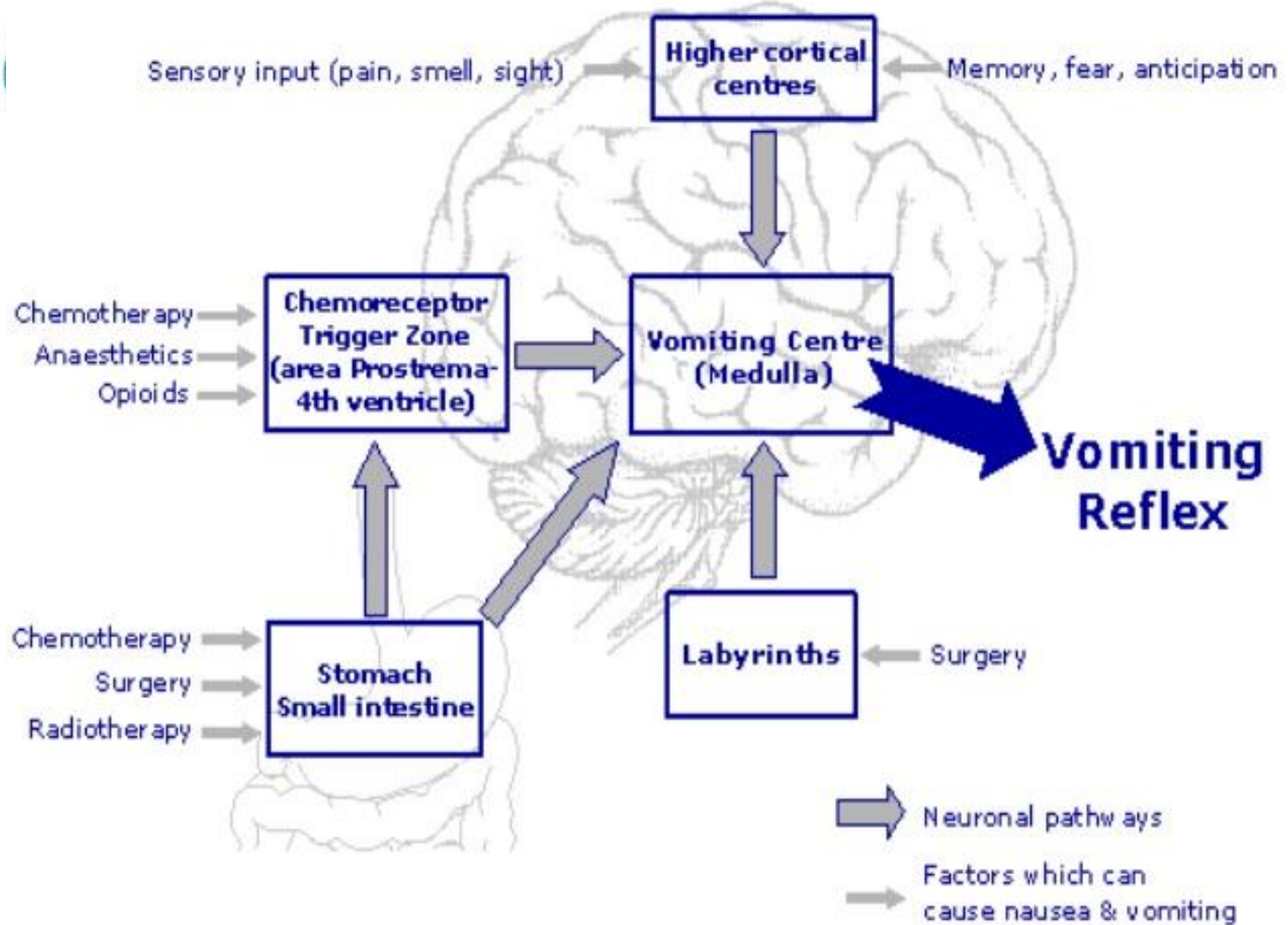
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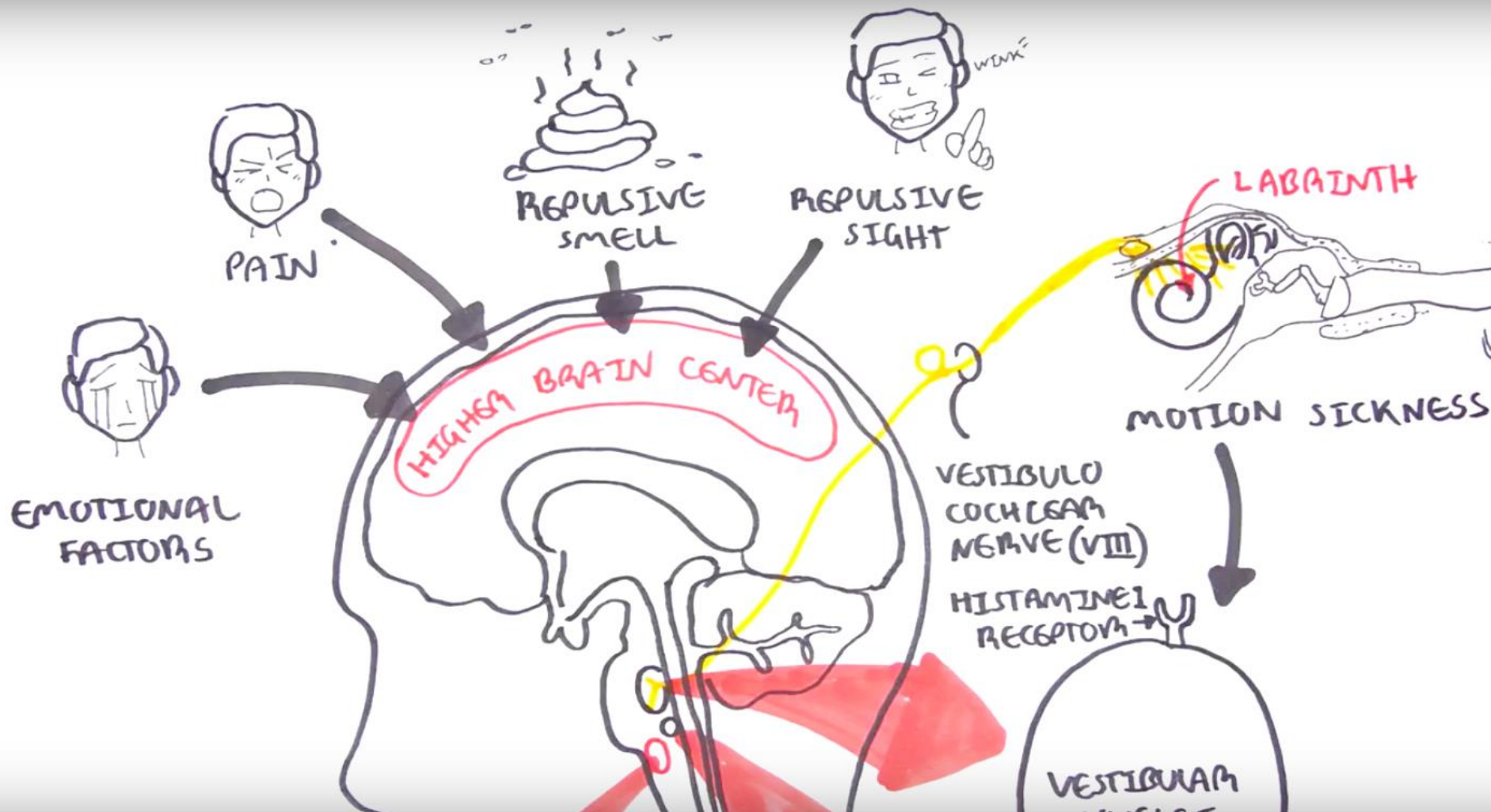
Incidence and Risk Factors

- 80% all pregnancies have N&V
- 0.3-2% HG
- 2nd most common reason for admission after PTL
- Recurrence is high (15.2-81%), family Hx
- Reduces by 10% with change in paternity
- 4-7th week of pregnancy
- Increased with multiple births, molar pregnancy
- Previous MHD increases risk





Higher Cortical Centres





Impact on Mother

- Dehydration, Ketosis, abnormal liver/thyroid/renal function, muscle wasting, fatigue, detached retinas, oesophageal tears, fractured ribs, burst ear drums, encephalopathy
- Termination – 40% consider it, 10% complete it
- Before IV hydration – death.....





Impact on baby

- Low Birth weight, SGA, Preterm Birth
- Possible fetal death
- Association with neurodevelopmental diagnoses
- Other physical health problems – allergies, constipation, reflux, growth restriction, lactose intolerance, chronic respiratory and ear infections
- Developmental Origins of Health and Disease
- Attachment relationship



Psychosocial Impacts

- Limited research into the impact for women
- 61 x more likely to need >4 weeks off work
- Many were not paid or asked to take maternity leave early
- Family, social functioning, couple relationship
- Attachment relationship – “I don’t even like this baby”



Mental health impact

- HG – depression 14 x more likely at the end of T1
- 5 x more likely at 6 weeks POST PARTUM!
- More likely if anxious temperament ?
- Emetophobia – 8.8%
- Eating Disorders
- 10% PTSD symptoms



Medical treatment

- Inpatient Treatment
- Ambulatory Treatment
- Community Based Treatment with Antiemetics
- Enteral nutrition
- Parenteral nutrition
- Termination



Medical treatment

- H1 – phenothiazines and antihistamines
- 5HT3 - ondasteron
- D2 – metoclopramide
- Muscarinic
- Mirtazapine (5HT3 and H1, +NA and M)
- Benzodiazepines
- Steroids
- Ginger, acupressure



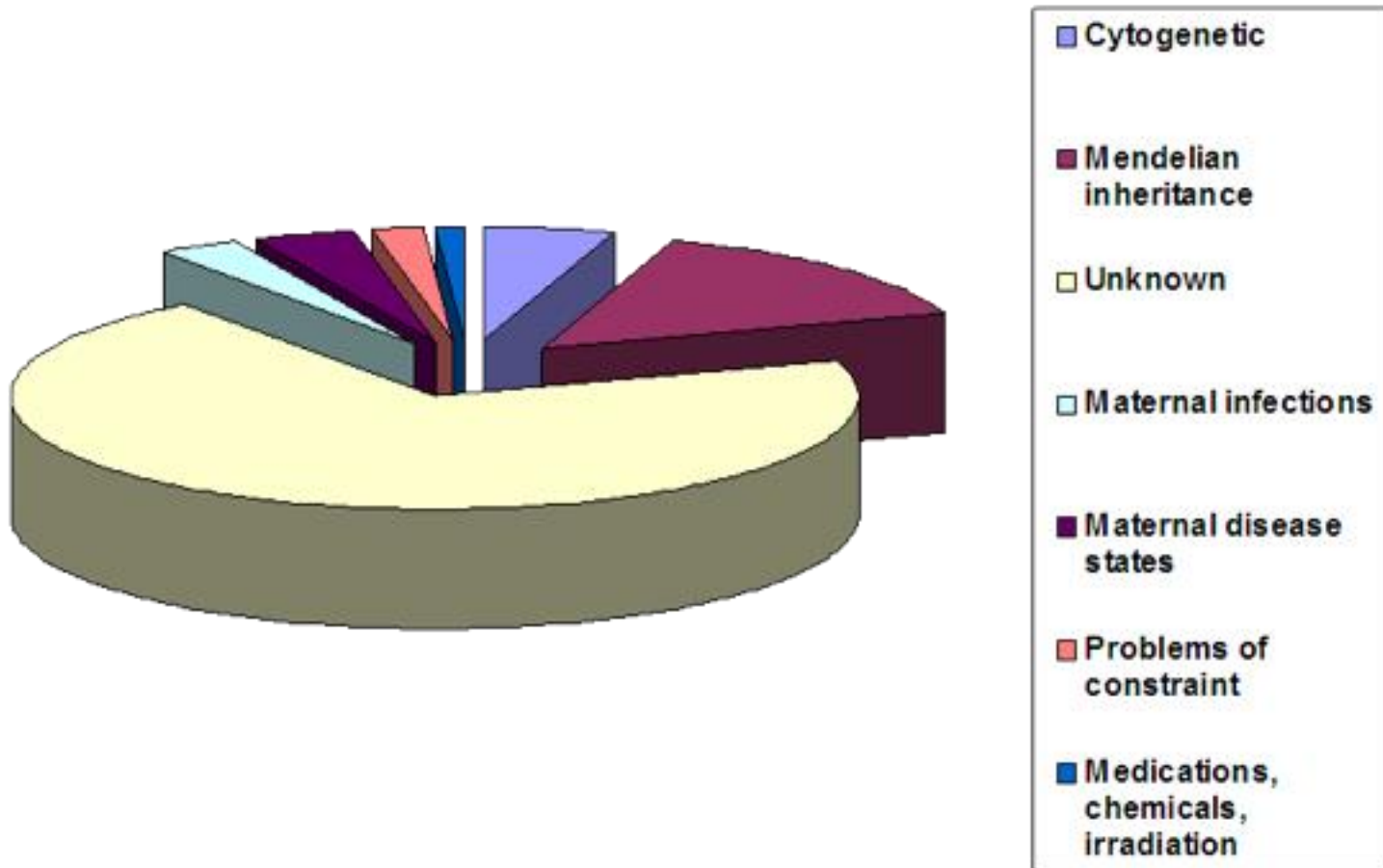
Safety of medications for HG in pregnancy

- Thalidomide – 1956 discovery in Germany – ‘Wonder Drug’
- Sedative, antiemetic, coughs, colds and headaches
- No control or research in pregnancy
- 1961 taken off the market in UK but remained in use in many countries through to the 1970s
- 2000 deaths, 10 000 with serious birth defects
- Today, skin complication of leprosy, multiple myeloma.





Congenital Malformations





ADEC

A	Safe
C	Have caused or may be suspected of causing harmful effects on the human fetus or neonate...without malformations....may be reversible
B	Limited number of human pregnancies...no increase in malformations
B1	Animal Studies safe
B2	Animal Studies inadequate data
B3	Animal Studies increased fetal damage
D	Fetal Malformations/irreversible damage
X	High risk should not be used in pregnancy or when a possibility of pregnancy



Commonly Prescribed Medications and ADEC

A	doxylamine, pyridoxine
C	Cipramil, Lexapro, Luvox, Prozac, TCA, Zoloft, Seroquel, Risperidone, Olanzapine, Promethazine, Benzodiazepines, prochlorperazine
B1	Edronax, Ondansetron, metoclopramide
B2	Effexor, Mianserin, Parnate, Pristiq
B3	Aurorix, Avanza, Nardil, Cymbalta, Melatonin
D	Aropax, NaV, Lamotrigine, Lithium
X	



Psychosocial Treatment

- Validation and support – the importance of being believed
- Advocacy at work
- Support for and from family
- Manage mental health symptoms
- Attachment relationship – ambivalence is normal





Elizabeth Clinic

222 Stirling Highway

Claremont 6010

9384 4565

enquiries@elizabethclinic.com.au

jfelizabethclinic@iinet.net.au

