

Borderline personality disorder in pregnancy and the postnatal period

Project No. 2019 1 UK01 KA205 060936



Co-funded by the
Erasmus+ Programme
of the European Union

BORDERLINE PERSONALITY DISORDER

Borderline personality disorder (BPD) is a term used to describe a pattern of traits including strong intolerable emotions, unstable relationships with other people, and impulsive behaviours.



Signs and symptoms of borderline personality disorder

- Being prone to fear that other people might leave them,
- A history of intense and unstable relationships with people,
- Being very unsure about themselves,
- Impulsiveness



Signs and symptoms of borderline personality disorder

- Repeatedly harming themselves,
- Experiencing short-lived but intense emotional 'lows' or times of irritability or anxiety,
- Ongoing feelings of emptiness,
- Experiencing intense and out of proportion anger,



Signs and symptoms of borderline personality disorder

- Abrupt changes in opinions and plans about career, sexual identity,
- Unstable and extreme emotions,
- Being paranoid or feeling disconnected from the world.

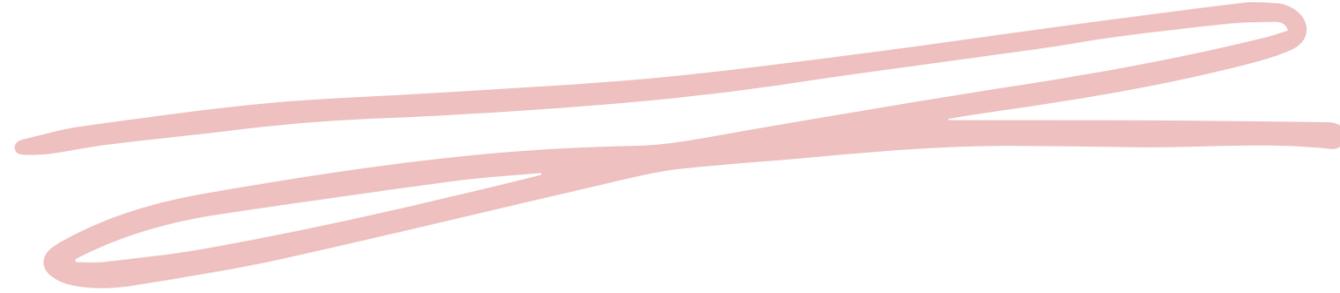




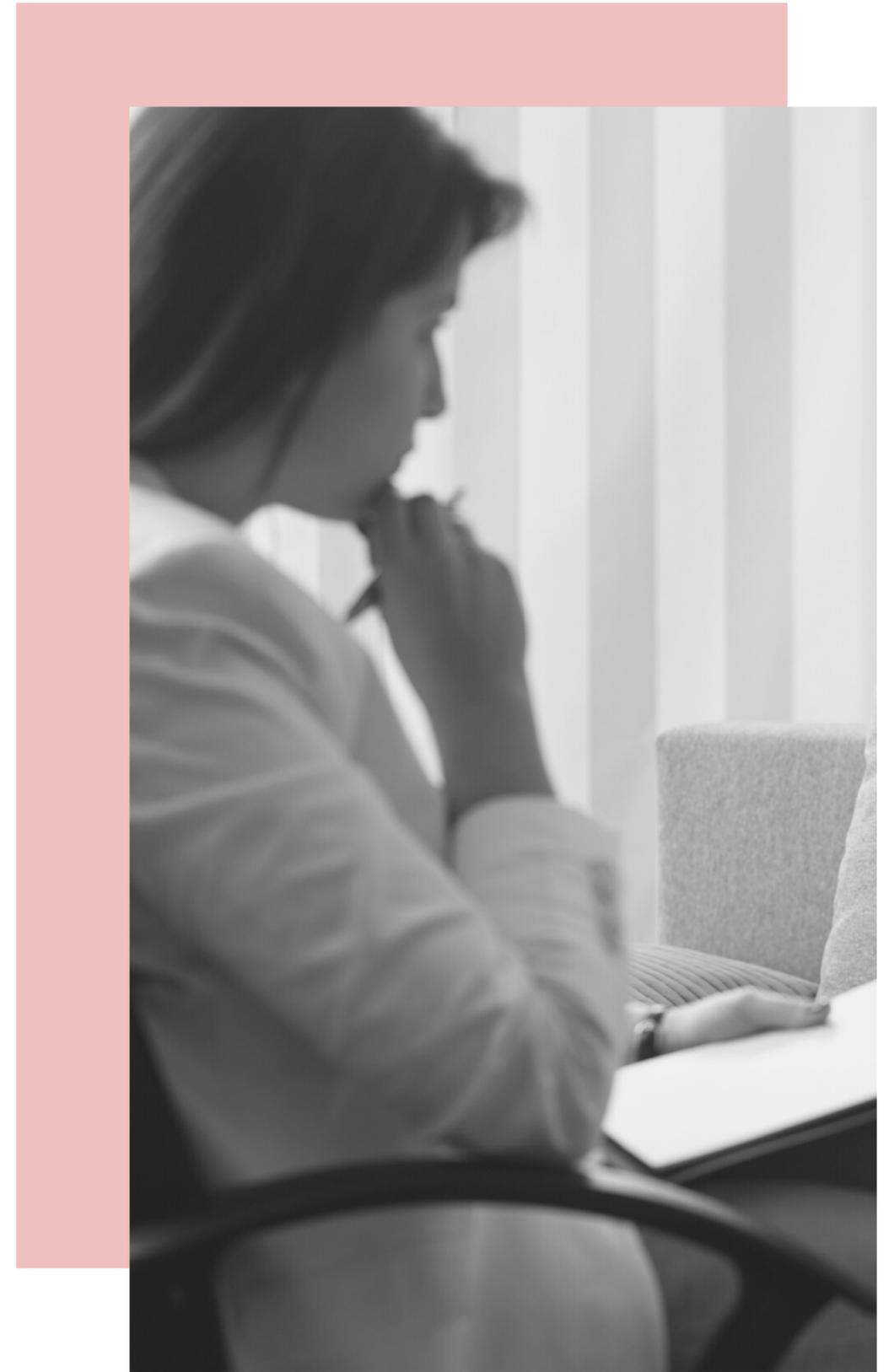
CAUSES

- Biological or genetic factors (inherited from family)
- Traumatic early life experiences
- Ways of thinking and coping with feelings
- Stressful social circumstances

How is borderline personality disorder diagnosed?



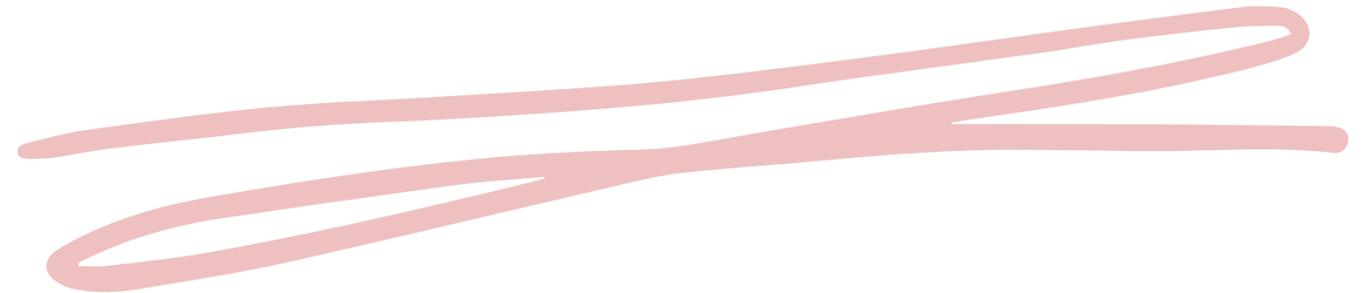
- There is no test for BPD.
- It can only be diagnosed by a mental health professional after talking to the person and getting to know them and the symptoms.





Treatment

- Talking therapies,
- Typical medication is not recommended as a person's main treatment for BPD.





A woman with a personality disorder is clearly in the 'at risk' group and therefore should be appropriately prepared, monitored and supported during pregnancy and the perinatal period.

Counselling women with BPD



Couples should be counselled to perceive how they imagine they would cope with the additional responsibilities of managing a baby.



It is important for the couple to realise that having a baby will not solve any life problems or stabilise a difficult relationship.



Instead, child-bearing and rearing add more burdens to what could be considered an already stressful life.

Borderline personality disorder during pregnancy

It is usual for pregnant women with borderline personality disorder to receive care from a team of health professionals, including mental health services.



BPD LEADS TO SOME PERINATAL COMPLICATIONS:

Gestational diabetes

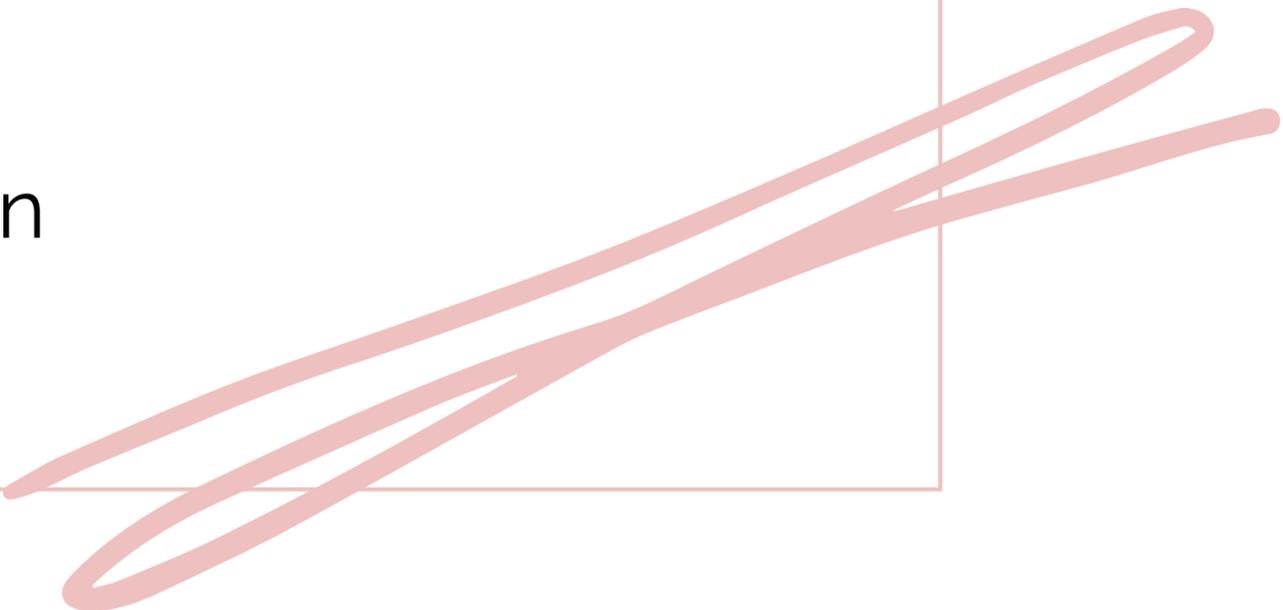
Venous thromboembolism

Premature rupture of membranes

Chorioamnionitis

Preterm birth

Caesarean section

A red scribble consisting of several overlapping, curved lines that starts from the bottom right corner of the text area and extends towards the right edge of the slide.

Interventions designed to help women to adjust in the postnatal period



- Providing specialist mental healthcare.
- Producing accurate records of the child-bearing woman's psychiatric history.
- Writing helpful protocols confirming the state of a child-bearing woman.
- Providing specialist assistance for women with a severe mental illness.
- Commissioning systematic enquiry about the psychiatric history of a child-bearing woman.
- Providing a home help or lengthening the hospital stay.

Involvement of family members in psychoeducation can vastly support the woman.



Parenting with borderline personality disorder

- A mother with borderline personality disorder may struggle with her relationship with her baby. She may not feel the way she thinks that she should feel about the baby.
- Having a mother with borderline personality disorder affects infants in different ways. Having other people take care of the baby sometimes can reduce these effects on the baby.

Getting support

A family support service may be able to visit mother and her infant in their home.

Therapy for mother and her infant helps to build on their relationship.

An individual therapist can support mother and help her manage feelings.

Having someone else care for the baby (family or child care) gives mother a break to look after herself.

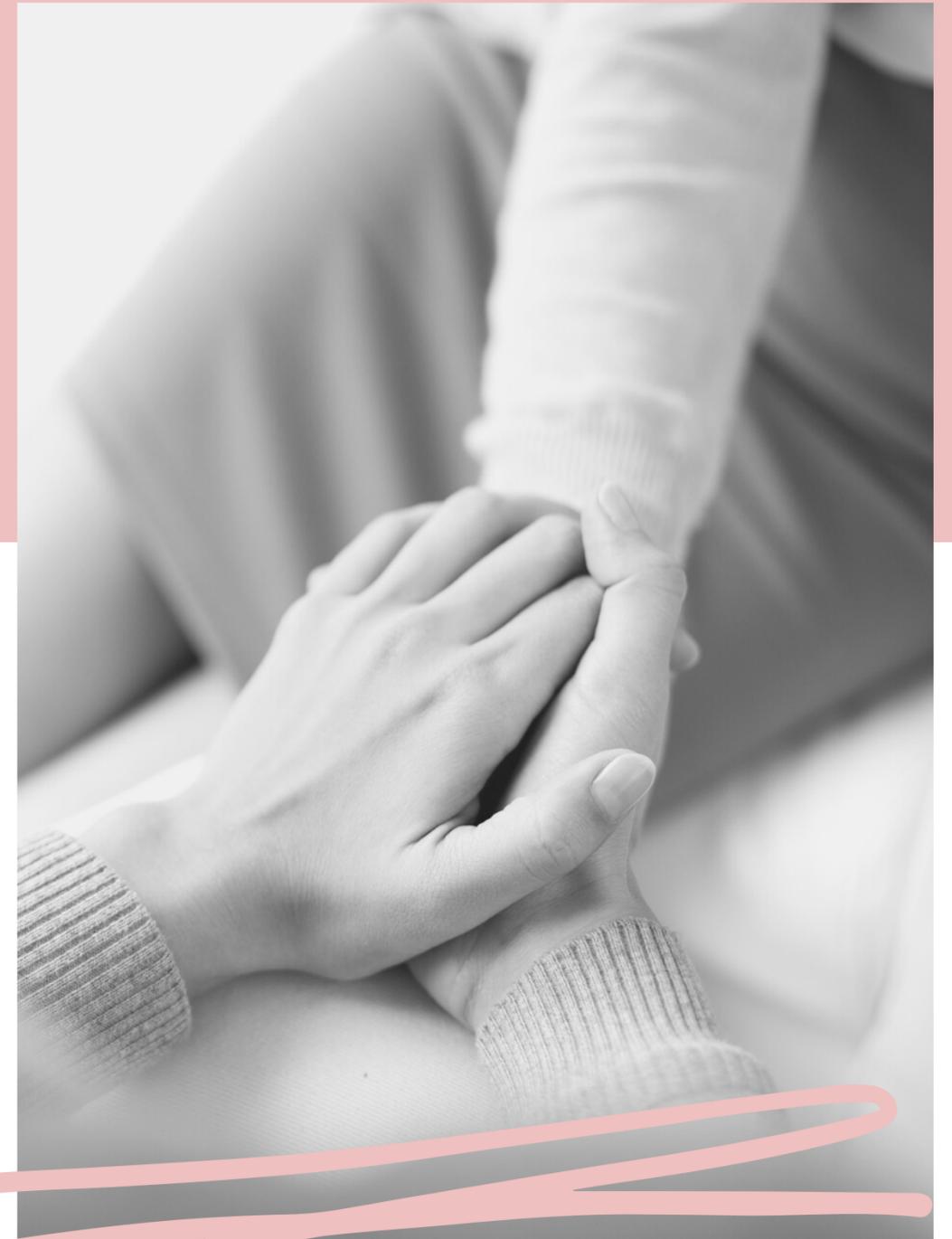
Advice for women experiencing borderline personality disorder

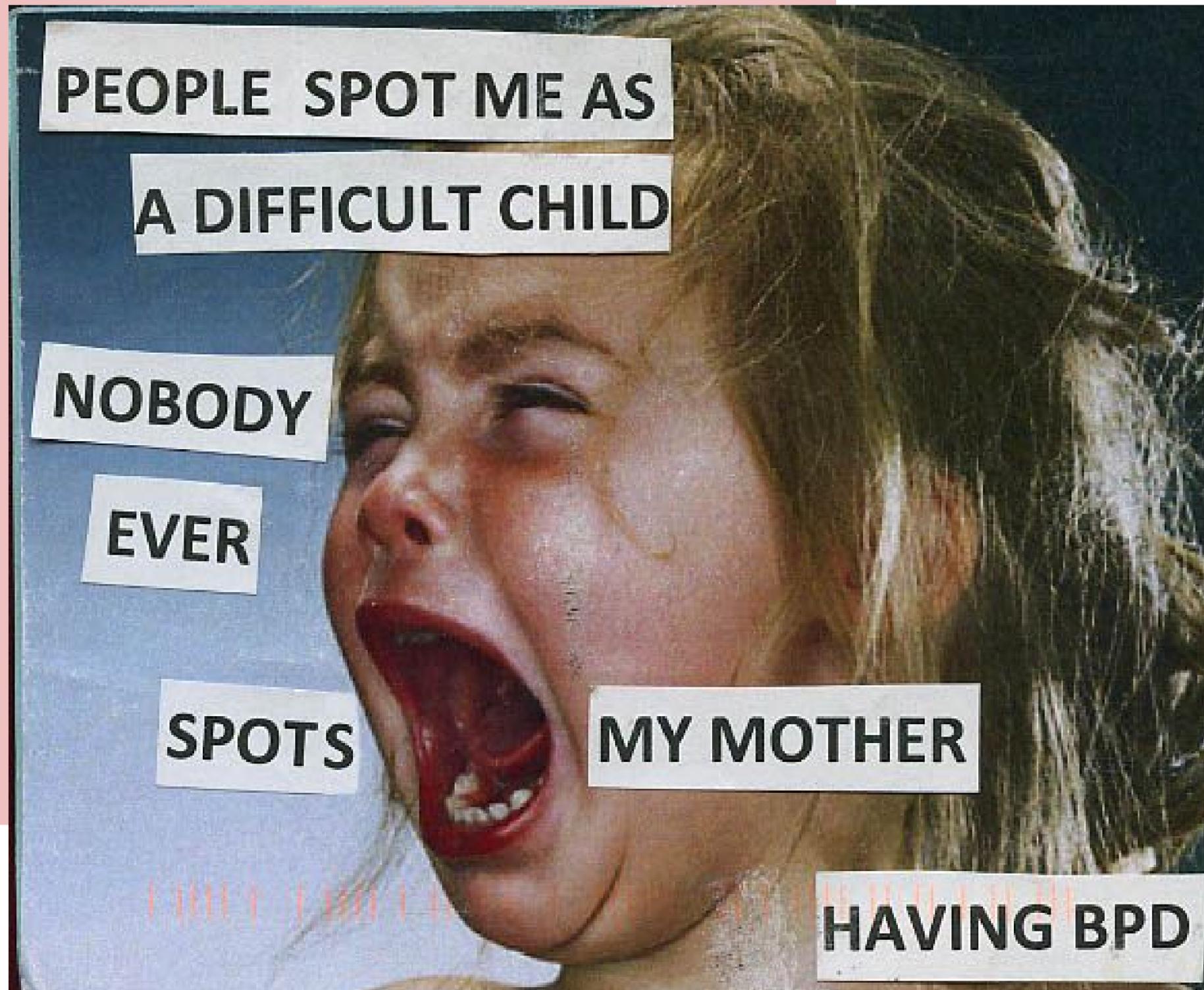
- **Seek help and treatment**
- **Accept help and support**
- **Look after your physical health**



Advice for family and friends providing support

- **Listen and reassure**
- **Provide information**
- **Direct to care and support**





TIME
FOR YOUR
REFLECTION



LIZ - Her Mother's Parenting Style

Liz discusses Borderline Personality Disorder from the viewpoint of a daughter who has a mother with the diagnosis.

Recommendations



Regular therapy/
psychological support for
BPD mothers

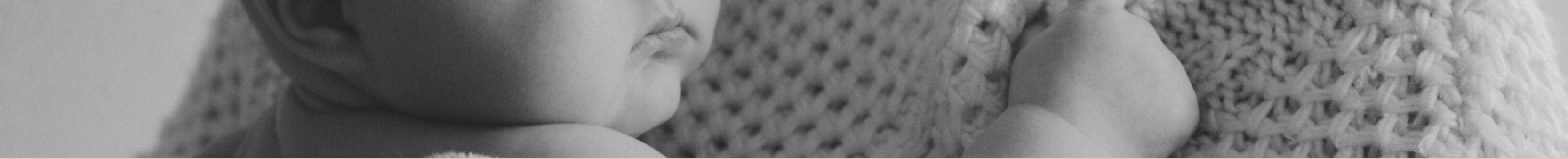
Coordinated and cohesive
education of all medical
and psychiatric staff
aiming to maintain
therapeutic relationships
with uncooperative/
demanding patients
(expectant mothers)

Integrated approach and
tight collaboration of
psychiatrists,
gynecologists, midwives
and therapists towards
reproductive health of
women



Holding it all together

Hear one dad talking about the pressure he felt to hold it all together when his partner was unwell.



**THANKS FOR YOUR
ATTENTION!**

