Welcome to the third issue of our NRAMP Participant Newsletter

Welcome to The National Register of Antipsychotic Medication in Pregnancy (NRAMP) and in particular to our 3rd issue of the Participant Newsletter. We thank you for the continued interest of our participants and extend a warm welcome to those amongst you who may be considering taking part in our study. We welcome your queries, comments and suggestions, and encourage you to discuss the study, and your possible involvement, with your family, friends and healthcare professionals.

What is NRAMP all about?
We hypothesise that the provision of evidence-based guidelines for the treatment of women who take antipsychotic medication during pregnancy will improve the care and outcomes for mothers and babies during pregnancy, thus having a positive impact on child and maternal health and wellbeing for both present and future generations. NRAMP is unique both nationally and internationally, providing a wealth of information to help maintain the good mental and physical health and wellbeing of mothers and babies during pregnancy.

Our Primary Goal
To determine the safe use of antipsychotic medication during pregnancy and breastfeeding in order to maximise the mental, emotional, behavioural and physical health of infants, children and their mothers.

Our Objectives
◆ To develop guidelines for the safe use of antipsychotic medication during pregnancy
◆ To assist women and their clinicians in making informed decisions with regard to the safe use of antipsychotic medication during pregnancy
◆ To improve the mental and physical health, safety and wellbeing of infants, children and their mothers through support, education and community and clinical partnerships

Had you thought of taking part in NRAMP?
We are seeking women from across Australia who take antipsychotic medication during pregnancy, who are currently pregnant or have had a baby in the last 12 months and who are able to provide informed consent.

NRAMP Facts & Figures
Women from across Australia have consented to take part in NRAMP, with the majority currently living in NSW, WA and Victoria. The age range for participants is between 18 and 43 years, with the median age being 33 years. Antipsychotic medications include, but are not limited to, quetiapine (seroquel), olanzapine (zyprexa), risperidone, clozapine, abilify (aripiprazole), asenapine (Saphris), haloperidol (serenace) and zuclopenthixol (clopixol). Many women also take other medications as prescribed.

We are delighted to announce that we have recorded 149 LIVE BIRTHS to date, 82 boys and 67 girls, with many more women in the antenatal phase at this time.
Possible benefits of taking part in NRAMP?
Participants will be contributing directly towards the safe use of antipsychotic medication during pregnancy, for the benefit of present and future generations. Other possible benefits include the development of an ongoing contact and relationship with NRAMP research personnel, who provide a 'confidential space', encouraging participants to feel at ease when discussing personal issues.

Sharing your Story
Have you thought about sharing your story with us? We are always keen to hear about your experiences, whether they are before, during or after your pregnancy. This can often provide the opportunity for you to relieve any stress or tension you may feel and can be very cathartic for some women, who state they feel a sense of relief once they have told their story. Please be assured that anything you provide is completely de-identified, thus protecting and safeguarding your privacy and the confidentiality of your information. We are happy to answer your queries and receive comments and suggestions, as always, in relation to this activity and any other aspect of the study.

Staying well during pregnancy
Pregnancy is a time of great expectations and hope for the future, but it can also be challenging at times, especially if you or your partner are struggling with ill health.
- As a parent, one of the most important things to remember is to take good care of yourself
- Talk to your doctor and other health workers about if and how your illness may impact on your important job of parenting
- Involve your support network; identify family and/or friends you can contact or ask for help if you become upset, exhausted or anxious
- It is also a good idea to develop a care plan at this stage, so that you know your baby will be looked after if you become unwell
- Increase your rest times during the day and reduce your workload if possible
- Eat healthy foods and exercise
- If at all possible try to stop or reduce your smoking, alcohol and/or substance use - you will be doing such a wonderful thing for your baby
- Keep in close contact with your treating psychiatrist, GP, Midwife and Community Health Workers where possible
- Try to attend all your antenatal appointments and visit the hospital where you will give birth, to familiarise yourself with the surroundings
- Don’t be afraid to ask for help


Healthy babies begin with healthy mothers
The NRAMP Team support and advocate for women who need to take antipsychotic medication during pregnancy. We encourage women to stay well during pregnancy, to take good care of themselves and to support the healthy development of their growing baby. We acknowledge that a mother's involvement with her children is unique, with strong emotional and social bonding experiences present from birth.

‘All that I am, or hope to be, I owe to my angel mother’ - Abraham Lincoln

NRAMP Website
Did you know that we have our own dedicated website? We encourage you to go online and have a look. Our website contains comprehensive information about the study, including Participant Information, Confidentiality, Ethics and Consent issues, Frequently Asked Questions (FAQs), Newsletters, Updates and Useful Links.

www.maprc.org.au/nramp

Please Contact Us
We encourage your comments, suggestions and queries, as always.

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