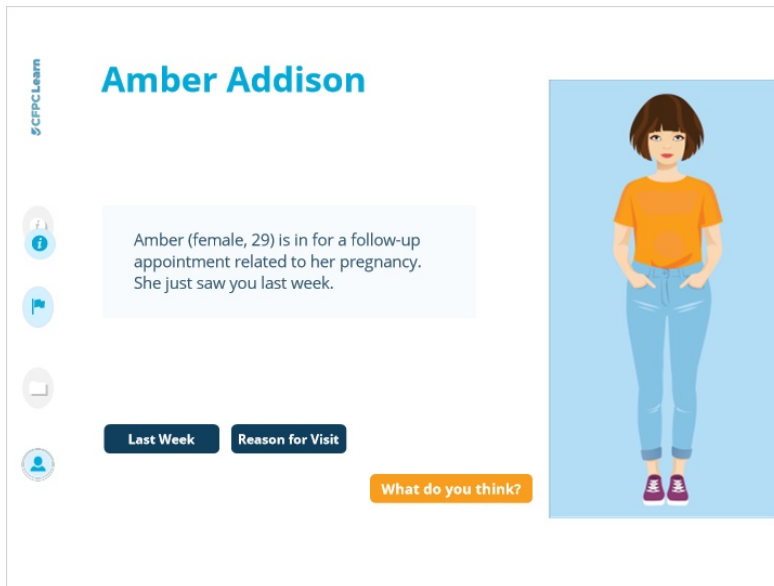


Amber Addison

1. Amber

1.1 Meet Amber Addison



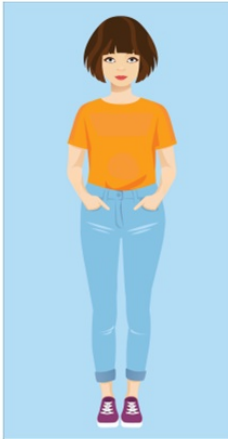
SCFPCLearn

Amber Addison

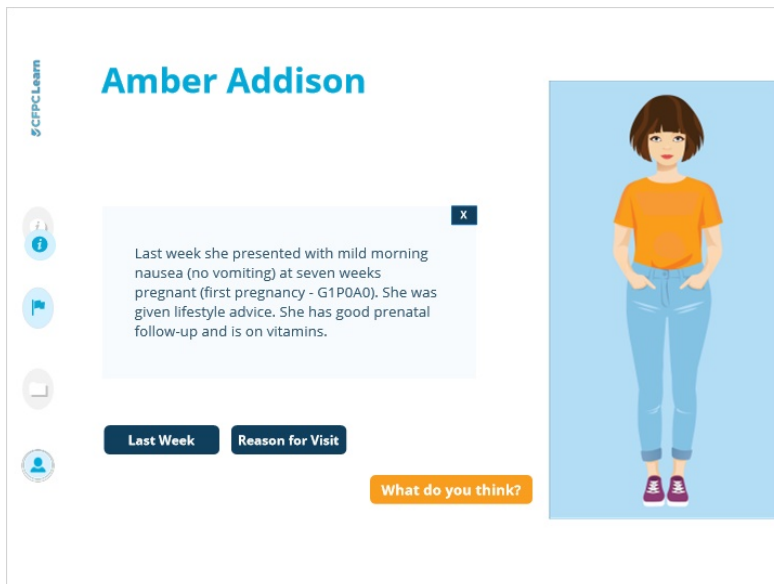
Amber (female, 29) is in for a follow-up appointment related to her pregnancy. She just saw you last week.

Last Week Reason for Visit

What do you think?



Last week (Slide Layer)



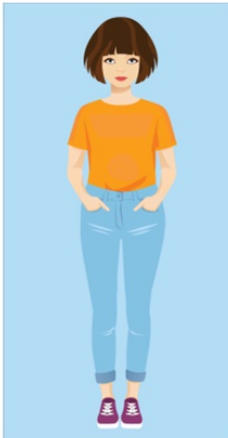
SCFPCLearn

Amber Addison

Last week she presented with mild morning nausea (no vomiting) at seven weeks pregnant (first pregnancy - G1P0A0). She was given lifestyle advice. She has good prenatal follow-up and is on vitamins.

Last Week Reason for Visit

What do you think?



Recent (Slide Layer)

CFPCLearn

Amber Addison

Her nausea has progressed to most of the day (later afternoon) with some vomiting yesterday (not today). She is interested in natural therapies.

Last Week Reason for Visit

What do you think?

The slide layer features a vertical sidebar on the left with icons for home, information, a clipboard, and a person. The main content area includes a text box with a close button (X) containing a patient history note. Below the text box are two buttons: 'Last Week' and 'Reason for Visit'. At the bottom right of the text box is an orange button labeled 'What do you think?'. To the right of the text box is a full-body illustration of a woman with short brown hair, wearing an orange t-shirt, blue jeans, and purple sneakers.

1.2 Question

(Multiple Response, 10 points, 1 attempt permitted)

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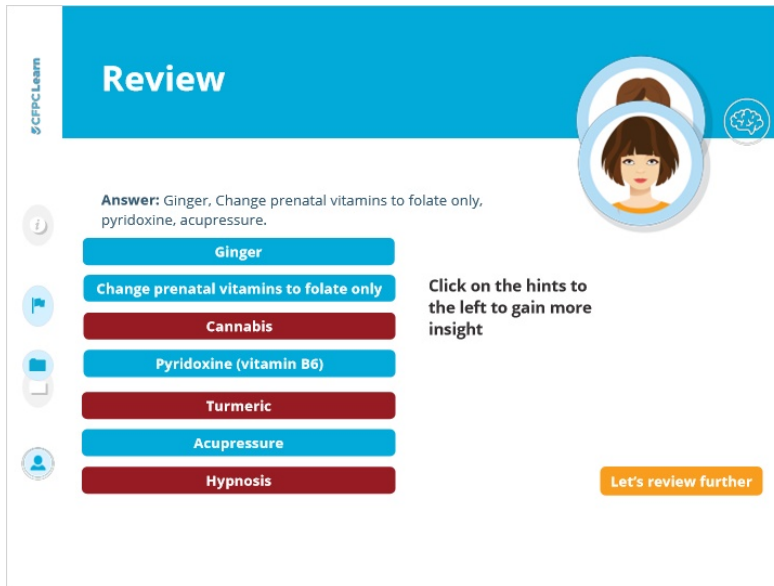
Which of the following are 'natural' options for Amber? (Select all that apply)

- Ginger
- Change prenatal vitamins to folate only
- Cannabis
- Pyridoxine (vitamin B6)
- Turmeric smoothie
- Acupressure
- Hypnosis

Submit

The question interface has a blue header with the question text and a brain icon. A circular profile picture of Amber Addison is on the right. The left sidebar contains the same navigation icons as the slide layer. The question options are listed with checkboxes, some of which are checked. An orange 'Submit' button is at the bottom right.

1.3 Answer Slide 5 buttons



Review

SCFPCLearn

Answer: Ginger, Change prenatal vitamins to folate only, pyridoxine, acupressure.

Click on the hints to the left to gain more insight

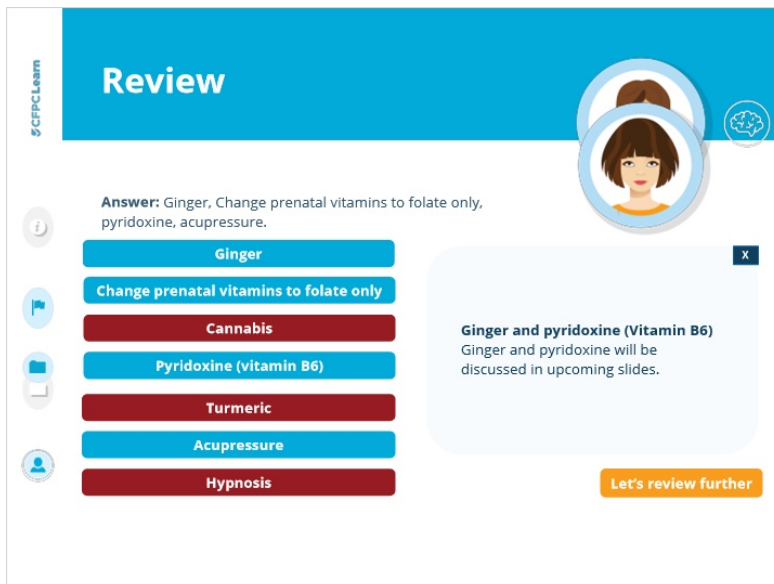
Let's review further

Buttons: Ginger, Change prenatal vitamins to folate only, Cannabis, Pyridoxine (vitamin B6), Turmeric, Acupressure, Hypnosis

Navigation icons: Home, Back, Forward, Search, Profile

Hint icons: Information, Hint, Refresh

GP (Slide Layer)



Review

SCFPCLearn

Answer: Ginger, Change prenatal vitamins to folate only, pyridoxine, acupressure.

Let's review further

Buttons: Ginger, Change prenatal vitamins to folate only, Cannabis, Pyridoxine (vitamin B6), Turmeric, Acupressure, Hypnosis

Navigation icons: Home, Back, Forward, Search, Profile



Hint icons: Information, Hint, Refresh

Slide Layer: X
Ginger and pyridoxine (Vitamin B6)
Ginger and pyridoxine will be discussed in upcoming slides.

Prenatal (Slide Layer)

SCFPCLearn

Review



Answer: Ginger, Change prenatal vitamins to folate only, pyridoxine, acupressure.

Ginger

Change prenatal vitamins to folate only

Cannabis

Pyridoxine (vitamin B6)

Turmeric

Acupressure

Hypnosis



Change Prenatal Vitamins
Switching prenatal vitamins to folate only can avoid the possible nausea from iron in prenatal vitamins.

Let's review further

Acupressure (Slide Layer)

SCFPCLearn

Review



Answer: Ginger, Change prenatal vitamins to folate only, pyridoxine, acupressure.

Ginger

Change prenatal vitamins to folate only

Cannabis

Pyridoxine (vitamin B6)

Turmeric

Acupressure

Hypnosis



Acupressure
Acupressure is described in the SOGC guideline and involves "stimulation of Nei Guan (P6)" (Internet resources available in the folder icon). Pressure can be applied to the spot on the wrist, using three fingers or wrist bands. The SOGC acknowledges limitations in the evidence but points to good safety.

Let's review further

Hypnosis (Slide Layer)

SCFPCLearn

Review



Answer: Ginger, Change prenatal vitamins to folate only, pyridoxine, acupressure.

- Ginger
- Change prenatal vitamins to folate only
- Cannabis
- Pyridoxine (vitamin B6)
- Turmeric
- Acupressure
- Hypnosis



Hypnosis
Hypnosis is not recommended.

Let's review further

Cannabis (Slide Layer)

SCFPCLearn

Review



Answer: Ginger, Change prenatal vitamins to folate only, pyridoxine, acupressure.

- Ginger
- Change prenatal vitamins to folate only
- Cannabis
- Pyridoxine (vitamin B6)
- Turmeric
- Acupressure
- Hypnosis



Cannabis
Use of cannabis is strongly recommended against. Pharmaceutical cannabinoids (nabilone) have been studied for chemotherapy-induced nausea/vomiting, but there are no high-level studies for use in nausea/vomiting during pregnancy. Adverse events are common and harms to the fetus are unknown.

Let's review further

Turmeric (Slide Layer)

CFPCLearn

Review



Answer: Ginger, Change prenatal vitamins to folate only, pyridoxine, acupressure.

Ginger

Change prenatal vitamins to folate only

Cannabis

Pyridoxine (vitamin B6)

Turmeric

Acupressure

Hypnosis

Turmeric
A Pubmed search for using turmeric for nausea/vomiting during pregnancy yielded no results (and it is not in any guideline).

Let's review further

1.4 Conversation

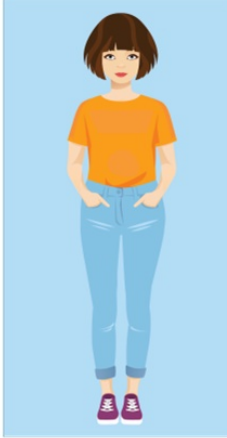
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Amber Addison

Amber reports that her younger brother told her to ask about cannabis. You explain it is strongly recommended against and the reasons behind this. She seems quite satisfied with the answer ... but you think her brother will be disappointed!

Acupressure **Prenatal Vitamin** **Ginger**

Consider Ginger



Acupressure (Slide Layer)

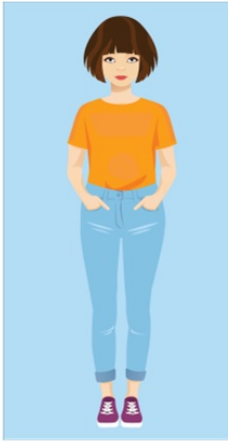
SCFPCLearn

Amber Addison

You mention acupressure, but before you can describe it further she points to her wrist. She is wearing an acupressure band. She thinks it might help a little.

Acupressure Prenatal Vitamin Ginger

Consider Ginger



Ginger (Slide Layer)

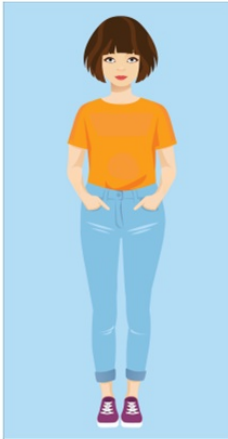
SCFPCLearn

Amber Addison

You mention ginger as a possibility, and Amber asks for information.

Acupressure Prenatal Vitamin Ginger

Consider Ginger



Prenatal (Slide Layer)

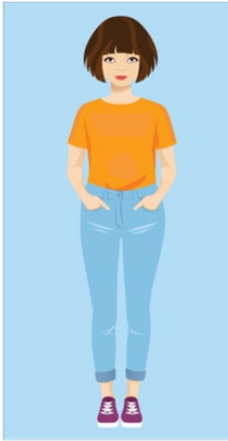
CFPCLearn

Amber Addison

Amber lets you know that at her last visit, you changed her from the prenatal multivitamin to folate alone. But this change did not make much difference to her symptoms.

Acupressure Prenatal Vitamin Ginger

Consider Ginger




1.5 Question

(Multiple Choice, 10 points, 1 attempt permitted)

CFPCLearn

Which of the following is incorrect?



Ginger effectiveness seems similar to doxylamine-pyridoxine (Diclectin)

Ginger does not have any potential risks

Ginger is recommended by a number of guidelines.

Ginger improves nausea and vomiting (compared to placebo)

Submit

1.6 Answer Slide 3 buttons

CFPCLearn

Amber Addison

Answer: The correct answer is "Ginger does not have any potential risks."

Ginger risks

Ginger for nausea

Overall

Click on the hints to the left to gain more insight

Let's learn more

Button 1 (Slide Layer)

CFPCLearn

Amber Addison

Answer: The correct answer is "Ginger does not have any potential risks."

Ginger risks

Ginger for nausea

Overall

Ginger Risks



Ginger may have a small risk of increasing spotting—a cohort study of 68,552 women found 1,020 patients using ginger had a 7.8% chance of vaginal bleeding/spotting after 17 weeks (compared to 5.8% not using). No heavy bleeding, stillbirth, malformations, pre-term birth, etc., was found. More research is needed to confirm this effect.

Let's learn more

Button 2 (Slide Layer)

SCFPCLearn

Amber Addison



Answer: The correct answer is "Ginger does not have any potential risks."

Ginger risks

Ginger for nausea

Overall

Ginger for Nausea



Ginger reduces nausea score to 7.3 versus 11.5 in placebo (out of 40; higher is worse). Vomiting at six days was found in 33% of patients taking ginger versus 80% of patients taking placebo. Ginger was similar to pyridoxine (B6), doxylamine-pyridoxine (Diclectin), and dimenhydrinate when studied.

[Let's learn more](#)

Button 3 (Slide Layer)

SCFPCLearn

Amber Addison



Answer: The correct answer is "Ginger does not have any potential risks."

Ginger risks

Ginger for nausea

Overall

Overall

Treating nausea/vomiting during pregnancy with ginger is recommended in both Canada and the United Kingdom. The dose is generally 250 mg, up to four times per day (every six hours), to a maximum of one gram per day. Pharmaceutical-grade ginger is recommended to assure correct composition and no contaminants.

[Let's learn more](#)

1.7 Conversation

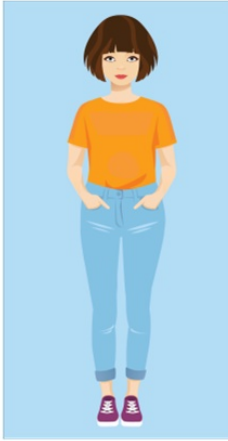
CFPCLearn

Amber Addison

Amber would like to try the ginger and will take the prescription to her pharmacy.

Amber's question Vitamin B6

What do you say?



This screenshot shows a conversational interface. On the left, there is a vertical sidebar with icons for a home page, a person, a document, a list, and a chat bubble. The main content area features the name 'Amber Addison' in blue. Below it, a light blue text box contains the message: 'Amber would like to try the ginger and will take the prescription to her pharmacy.' Underneath this, there are two dark blue buttons: 'Amber's question' and 'Vitamin B6'. To the right of these buttons is an orange button labeled 'What do you say?'. On the right side of the interface, there is a full-body illustration of a woman with short brown hair, wearing an orange t-shirt, blue jeans, and purple sneakers.

Question (Slide Layer)

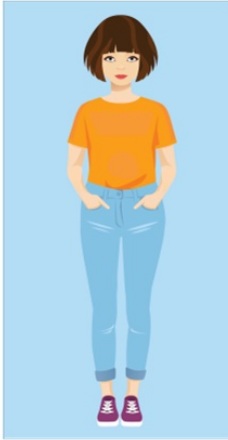
CFPCLearn

Amber Addison

Given that she has been steadily worsening despite following lifestyle advice and using the acupressure band, Amber asks, "what can I do if ginger is not enough?"

Amber's question Vitamin B6

What do you say?



This screenshot shows the same conversational interface as above, but with a question slide. The text box now contains: 'Given that she has been steadily worsening despite following lifestyle advice and using the acupressure band, Amber asks, "what can I do if ginger is not enough?"'. A small dark blue square with a white 'x' is located in the top right corner of the text box. The rest of the interface, including the sidebar, buttons, and illustration, remains the same.

B6 (Slide Layer)

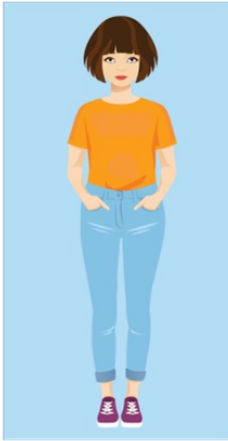
CFPCLearn

Amber Addison

You advise Amber that you are starting to run out of non-pharmaceutical options. The only one that might be acceptable is pyridoxine (Vitamin B6).

Amber's question Vitamin B6

What do you say?




1.8 Question

(Multiple Response, 10 points, 1 attempt permitted)

CFPCLearn

Which of the following statements are true? (Select all that apply)



Doxylamine/pyridoxine is the generic name for the brand name Diclectin™.

Pyridoxine doses are from 10 mg up to four times per day to 25 mg up to three times per day.

Pyridoxine should not be combined with ginger.

Guidelines conflict on recommending pyridoxine alone.



Evidence for pyridoxine effectiveness is generally consistent for a benefit.

Proceed

1.9 Answer Slide 5 buttons

CFPC Learn

Answer



Answer: (* indicates correct answer)

1. Doxylamine/pyridoxine is the generic name for the brand name Diclectin™.*
2. Pyridoxine doses are from 10 mg up to four times per day to 25 mg up to three times per day.*
3. Pyridoxine should not be combined with ginger.
4. Guidelines conflict on recommending pyridoxine alone.*
5. Evidence for pyridoxine effectiveness is generally consistent for a benefit.

Click on the buttons for more information about each answer.

#2

#3

#4

#5 - Part I



#5 - Part II

Let's Make a Plan

#4 (Slide Layer)

CFPC Learn

Answer



Answer: (* indicates correct answer)

1. Doxylamine/pyridoxine is the generic name for the brand name Diclectin™.*
2. Pyridoxine doses are from 10 mg up to four times per day to 25 mg up to three times per day.*
3. Pyridoxine should not be combined with ginger.
4. Guidelines conflict on recommending pyridoxine alone.*
5. Evidence for pyridoxine effectiveness is generally consistent for a benefit.

Click on the buttons for more information about each answer.

#2

#3

#4

#5 - Part I

#5 - Part II



Guideline Conflict
Guidelines in the United Kingdom do not recommend pyridoxine alone, while the **Society of Obstetricians and Gynaecologists of Canada (SOGC)** does recommend it.

Let's Make a Plan

#2 (Slide Layer)

SCFPCLearn

Answer



Answer: (* indicates correct answer)

1. Doxylamine/pyridoxine is the generic name for the brand name Diclectin™.*
2. Pyridoxine doses are from 10 mg up to four times per day to 25 mg up to three times per day.*
3. Pyridoxine should not be combined with ginger.
4. Guidelines conflict on recommending pyridoxine alone.*
5. Evidence for pyridoxine effectiveness is generally consistent for a benefit.

Click on the buttons for more information about each answer.

#2

#3

#4

#5 - Part I

#5 - Part II



Dosing advice from the SOGC
Start with 10 mg and titrate up to four times per day, switching to 25 mg up to three times per day if symptoms persist.

Let's Make a Plan

#3 (Slide Layer)

SCFPCLearn

Answer



Answer: (* indicates correct answer)

1. Doxylamine/pyridoxine is the generic name for the brand name Diclectin™.*
2. Pyridoxine doses are from 10 mg up to four times per day to 25 mg up to three times per day.*
3. Pyridoxine should not be combined with ginger.
4. Guidelines conflict on recommending pyridoxine alone.*
5. Evidence for pyridoxine effectiveness is generally consistent for a benefit.

Click on the buttons for more information about each answer.

#2

#3

#4

#5 - Part I

#5 - Part II



Pyridoxine can be added to ginger and other therapies (except for doxylamine/pyridoxine (Diclectin)).

Let's Make a Plan

5-1 (Slide Layer)

SCFPCLearn

Answer



Answer: (* indicates correct answer)

1. Doxylamine/pyridoxine is the generic name for the brand name Diclectin™.*

2. Pyridoxine doses are from 10 mg up to four times per day to 25 mg up to three times per day.*

3. Pyridoxine should not be combined with ginger.

4. Guidelines conflict on recommending pyridoxine alone.*

5. Evidence for pyridoxine effectiveness is generally consistent for a benefit.

Click on the buttons for more information about each answer.

#2

#3

#4

#5 - Part I

#5 - Part II

Evidence for pyridoxine alone is inconsistent at best.



One study found pyridoxine improved nausea scores 68% (versus 52% with placebo), but no change in vomiting. Another found no difference in the proportion of patients vomiting.

Let's Make a Plan

5-II (Slide Layer)

SCFPCLearn

Answer



Answer: (* indicates correct answer)

1. Doxylamine/pyridoxine is the generic name for the brand name Diclectin™.*

2. Pyridoxine doses are from 10 mg up to four times per day to 25 mg up to three times per day.*

3. Pyridoxine should not be combined with ginger.

4. Guidelines conflict on recommending pyridoxine alone.*

5. Evidence for pyridoxine effectiveness is generally consistent for a benefit.

Click on the buttons for more information about each answer.

#2

#3

#4

#5 - Part I

#5 - Part II

Pyridoxine, continued

In differing studies, pyridoxine was similar to ginger but not as good as dimenhydrinate.

Pyridoxine at 10 mg daily was better than low dose (1.28 mg). Trials are generally small and/or unreliable.

Let's Make a Plan

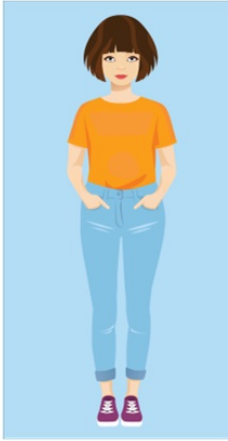
1.10 Conversation

Amber Addison

Amber does not look dehydrated and her recorded weight today is the same as at her last visit (58 kg). *You go to the SOGC algorithm for information about nausea and vomiting during pregnancy.*

SOGC Algorithm

Lets Make a Plan



Additional (Slide Layer)

Amber Addison

Amber does not look dehydrated and her recorded weight today is the same as at her last visit (58 kg). *You go to the SOGC algorithm for information about nausea and vomiting during pregnancy.*

SOGC Algorithm

Lets Make a Plan

If no improvement, proceed to next step

Give 10 mg of Pyridoxine 4 x a day po
The schedule and dose can be adjusted according to severity of symptoms!
OR
Give 10 mg of doxylamine combined with 10 mg of pyridoxine po
Typical starting dose: one in the morning, one in the afternoon and 2 of bedfims. Titrate dose up to 8 tablets a day as needed. Adjust schedule dose according to severity of symptoms!

↓

Add dimenhydrinate 50 mg q4-6h orally or rectally

↓

No dehydration

Add any of the following:¹

- metoclopramide 5 to 10 mg q8h po or IM
- chlorpromazine 10 to 25 mg q4-6h po or 25 to 50 mg q8h IM
- prochlorperazine 5 to 10 mg q8h po or PR or IM
- promethazine 12.5 to 25 mg q4-6h po or IM

↓

Add ondansetron² 8 mg q12h po or 4 mg q8h po

Dehydration

Start rehydration treatment:

- intravenous (IV) fluid replacement³ (per local protocol)
- multivitamin IV supplementation
- dimenhydrinate 50 mg q4-6h PR or IV

↓

Add any of the following:¹

- metoclopramide 3 to 10 mg q8h IV
- chlorpromazine 12.5 to 50 mg q4-6h IM or IV
- prochlorperazine 5 to 10 mg q4-6h IV or IM
- promethazine 12.5 to 25 mg q4-6h IV

↓

Add ondansetron² 8 mg q12h IV pm or 4 mg q8h IV pm

↓

Add methylprednisolone⁴ 15 to 20 mg q8h IV for up to 24h

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1.11 Create a Plan

Let's Make a Plan

Using what you have learned write a plan for Amber. It can include any/all of the following: lifestyle intervention(s), prescription intervention(s), lab(s)/test(s) required, follow up appointment time frame, and referral required.

Fill in your plan for the patient here

See how your plan compares

1.12 Plan Answers

Amber Addison

This is the proposed plan for the patient. How does your plan compare?

Prescriptions

Next Appointment

Click on the categories to the left to see possible answers

What's in a name?

Next Patient

Back to Day Sheet

Prescription (Slide Layer)

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Amber Addison



This is the proposed plan for the patient. How does your plan compare?

Prescriptions

Next Appointment

What's in a name?

Prescriptions

You write a script covering both therapies.



- Ginger 250 mg orally four times a day for two weeks.
- Pyridoxine (vitamin B6) 10 mg orally up to four times a day for two weeks as needed for nausea; may be an add-on therapy to ginger if nausea persists.

Next Patient **Back to Day Sheet**

Next Appointment (Slide Layer)

SCFPCLearn

Amber Addison



This is the proposed plan for the patient. How does your plan compare?

Prescriptions

Next Appointment

What's in a name?

Next Appointment

- You plan follow up in one week to weigh her again, reassess her ability to eat/drink, and check the control of her symptoms, etc.
- You encourage her to reach out if concerned and advise her to watch for dehydration (outlining a few symptoms).

Next Patient **Back to Day Sheet**

Name (Slide Layer)

The screenshot shows a user interface for a patient named Amber Addison. On the left is a vertical navigation menu with icons for home, prescriptions, appointments, and a profile icon. The main content area features the patient's name 'Amber Addison' at the top, followed by a circular profile picture of a woman. Below the name is an information icon and a text prompt: 'This is the proposed plan for the patient. How does your plan compare?'. Two blue buttons, 'Prescriptions' and 'Next Appointment', are positioned below the text. A light blue tooltip box titled 'Meaning Behind the Name: Amber Addison' is open, containing text about the name's origin. At the bottom, there are three buttons: 'What's in a name?' (green), 'Next Patient' (orange), and 'Back to Day Sheet' (orange). A small 'x' icon is in the top right corner of the tooltip.

CFPC Learn

Amber Addison

This is the proposed plan for the patient. How does your plan compare?

Prescriptions

Next Appointment

Meaning Behind the Name: Amber Addison

Amber (just a common name from that time) is pregnant so she is about to "add a son"... Addison.

What's in a name?

Next Patient **Back to Day Sheet**