



Strong Start and PHRM/ISS: Providing Education to Current and Expecting Mothers to Benefit the Children of Mississippi

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Introduction



- Context of project development
 - When rotating through the different departments at the clinic, I gained an interest in the Strong Start Program, a program for women in high risk pregnancies. This program offers up to three dental visits during the duration of the pregnancy for women who qualify and plans to enroll a number of women through the 4 years it plans to be a part of Jackson-Hinds. The program plans to “reduce the rate of preterm births, improve the health outcomes of pregnant women and newborns, and decrease the anticipated total cost of medical care during pregnancy, delivery and over the first year of life for children born to mothers in Medicaid or CHIP”.

Background



- Other relevant research related to project
 - For my project, I researched:
 - Helpful tips and advice for women planning to get pregnant
 - Helpful tips and advice for women during pregnancy based on trimester

I felt as though, beyond the advice of the health care providers of Jackson-Hinds, many of the women patients at Jackson-Hinds did not have a significant amount of resources beyond their health care providers to utilize for their health needs and concerns. Therefore, I saw a need to create a resource tool for women to use when it comes to becoming pregnant or maintaining a healthy pregnancy, especially those women enrolled in the Strong Start Program.

Methodology

- How was project completed? Tools used, timeline, and execution of project
 - Spoke with Shunda Myers and Mitzi Morris, coordinators and supervisors of the Strong Start Program to discuss the Strong Start and PHRM/ISS programs, along with the needs of each of the programs and their goals for the programs
 - Completed independent research for my handouts, basing my lists off of one main source
 - Submitted them to the supervisors of the Strong Start and PHRM/ISS program and had them distributed throughout the Strong Start Program and Jackson-Hinds Comprehensive Health Center as needed



babycenter.

The list

The ultimate pregnancy to-do list

FIRST TRIMESTER

- Make sure you're really pregnant**
Try a home pregnancy test or two in the week after your period normally arrives.
- Investigate health insurance**
Know what your health plan covers and where to get help if you don't have insurance.
- Make a prenatal appointment**
Get on your caregiver's calendar — but don't be surprised if your first appointment isn't until 8 weeks or later.
- If you smoke, quit**
Smoking raises the risk of a host of pregnancy problems, including miscarriage and preterm birth.
- Make sure your activities are pregnancy-safe**
Some everyday things may be hazardous now. See babycenter.com/pregnancy-is-it-safe
- Do your best to eat well**
First-trimester nausea can make this difficult, so do the best you can. See babycenter.com/pregnancy-eating-well
- Drink water**
During pregnancy you need six to eight 8-ounce glasses of fluid per day, plus an additional 8 ounces for each hour of light activity.
- Go to bed early**
You may be more exhausted than you ever imagined you could be. Turn in early — even if you feel like a grandma.
- Consider your options for prenatal testing**
Various tests can give you information about your baby's risk for chromosomal problems and birth defects.
- Think about when you'll announce your pregnancy**
Some women spill the beans right away. Others wait until the second trimester, when the risk of miscarriage drops.
- Take your prenatal vitamin**
The folic acid in these is especially important now — it reduces the risk of neural tube defects.
- Choose a caregiver**
Ask friends, relatives, or your doctor to recommend an OB, family physician, or midwife — or search online.
- Make sure your meds are safe**
Ask your caregiver about any prescription and over-the-counter medications you're taking.
- Stop drinking alcohol**
As little as one drink a day can be harmful to your baby.
- Cut down on caffeine**
High caffeine consumption is linked to miscarriage and other pregnancy problems. See how much is safe at babycenter.com/caffeine-during-pregnancy
- Start avoiding hazardous foods**
Learn which foods to skip at babycenter.com/unsafe-pregnancy-foods
- Stock your kitchen with healthy stuff**
Make your pantry, fridge, and freezer pregnancy-friendly. Get a shopping list at babycenter.com/healthy-pregnancy-grocery-list
- Get relief from morning sickness**
This strikes about three-quarters of pregnant women during the first trimester. For coping strategies, see babycenter.com/morning-sickness
- Learn the signs of a pregnancy problem**
For a list of symptoms that should set off warning bells, see babycenter.com/signs-of-a-pregnancy-problem
- Follow your baby's development**
Sign up for BabyCenter's weekly pregnancy updates at babycenter.com/newsletters

FIRST TRIMESTER

- Start taking belly photos**
It's a great way to document your growing bump.
- Buy some new bras and undies**
Maternity bras and underwear can make a big difference in your comfort.
- Join your Birth Club**
Connect with women due the same month as you at babycenter.com/birth-clubs
- Get ready to see or hear your baby**
You may hear your baby's rapid heartbeat on a Doppler fetal monitor or have an early ultrasound.
- Start a baby name list**
You have plenty of time to decide on a baby name — but it's fun to start writing down the possibilities. See babycenter.com/baby-names
- Make a baby budget**
Make a plan for new-baby expenses. The cost of clothes, food, diapers, toys, and gear can add up fast! See babycenter.com/baby-cost-calculator
- Start a daily ritual to connect with your baby**
Set aside time to think about your baby, maybe just after waking up and before going to sleep.
- Have sex if you feel up to it**
You may feel too tired, moody, or nauseated to make love. But if you are feeling amorous, go ahead — pregnancy sex is usually safe.
- Talk to your partner about parenting**
To get the conversation going, write lists of things your mother and father "always" and "never" did. Then share what you wrote down.

SECOND TRIMESTER

- Find a prenatal exercise class**
It's a great way to meet other pregnant women — and stay motivated to exercise.
- Track your weight gain**
Our tool can help you stay on course. Visit babycenter.com/pregnancy-weight-gain-estimator
- Consider a professional labor coach (doula)**
If you'd like a doula to help you during labor and delivery, start interviewing candidates now.
- Start moisturizing your belly**
Slathering on the lotion may not prevent stretch marks, but it will help stop itching!
- Decide whether you'll find out the sex of your baby**
Boy, girl — or big surprise? If you have an ultrasound or amniocentesis coming up, you'll need to choose now.
- Look into childbirth classes**
Sign up for an in-person course or our online class: babycenter.com/childbirth-class
- Prepare older children**
If you have an older child or children, the new baby may rock their world. To ease the transition, visit babycenter.com/preparing-your-child-for-a-new-sibling
- Learn about second-trimester visits and tests**
Find out what your caregiver will do at each visit at babycenter.com/second-trimester-prenatal-visits
- Shop for maternity clothes**
Even if you're not visibly pregnant yet, maternity clothes may be more comfortable now.
- Plan some adult time**
Your excitement about your baby is revving up, but take a moment to enjoy this baby-free time.
- Narrow your baby names list**
Share your ideas with your partner and create a list of names you both like.
- Jet down your crazy pregnancy dreams**
Are your dreams getting weirder and weirder? Write them down to analyze later.
- Do some financial planning**
Becoming a parent means new financial responsibilities. For details, visit babycenter.com/family-finance-overview
- Prepare pets**
Pets also benefit from special pre-baby preparation. Learn more at babycenter.com/preparing-pets-for-babies

The list (continued)

SECOND TRIMESTER

- Start your childcare search**
If you'll need childcare for your baby, start investigating your options now. See babycenter.com/childcare-options
- Get your teeth cleaned**
Not only is it safe to get your teeth cleaned during pregnancy, it's highly recommended.
- Celebrate your halfway point**
At 20 weeks, you're halfway through your pregnancy. Hooray!
- Start sleeping on your side**
Once you reach mid-pregnancy, it's wise to snooze on your side — especially your left side — to improve blood flow and reduce swelling.
- Start doing Kegel exercises**
Kegels keep your pelvic floor muscles strong through pregnancy and beyond. Learn how to do them at babycenter.com/kegel-exercises
- Create a baby registry**
Family and friends will soon be wondering what you need or want, particularly if someone's throwing you a baby shower.
- Think about your maternity leave**
If you're planning to take maternity leave, check in with your human resources department or your supervisor now.
- Check your rings**
If pregnancy swelling is making your rings feel snug, do yourself a favor and take them off now before they get stuck!
- Consider a baby moon**
Now's the perfect time to take an indulgent, pre-baby trip.
- Think about your baby shower**
You may want to chime in with ideas on the theme, games, and guest list. See babycenter.com/babyshower
- Avoid unsafe activities**
Now that your baby's bigger, you'll need to avoid some sports and activities. Visit babycenter.com/pregnancy-is-it-safe
- Write a letter to your baby**
If writing isn't your style, put together a collage or a memory box of pregnancy mementos.
- Tackle your home improvement projects**
The nesting instinct may be kicking in. If so, make the most of it!
- Dedicate time to your partner**
In the midst of all your baby prep, take time to bond with your partner and celebrate what makes you love one another.
- Eat healthy**
You need an additional 300 calories a day for yourself and your growing baby. Make them count! See babycenter.com/eating-for-two

THIRD TRIMESTER

- Keep track of your baby's movements**
Pay attention to your baby's kicks, twitches, and rolls and let your caregiver know right away if you notice a decrease in movement.
- Learn about third-trimester visits and tests**
Find out what your caregiver will do at each visit at babycenter.com/third-trimester-prenatal-visits
- Consider more classes**
In addition to a childbirth class, you may want to consider classes on baby care, breastfeeding, and infant CPR.
- Prepare for breastfeeding**
If you're planning to breastfeed your baby, learn as much as you can about it now. See babycenter.com/breastfeeding
- Choose a doctor for your baby**
Get names of pediatricians or family practitioners from friends, co-workers, neighbors, or your pregnancy caregiver.
- Thinking about big decisions**
Start thinking and talking about decisions like circumcising or not, and banking your cord blood.
- Assemble your baby gear**
This is the perfect job for your partner or a friend who wants to help.
- Set up a safe place for your baby to sleep**
Whether your baby slumbers in a bassinet, crib, or with you, it's important to follow basic safety guidelines. See babycenter.com/baby-sleep-safety

THIRD TRIMESTER

- Talk to your baby**
Your baby can hear your voice now, and talking to him or her is a great way to start the bonding process.
- Learn about coping with labor pain**
Get information at babycenter.com/pain-medication-for-labor or babycenter.com/natural-childbirth
- Know the stages of labor**
Labor and birth is divided into three main stages. Learn more about them so you'll feel prepared. See babycenter.com/stages-of-labor
- Create a birth plan**
It's helpful to figure out — and share — your preferences ahead of time. Visit babycenter.com/birth-plan-worksheet
- Wash your baby's clothing and bedding**
Wash anything that will go near your baby's skin to remove any irritants in the fabrics.
- Start lining up helpers**
Ask friends and family to help out after your baby's born. You can even make a schedule so each helper has a specific task and a date to do it.
- Commemorate your baby**
Celebrate your amazing pregnant belly by making a belly cast, having a professional portrait taken, or getting a henna design.
- Consider top baby costs and how to save**
Raising a baby isn't cheap. But there are plenty of ways to save money. See babycenter.com/top-baby-costs
- Read up on baby care**
The third trimester is the perfect time to switch reading gears from pregnancy to baby.
- Peek your bag for the hospital or birth center**
For lay things to bring, visit babycenter.com/packing-for-the-hospital-or-birth-center
- Have your house cleaned**
Consider hiring a housecleaner or asking a friend or family member to tackle this task.
- Stock up on household supplies**
Load up now on party staples, frozen food, toiletries, medicine, toilet paper, shampoo, diapers, and wipes.
- Make food for after your baby's born**
When you cook, start doubling recipes and freezing half. You'll be happy to have meals at the ready.
- Tour your hospital or birth center**
Get familiar with where you'll give birth, and see if you can preregister.
- Install your baby's car seat**
You can't drive your baby home without a car seat, and they can be more complicated to install than you'd think.
- Create an online birth announcement**
Start making your free online birth announcement at babycenter.com/birth-announcements
- Make a plan for when labor starts**
Long before the first contractions hit, you'll want to know who to call and where to go.
- Look out for late-pregnancy complications**
Be on the lookout for symptoms that warrant a call to your caregiver. See babycenter.com/signs-of-a-pregnancy-problem
- Make a baby watch list**
Figure out who you'll tell right after your baby arrives (or when you go into labor) and how you'll spread the word.
- Learn what your body will be like after birth**
It's normal to still look pregnant after giving birth! Learn more at babycenter.com/body-changes-after-childbirth
- Find baby name inspiration**
If you don't have a few great baby names on deck, visit our Baby Names Finder at babycenter.com/baby-names
- Stock up on light entertainment**
Once your baby arrives, you'll be glad to have easy, quick ways to get an entertainment fix when you get the chance.
- Handle late-pregnancy jitters**
If all the unknowns are making you nervous, check in with other moms-to-be at babycenter.com/birth-club
- Don't panic if you go past your due date**
After months of anticipation, your due date rolls around, and...you're still pregnant. It's a frustrating, but common, situation.

Discussion

- Analyze findings, questions raised, further research possibilities, and possible tangible results of findings
 - Further research possibilities – coming up with a resource concerning how to care for a premature baby or child
 - Possible tangible results of findings - Supplying these additional resources for women could help improve the success of their pregnancy and help the Strong Start Program be a successful project over the 4 years it will exist.



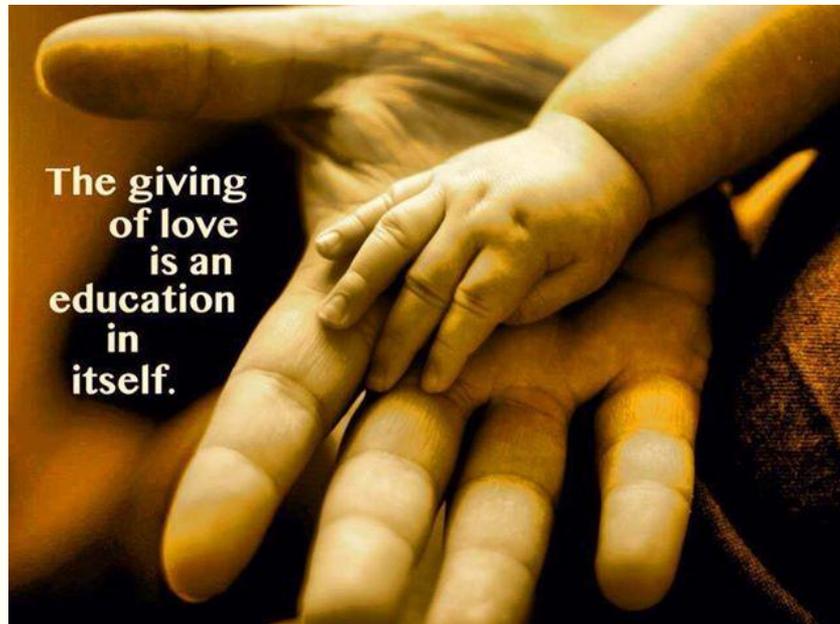


Recommendations

- Recommendations for site, patient population, etc based on findings
 - Site – to promote the utilization of resources and advice concerning pregnancy to the patients of Jackson-Hinds
 - Patient population – be aware of and utilize the health resources concerning women’s health available through their healthcare providers
 - Strong Start Program – have a method to distribute the necessary information concerning becoming pregnant or having a healthy pregnancy to their patients, e.g. the handouts generated through this project

Conclusion

- In conclusion, the purpose of my project was to provide educational materials to those women, not only in the Strong Start Program, but also throughout the Jackson-Hinds clinic. By providing these materials, I hope that this will assist the program and clinic in helping to reduce the premature birth weight and mortality rate seen throughout the clinic.



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