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
# 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 it 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.
- **Choose a caregiver**
  - Ask friends, relatives, or your doctor to recommend an OB, family physician, midwife — or search online.
- **Take your prenatal vitamins**
  - The folate acid in these is especially important now — it reduces the risk of neural tube defects.
- **Stop drinking alcohol**
  - As little as one drink a day can be harmful to your baby.
- **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.

## 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-tracker.
- **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 baby**
  - Shaving on the lotion may prevent stretch marks, but it will help stop itching!
- **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.
- **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.
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

☐ Celebrate your halfway point
   At 20 weeks, you're halfway through your pregnancy. Hooray!

☐ Start doing Kegel exercises
   Kegels help your pelvic floor muscles adjust through pregnancy and beyond. Learn how to do them at babycenter.com/kegel-exercises

☐ Think about your maternity leave
   If you're planning to take maternity leave, check in with your human resources department or your superior now.

☐ Consider a babymoon
   Now's the perfect time to take an indulgent, pre-baby trip.

☐ Avoid unsafe activities
   Now that your belly is bigger, you'll need to avoid some sports and activities. Visit babycenter.com/pregnancy-safety

☐ Tackle your home improvement projects
   The nesting instinct may be kicking in. If so, make the most of it.

☐ 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

Get your teeth cleaned
   Not only is it safe to get your teeth cleaned during pregnancy, it's highly recommended.

Start sleeping on your side
   Once you reach mid-pregnancy, it's wise to aim to sleep on your side — especially your left side — to improve blood flow and reduce swelling.

Create a baby registry
   Family and friends will love observing what you need or want, particularly if someone's throwing you a baby shower.

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.

Think about your baby shower
   You may want to chime in with ideas on the theme, games, and guest list. See babycenter.com/baby-shower

Write a letter to your baby
   If writing isn't your style, put together a collage or a memory box of pregnancy moments.

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.

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.

☐ Consider more classes
   In addition to a childbirth class, you may want to consider classes on baby care, breastfeeding, and infant CPR.

☐ Choose a doctor for your baby
   Get names of pediatricians or family practitioners from friends, co-workers, neighbors, or your pregnancy care team.

☐ Assemble your baby gear
   This is the perfect job for your partner or a friend who wants to help.

☐ Learn about third-trimester visits and tests
   Learn what your caregiver will do at each visit at babycenter.com/third-trimester-prenatal-visits

☐ Prepare for breastfeeding
   If you're planning to breastfeed your baby, learn as much as you can about it now. See babycenter.com/breastfeeding

☐ Thinking about big decisions
   Start thinking and talking about decisions like circumcision or not, and banking your cord blood.

☐ Set up a safe place for your baby to sleep
   Whether your baby sleeps in a bassinet, crib, or with you, it's important to follow basic safety guidelines. See babycenter.com/baby-sleep-safety

☐ 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.

☐ 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

☐ Wash your baby's clothing and bedding
   Wash anything that will get near your baby's skin to remove any irritants in the fabrics.

☐ Commemorate your baby
   Celebrate your amazing pregnant belly by making a baby cast, having a professional portrait taken, or getting a henna design.

☐ Read up on baby care
   The third trimester is the perfect time to switch reading gears from pregnancy to baby.

☐ Have your house cleaned
   Consider hiring a housekeeper, or asking a friend or family member to tackle this task.

☐ 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.

☐ Install your baby's car seat
   You can drive your baby home without a car seat, and they can be more complicated to install then you'd think.

☐ Make a plan for when labor starts
   Long before the first contraction hits, you'll want to know who to call and where to go.

☐ Find a baby name inspiration
   If you haven't come up with a great baby name on your own, visit our Baby Names Finder at babycenter.com/baby-names

☐ Handle late-pregnancy jitters
   If all the unknowns are making you nervous, check in with other mums-to-be at babycenter.com/birth-discussion

☐ Learn about coping with labor pain
   Get information at babycenter.com/pain-medication-for-lab-or-babycenter.com/natural-childbirth

☐ Create a birth plan
   It's helpful to figure out — and share — your preferences ahead of time. Visit babycenter.com/birth-plan-worksheet

☐ Start timing your contractions
   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.

☐ 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/baby-costs

☐ Pack your bag for the hospital or birth center
   For key things to bring, visit babycenter.com/packing-for-the-hospital-or-birth-center

☐ Stock up on household supplies
   Load up now on pantry staples, frozen food, toiletries, medicine, toilet paper, shampoo, diapers, and wipes.

☐ Tour your hospital or birth center
   Get familiar with where you'll give birth, and see if you can pre-register.

☐ Create an online birth announcement
   Start making your free online birth announcement at babycenter.com/birth-announcements

☐ 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

☐ Learn what your body will be like after birth
   It's normal to still look pregnant after giving birth! Learn more at babycenter.com/your-changes-after-childbirth

☐ 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.

☐ 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 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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