

Prenatal Care Program Evaluation and Guide

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Introduction

- Project goal was to address the following objectives in order to move SBCHC towards a more comprehensive prenatal program with supplemental patient resources
 - Develop trimester-specific handouts
 - Develop syllabus and program guide for prenatal classes
 - Identify outside organizations for potential partnerships to provide supplemental services and patient incentives



Background

- Prenatal care is an integral component of patient care that promotes healthy behaviors and positive birth outcomes
- Comprehensive prenatal care is achieved through a coordinated approach to psychosocial support and medical care that begins preconception and continues into the antepartum period (AAP/ACOG, 2007, p.83)
- Prenatal Care consists of:
 - Seven to twelve appointments over the course of pregnancy
 - Physical exams, routine assessments, genetic screenings, and patient counseling
 - Assessment of various medical and psychosocial issues

Methodology

- The American College of Obstetricians and Gynecologists book, *Your Pregnancy and Childbirth: Month to Month*, was used to develop trimester specific handouts
- After researching existing prenatal course curriculum models, the March of Dimes *Becoming a Mom/Comenzando bien* curriculum was selected.
- Opportunities to fund program goals and partner with different agencies were identified, including grant submissions.

Results

- The trimester specific brochure content was completed and translated into Spanish by an SBCHC staff member A visually appealing brochure is in production.
- A comprehensive prenatal class curriculum was purchased and the anticipated start date for the class is August 20, 2014.
- SBCHC is connected with several non-profit organizations that will collaborate to provide supplemental resources, patient incentives and educational tools.



Discussion

- The handouts will serve as an important tool for patient education. They address issues that Providers wish to emphasize and common concerns that patients express
- Utilizing the Becoming a Mom curriculum will allow for immediate implementation of a more inclusive prenatal class, with hopes that at least 50% of prenatal patients participate
- As a Vitamin Angels field partner, SBCHC will provide important micronutrients to prenatal patients, facilitating earlier access regardless of coverage status
- SBCHC and Spring Branch WIC will collaborate to reach more patients and connect them to the resources available to them.
- A Nurse Family Partnership contact has been established and will help SBCHC better navigate the outcome of their referrals to the NFP organization.
- Partnership with LIFE Houston will provide a critical supplemental service to SBCHC prenatal patients, while allowing LIFE Houston to reach an area of the city they have yet to serve.
- We hope to collaborate with group leaders from La Leche League Texas for the breastfeeding session of the prenatal curriculum.
- SBCHC is a Kohl's Cares site and through the prenatal class will continue to partner with this foundation to provide patient incentives, i.e. cribs and playpens.

Recommendations

- SBCHC should continue to work closely with the Houston Chapter of March of Dimes (MOD) and apply for more funding through the national MOD body to support the implementation and growth of the Becoming a Mom/Comenzando Bien prenatal class.
- SBCHC should explore the development of direct collaboration between the Patient Educator and the Spring Branch WIC Nutritionist, Ms. Chapa. Together they can identify opportunities to join forces especially around nutrition outreach and education. This would further enhance the many supplemental health promotion services SBCHC already offers to the community.
- SBCHC should utilize calendar alerts to keep track of partnership opportunities and funding application deadlines that can support the prenatal program.

Conclusion

- Providing quality prenatal care is essential for improving the lives of mothers and babies and promoting positive birth outcomes
- SBCHC has a strong foundation of committed OB providers and management in place, as they work towards expanding the Prenatal Program.
- Through current and future partnerships, I believe SBCHC will succeed in offering innovative and comprehensive educational and nutritional services that address the growing and evolving needs of their prenatal patient population.

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