National Medical Foundation
Primary Care Leadership Program

GE/NMF PCLP
Summer 2012

Community Project: Development of Support Materials for Community Pregnancy Program

Scholar: Lucie Ocenas; BSN San Francisco State University
Summer 2012: Nashville TN

Project Title: Pregnancy Program Support

- Clinic Site: United Neighborhood Health Services (UNHS)
- NMF/PCLP Scholar: Lucie Ocenas
  BSN San Francisco State University
United Neighborhood Health Services: Services That Fit Community Needs

- UNHS founded in 1976
- Private non-profit network
- Considered a “Healthcare Home”
- UNHS network has 18 clinics:
  - 8 community clinics, 1 public housing clinic, 5 school clinics, 1 homeless clinic, 2 mobile clinics, and 1 multi-county clinic
- Located in under-served, high-need areas of Nashville TN
UNHS: A True Family Doctor

- UNHS serves 31,000 patients per year
- Eliminates barriers to care
- Bridges healthcare disparities
- Patients are seen regardless of ability to pay
- UNHS: a true “family doctor”
UNHS Pregnancy Program: There Is a Need

• An estimated 400 pregnant women per year
• High infant mortality rates in TN
• Currently UNHS does *not* have a structured Pregnancy Program
• New pilot program w/ funding by Americorps
• Annual staffing: yearly contract w/ Americorps volunteers
The Need: UNHS Pregnancy Program

• Serve low income pregnant women within UNHS clinic network
• Provide support throughout pregnancy via direct medical care, specialty referrals, education, counseling, resources
• Establish tracking mechanism of project’s success
Pregnancy Program Goals

• Reduce infant mortality rates
• Ensure healthy babies; healthy families
• Support community
Facts: Tennessee Infant Mortality Rates

- Tennessee’s infant mortality rate of 8.8 per 1,000 live births is ranked 3rd highest in the nation.
- The Tennessee infant mortality rate during this period was 31% higher than the national average.
Facts: US Infant Mortality Statistics

- Of the 23 richest countries, the United States has the highest rate of infant mortality.
- In Tennessee, the state health department reports that a baby dies every 43 hours.
Pregnancy Program Will Provide:

- Full prenatal care starting from pregnancy test
- Full support during pregnancy
- Education, workshops, classes, resource sharing
- Counseling/Mentoring/Group collaboration
- Risk/Needs Assessment
- Appropriate Referrals
- Tracking/Follow-Up
- Case-Management
- Post-natal support up to 2 years of child
Pregnancy Program Vision

• First year: Program to operate at Casey (or Waverly) clinic location
• First year staffing: Americorps volunteer
• Second year: Program expands and receives 2 Americorps volunteers
• Third year: Program will secure funding based on tracked community benefit
Contribution to the Pregnancy Program

- Pregnancy Program was in dire need of structure and printed materials
- Lucie Ocenas to provide structural support to Pregnancy Program:
  - Develop culturally appropriate educational materials for program
  - Focus on curriculum, flyers, outreach materials
Support Materials Developed (Educational Materials)

These are the educational material categories that have been developed to support the Pregnancy Program:

CATEGORIES:

1. Prenatal Care
2. Exercise, Eating, Do’s and Don’ts
3. Trimesters 1-3
4. Problems and Symptoms
5. Labor & Breastfeeding
6. Post-natal/Birth to 6months
1. Prenatal Care Support Materials

The following are educational materials developed for the Pregnancy Program:

• What is Prenatal Care?
• Why is It Important?
• Prenatal Appointments Schedule
• Prenatal Tests Explained
• Prenatal Vitamins Explained
2. Exercise, Eating, Do’s and Don’ts:

The following are educational materials developed for the Pregnancy Program:

• Foods and Toxins To Avoid
• Exercise During Pregnancy
• Healthy Eating During Pregnancy
• Smoking, Alcohol, Drugs and Pregnancy
• General Pregnancy Do’s and Don’ts
3. First, Second and Third Trimesters

The following are educational materials developed for the Pregnancy Program:

• What to Expect During Each Trimester
• The Mother’s Body and How It Changes
• Explanations of Baby’s Growth
• Images of Development During Each Stage
4. Symptoms During Pregnancy

The following are educational materials developed for the Pregnancy Program:

- Emotional Changes and What To Expect
- When To Call 911
- Existing Health Conditions and Effects On Pregnancy (such as Diabetes, Obesity, Hypertension, Asthma, Depression)
- Common Discomforts During Pregnancy (back pain, hemorrhoids, morning sickness and sleep problems)
5. Labor and Breastfeeding

The following are educational materials developed for the Pregnancy Program:

- Birth Plans
- Signs of Labor
- Stages of Labor and What To Expect
- Inducing Labor
- C-Sections Explained
- Miscarriage Explained
- Breastfeeding and Recent Research
- Breastfeeding: Why Breastfeed
6. Post Natal: Baby Up To 6 Months

The following are educational materials developed for the Pregnancy Program:

• New Baby Checklist
• *Baby’s Development Up To 6 Months
 (*separate educational materials for each month of baby’s development)
Why Is This an Important Program?

Infant Mortality Linked To:

• Poverty, access to resources
• Mothers with below high school education
• Adolescent pregnancies
• Preventable infections
• Preterm deliveries
• Low birth weight babies
• Use of alcohol, tobacco and other drugs
How To Reduce Infant Mortality Rates

• Provide education, outreach, accessible care
• Establish early and regular prenatal care
• Facilitate strong, positive support networks
• Educate: avoiding alcohol and drugs
• Regular exercise
Project Completion

- 6 categories of educational/outreach materials have been developed for the program
- 68 Word docs have been compiled in those categories
- These documents will be used by the UNHS Pregnancy Program for outreach, counseling, education, and workshops with pregnant mothers
- Documents are to be adjusted and altered to fit the needs of the community
Looking Ahead

• Pregnancy support and pregnancy outreach programs are critical in reducing mortality rates and ensuring healthy pregnancies and healthy babies/healthy communities.

• By providing accessible, affordable, comprehensive care, UNHS will be improving the lives of 400 women, their children, their families, and ultimately the community at large.
Thank you for an amazing opportunity to contribute to UNHS’s Pregnancy Program through the development of outreach and education materials
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