Safety Action Series

Implementing the Postpartum Care Basics Bundle: A Deep Dive into Mental Health & Breastfeeding Support
Speakers

Melissa Heavican, MSN, RN, CPHQ, LSSGB
Clinical Leader, Methodist Fremont Health

Terese Moore, RN, IBCLC
OB Nurse Navigator, Methodist Fremont Health
Disclosures

- Melissa Heavican, MSN, RN, CPHQ, LSSGB has no real or perceived conflicts of interest.

- Terese Moore, RN, IBCLC has no real or perceived conflicts of interest.
Methodist Fremont Health

- 20 miles west of Omaha
- Fremont’s population is about 26,000, around 36,000 in our primary service area
- Large percentage of retirees with fixed income
- No local Endocrinologists, must travel to Omaha or Lincoln

Source: Google Maps
Methodist Fremont Health Hospital
- 50 Acute Care Beds, 20 Inpatient Behavioral Health Beds
- ~ 900 Employees (Hospital, Outpatient Clinics, Home Health & Hospice and Nursing Home)
- Generally serve an older population
  - 60% Medicare, 30% Commercial Payer Mix
- About 300 births per year
- 16,000 ED visits per year
- 3,500 Surgeries per year

Methodist Fremont Healthcare for Women Office
- 5 OB/GYN physicians
- 1 OB Navigator
- 9,286 visits
- 3,544 patients
Objectives

• Discuss the importance of establishing a comprehensive, personalized postpartum care plan for every woman.

• Review the essential components of a comprehensive postpartum care plan including, access to breastfeeding support, educational tools, and community resources.

• Provide an overview of strategies for successfully conducting mental health and domestic violence screening.
Previous State

- Exclusive breastfeeding rates were not at our goal
- Prenatal education was attended 17% of the time.
- Care was segmented between outpatient and inpatient
- There was opportunity to increase domestic violence screening
- There was opportunity to increase Maternal mental health screening, education, and support.
Goals and Purpose

Purpose: Develop a standardized comprehensive maternal safety program

Goals: Develop OB navigator role to address postpartum care basics for maternal safety, from before birth to the comprehensive postpartum visit through assessment tools and strong network.
THE FOCUS

Increase exclusive breastfeeding rate
- Exclusive breastfeeding rate CY 2015 57.73%
- Increase mothers preference to breastfeed
- Educate early
- Give Support

Increase attendance to childbirth education
- Class attendance for CY 2017 17%
- Offer online class in English/Spanish
- Educate prenatal in office & encourage enrollment

Mental Health and Domestic Violence Screening
- Assessments were variable
- Improved one assessment tool
- Standardized approach to resource
### Breastfeeding Assessment

<table>
<thead>
<tr>
<th>BREASTFEEDING HISTORY</th>
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</thead>
<tbody>
<tr>
<td>Are you planning to exclusively breastfeed your baby?</td>
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<tr>
<td>What are you breastfeeding goals?</td>
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<tr>
<td>Have you ever breastfed before?</td>
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<tr>
<td>If so, did you have any difficulty breastfeeding?</td>
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<tr>
<td>Have you ever had surgery on your breasts?</td>
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<tr>
<td>Do your nipples appear to be flat or inverted?</td>
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<tr>
<td>Have you heard about the benefits of skin-to-skin contact immediately after delivery and throughout the postpartum period?</td>
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<tr>
<td>Do you know how to express your colostrum by hand should your baby have any difficulty latching?</td>
</tr>
<tr>
<td>Who will be your breastfeeding support?</td>
</tr>
<tr>
<td>Do you plan on returning to work?</td>
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<tr>
<td>Do you have a breast pump for when you return to work?</td>
</tr>
</tbody>
</table>
The Conversation
Building the Support

Lactation Support

Fremont Health
(402) 941-7145
450 E 23rd Street
Tracy Moore RN IBCLC
Jennifer Lee RN BSN CLC
Tam Dean RN CLC
Vanessa Kinnaman RN CLC
Alida Zoucha RN ESN CLC
RN Resource available 24/7

WIC
(402) 727-0608
212 E 8th Street Suite B
M-Th 8am-5pm Fri 8am-4:30pm

Fremont Health Care For Women
(402) 721-3133
700 29th Street
Jessica Peterson RN ESN CLC
M-F 10am-5pm

Pediatric Partners
(402) 753-2900
750 E 29th Street
Diane Johnson APRN NP-C MS
IBCLC
T-Th 9am-5pm M-F 9am-5pm Sa 9am-Noon

Children’s Physicians of Fremont
(402) 955-7850
220 E 22nd Street
Jess Wollberg APRN
M-F 8am-8pm Sa 9am-3pm

Fremont Family Care
(402) 727-1091
680 E Fremont Medical Park Dr.
Sarah Grauman MD, CLC

Breastfeeding Support Group

When:
Every Friday @ 10:00am

Where:
Three Rivers Health Department
2400 N Lincoln Ave
Fremont, NE

Breast Pumps & Supplies

Fremont Health Care For Women
(402) 721-3133
700 29th Street
M-F 10am-5pm
Spectra S2 and Medela Pump In Style Advanced Starter billed through MilkWorks0

LactMed
Online reference for medication safety during lactation:

Available on App Store & Google Play

Other Lactation Support

Dodge County Extension
(402) 727-2775
1206 West 23rd Street
Beth Nacke RD LMNT
Available by appointment
Kathy Kneifl
Breastfeeding support & promotion for care providers

Three Rivers Public Health
(402) 727-5398
2400 N Lincoln Ave
Erin Kopietz APRN
M 8am-4:30pm T 7am-4:30pm
W 7am-7pm Th 8am-4:30pm F 7am-4pm

Lutheran Family Services
(402) 941-0075
1420 E Military Ave #200
Michelle Padilla CLC
Hours Vary: M-F 8am-4:30pm

FHS School Nurse
(402) 727-3050
1750 N Lincoln Ave
LeeAnn Kingry RN
M-F 7:45am-3:15pm
(for FPS students)
Fremont Breastfeeding Initiative

Breastfeeding Support Group

Accurate Advice.
Practical Support.
Every Friday 10-11am
2nd & 4th Wednesdays
5:30-6:30pm
At Three Rivers Public Health
Department
2400 N Lincoln Ave, Fremont
Breastfeeding Trends

Exclusive Breastfeeding

- MFH 2015 Average = 57.73%
- MFH 2018 Average = 63.42%
- National Avg = 53.4%
- Top 10% = 75.0%
Perinatal Education

• InJoy education brochure moved from hospital to clinic
• Online classes offered in English & Spanish
• More 1:1 education with navigator
Attendance Increase

2017
• Baby Basics 51%
  – Enrolled 37
  – Attended 19
• Understanding Birth 50%
  – Enrolled 34
  – Attended 17
• Online Class
  – Enrolled 14

2018
• Baby Basics 66%
  – Enrolled 38
  – Attended 25
• Understanding Birth 70%
  – Enrolled 43
  – Attended 30
• Online Class
  – Enrolled 42
<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>How are things going in your relationship/marriage?</td>
<td></td>
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<tr>
<td>Tell me what happens when you and your partner argue.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Are you in a relationship where you have been hurt or threatened?</td>
<td></td>
<td></td>
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<tr>
<td>Do you feel safe at home?</td>
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<tr>
<td>Does your partner frequently belittle you, insult you or blame you?</td>
<td></td>
<td></td>
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<tr>
<td>Does your partner share in the parenting responsibilities?</td>
<td></td>
<td></td>
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<tr>
<td>Have you ever been hit, kicked or punched by someone close to you?</td>
<td></td>
<td></td>
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<tr>
<td>Has anyone controlled your actions such as whom you see, whom you talk to, where you go or what you wear?</td>
<td></td>
<td></td>
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<tr>
<td>Has anyone forced you to do something you don’t want to do?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Have you been forced into sexual activity?</td>
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<td></td>
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<tr>
<td>Has anyone controlled your access to finances?</td>
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<td></td>
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<tr>
<td>Have you ever been isolated from family or friends?</td>
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<td></td>
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<tr>
<td>Does anyone constantly criticize you, call you names, or put you down?</td>
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</tr>
</tbody>
</table>
The Resource

24-Hour Crisis Line: 888-721-4340
Office Hours: Monday-Friday 8:00AM-4:00PM

Stronger together.
The Bridge provides services for individuals and families who experience domestic abuse, dating violence, and sexual assault in five counties – Burt, Cuming, Dodge, Saunders and Washington.
Mental Health Assessment

<table>
<thead>
<tr>
<th>Mental Health</th>
<th>Yes, most of the time</th>
<th>Yes, some of the time</th>
<th>No, not much</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have been able to laugh and see the funny side of things</td>
<td>As much as I always could</td>
<td>Not quite so much now</td>
<td>Definitely not so much now</td>
<td>Not at all</td>
</tr>
<tr>
<td>I have looked forward with enjoyment to things</td>
<td>As much as I ever did</td>
<td>Rather less than I used to</td>
<td>Definitely less than I used to</td>
<td>Hardly at all</td>
</tr>
<tr>
<td>I have blamed myself unnecessarily when things went wrong</td>
<td>Yes, most of the time</td>
<td>Yes, some of the time</td>
<td>Not very often</td>
<td>No, never</td>
</tr>
<tr>
<td>I have been anxious or worried for no good reason</td>
<td>No, not at all</td>
<td>Hardly ever</td>
<td>Yes, sometimes</td>
<td>Yes, very often</td>
</tr>
<tr>
<td>I have felt scared or panicky for no very good reason</td>
<td>Yes, quite a lot</td>
<td>Yes, sometime</td>
<td>No, not much</td>
<td>No, not at all</td>
</tr>
<tr>
<td>Things have been getting on top of me</td>
<td>Yes, most of the time</td>
<td>Yes, sometimes</td>
<td>No, most of the time</td>
<td>No, I have been coping as well as ever</td>
</tr>
<tr>
<td>I have been so unhappy that I have had difficulty sleeping</td>
<td>Yes, most of the time</td>
<td>Yes, sometimes</td>
<td>No very often</td>
<td>No, not at all</td>
</tr>
<tr>
<td>I have felt sad or miserable</td>
<td>Yes, most of the time</td>
<td>Yes, quite often</td>
<td>No very often</td>
<td>No, not at all</td>
</tr>
<tr>
<td>I have been so unhappy that I have been crying</td>
<td>Yes, most of the time</td>
<td>Yes, quite often</td>
<td>Only occasionally</td>
<td>No, never</td>
</tr>
<tr>
<td>The thought of harming myself has occurred to me</td>
<td>Yes, quite often</td>
<td>Sometimes</td>
<td>Hardly ever</td>
<td>Never</td>
</tr>
</tbody>
</table>
Workflow

Prenatal and Postpartum Patient Safety

Patient presents for confirm of pregnancy and is given yellow folder with info and LFS, WIC, FCBI and car seat brochures.

Tracy notes H&P apt in ECW and makes contact with patient about visiting at the H&P apt and having patient bring yellow folder along with her to the appointment.

Tracy meets with patient and documents in ECW: Edinburgh score, patient safety screening, substance use screening, feeding plan and breastfeeding history, resource needs and planning, child birth education needs.

Tracy assists patient in setting up appointments with behavioral health, community resources or child birth education as needed.

Tracy sends an action notification to physician as appropriate in ECW based on findings that includes her findings and what actions she has taken.

Edinburgh assessment is done at the 28 week prenatal appointment and referrals are made as necessary.

Patient delivers

Edinburgh assessment is done prior to hospital discharge and referrals to behavioral health are made as needed.

Tracy phones patient within a week of delivery to follow up on infant feeding and do quick evaluation of mental health with simple questions like: “Are you having persistent sadness or anxiety?”

Tracy refers patient as appropriate to behavioral health, IBCLC, CLC, LFS, WIC etc.

Obstetrician and Pediatrician notified as appropriate.

Patient presents to FLOW for 6 week PP appointment and Edinburgh assessment is done and referrals are made to behavioral health as appropriate.
Simplified Workflow

1. Patient registered for 1st visit
2. Navigator schedules time with patient next visit
3. After initial appropriate referrals, care plan, and follow up is established
4. 2 weeks after delivery or 2-3 week for follow up appointment repeat screen follow up
5. Patient delivers- SW/Navigator to connect on high complex cases
6. 28 weeks depression screens are repeated
Edinburgh Screen

Edinburgh Postpartum Depression Screening

Scores less than 9 require no action

Score of 9 or more

Communicate score with primary OB, or OB on call if primary is unavailable

When score is 9 or more antepartum:
- Positive screen needs to be added to the problems list in the OB chart
- Provider will assess for history of depression and treatment
- Restart medication that has helped in past/start medication if patient desires
- Educate on risks of medications and risks of non-treatment
- Recommend counseling for patient
- Follow up appointment to evaluate effectiveness of medication in 2-4 weeks
- Repeat EPDS in 3-4 weeks

When score is 9 or more postpartum:
- Provider will assess for history of depression and treatment
- Restart medication that has helped in past/start medication if patient desires
- Educate on risks of medications and risks of non-treatment
- Recommend counseling for patient
- Follow up appointment to evaluate effectiveness of medication in 2-4 weeks
- Repeat EPDS in 3-4 weeks

Refer to Psych at anytime if:
- History of bipolar D/O or other complicated psych history
- Suicidal/homicidal ideation
- Suicide attempts in past
- No improvement with medications and counseling
- Physician preference
The Multidisciplinary Team

OB Physicians

+ OB Navigator
+ Medical Social Worker
+ Behavioral Health Therapy
+ OB Provider
Fremont Family Coalition
Community Response

- Care Corps Family Services
- Dodge County Head Start
- Heartland Family Services
- Low income Ministry
- Lutheran Family Services
- Pathfinder Support Services
- Uniquely Your Stability Support
- Three Rivers Health Department
Referral to Behavioral Medicine

2017 – Base Data
- 2 referrals to BH

2018 – Outcome Data
- 11 referrals to BH
- 15 mothers started antidepressants
- 8 referrals to social work
Next Steps

- **Increase exclusive breastfeeding rate**
  - Empower Training for 2019 for all LDRP nurses
  - Continue community outreach and awareness
  - Send additional RN to CLC training
  - Review skin to skin documentation/compliance

- **Increase attendance to childbirth education**
  - Continue to monitor education attendance
  - Follow up with mother about what information is missing

- **Mental Health and Domestic Violence Screening**
  - Continue to develop strong working relationships with Home Health team to strengthen home visits.
  - Potential anxiety coping skills education/support groups
References


Fremont Breastfeeding Coalition (2015)


InJoy. Retrieved from https://www.injoyonline.com/

Q&A Session
Press *1 to ask a question

You will enter the question queue
Your line will be unmuted by the operator for your turn

A recording of this presentation will be made available on our website:
www.safehealthcareforeverywoman.org
Next Safety Action Series

Racial Disparities in Maternal Health: Leveraging the Postpartum Period to Find Solutions

April 12
2 pm Eastern Time

S. Michelle Ogunwole, MD
General Internal Medicine Research Fellow
Johns Hopkins Bloomberg School of Public Health

Andrea N. Williams-Muhammad, CBD, CPD, CCBE
Birth/Reproductive Justice & Equity Advocate
Baltimore Community Doulas

Kelly Bower, PhD, MSN/MPH, RN
Assistant Professor
Johns Hopkins School of Nursing

Click Here to Register