Public Health Prenatal Programs in Two Health Authorities in BC

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Disclosure

- We do not have an affiliation (financial or otherwise) with a pharmaceutical, medical or communications organization.

- No conflict of interest to disclose
Pregnancy, Mothers and Families
Learning Objectives

- Understand the provincial public health service goals for pregnant women, both universal and enhanced, including why women may benefit from public health support during pregnancy

- Be able to describe how women in NH and VCH can access public health prenatal services, and what services are available

- Have increased knowledge of the role of public health nurses supporting pregnant women
Public Health Client Flow

- **Pregnancy**
  - All pregnant women are offered standardized screening

- **Postpartum Birth to 6 Weeks**
  - All families (mothers and infants) will be offered a complete assessment according to PSBC guidelines and other defined guidelines
  - Contact with family will be made within 24 to 48 hours and offered an initial maternal and newborn assessment

- **Family Health: 8 Weeks to 2 Years**
  - All families (women and infants/children) are offered ongoing screening/assessment

**Health Promotion and Education**

**Public Health Client Flow**

Universal Services

- Client to initiate Public Health contact as needed
  - Variance identified?
  - Yes: Nursing assessment & intervention
  - No: Variance resolved – client to initiate Public Health contact as needed

Enhanced Services

- Vulnerabilities identified – Enhanced Services offered
1. Prenatal Public Health Services

1.1. Universal Service Statement
All pregnant women are offered standardized screening, health promotion and education (supported by resources such Baby’s Best Chance), and intervention, including referral as needed.

1.2 Enhanced Service Statement
Women identified as vulnerable through screening/referral will be offered nursing assessment, health promotion and education and more intensive follow-up including enrolment in enhanced services and referral as needed and vulnerability are indicated.
Role of the Public Health Nurse (PHN)

- PH efforts shifted “upstream” for improvements to maternal, child and family health
- PHNs meet women where they are at...providing them with information and resources to support them in making healthier choices
- PHNs employ an equity lens to focus interventions toward vulnerable women (women who may be at risk for poor outcomes associated with lifestyle/behavioral, psychosocial or environmental risk factors and concerns)
- Improve early access to community prenatal supports and services
# Prenatal Priorities for Public Health

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<thead>
<tr>
<th>Nutrition</th>
<th>Health Care/Physical Well-being</th>
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<tr>
<td>- Food security</td>
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<td>- Food safety</td>
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<td>- Breastfeeding</td>
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<td>- Maternal nutrition (includes nutrients such as folic acid, iron, multivitamins, essential fatty acids)</td>
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<td>- Healthy weight gain</td>
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<td>- Access to primary care provider</td>
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<td>- Chronic disease</td>
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<td>- Oral health</td>
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<td>- Communicable diseases and immunization</td>
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<th>Healthy Relationships</th>
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<td>- Support system</td>
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<td>- Sexuality</td>
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<td>- Violence against women in relationships</td>
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<th>Healthy Lifestyles</th>
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<td>- Exercise/activity</td>
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<td>- Tobacco use</td>
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<td>- Alcohol</td>
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<td>- Problematic substance use</td>
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<th>Mental Health</th>
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<td>- Perinatal depression and anxiety</td>
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<td>- Coping</td>
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<td>- Other mental health concerns</td>
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<th>Preparation for Parenthood</th>
<th>Injury Prevention</th>
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<td>- Safety in pregnancy</td>
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| Preparation for Birth |
NH Prenatal Services - the Prenatal Registry

NH Goal:
Prenatal registration and connection to a public health nurse for all pregnant women to increase access to perinatal care and education
**NH Prenatal Registry**

**Universal Services**

- Provision of prenatal health information (includes a prenatal registration package)
- Prenatal registration & vulnerability screening through a self-referral questionnaire and/or Antenatal Record completion

**Enhanced Services**

- PHN Support for families living in conditions of poverty, those with depression and/or tobacco/substance use
- BC Healthy Connections Project (PG/FSJ) - PHN-intensive home visiting program

**Community Referrals**
NH PRP Health Promotion & Education

Baby's Best Chance

Parents' Handbook of Pregnancy and Baby Care

+ LEARN MORE

Pregnancy Passport
Support During Your Pregnancy
Prenatal Registry Questionnaire

Working with you to have the healthiest pregnancy and baby possible. We want to know how we can best support you and your family during your pregnancy and after you have had your baby.
NH PRP Interventions & Referral

Care Pathways of Support

**Enhanced Family Visiting**
- BC Healthy Connections Project Referral
- PHN/Client Connection specific to vulnerabilities
- Care coordination

**Perinatal Depression**
- PND Screening
- Self-Support
- Information & Education
- Referral

**Tobacco Reduction**
- Brief Intervention
- Quitnow.ca
- Healthlink BC
- 811
VCH Prenatal Services

VCH Goal

- To have contact with all pregnant women under 25 prior to delivery in order to assess eligibility and interest in the BC Healthy Connections Program.

- To provide a means for women to connect with public health in pregnancy for health promotion, screening and intervention.
What are we doing?

Shifting from having our first contact with most clients in the days postpartum to having contact with specific populations during pregnancy.
VCH Prenatal Services

Women who may have concerns regarding:
- Mental health (such as history of, or current perinatal depression and/or anxiety);
- Alcohol, substance and/or tobacco use;
- Lack of support and/or isolation;
- Finances or housing;
- Diet (including access to healthy food);
- Age (adolescents or women under 25 years of age with other concerns);
- Other women who may benefit from public health support
How will VCH Access Pregnant Women??

Primary Care Referral
• Fax in referral form
• Call Health centre

Prenatal Telephone Access Line
1-855-550-2229

If you’re pregnant and want support, call:
1 855 550 2229

Our public health nurses are able to help you:
• Be healthy and safe during your pregnancy
• Learn about feeding & caring for your baby
• Find community services that are right for you

For more information on VCH Public Health Prenatal Program, please visit:
www.vch.ca/pregnancy
The purpose of the prenatal intake interview is to:
- determine the reason a prenatal client has contacted public health
- determine if a prenatal client has identified risk factors and would benefit from PHN assessment/intervention

Why use an intake interview instead of a screening questionnaire (prenatal registry)?
- Client-driven, client-centred
- Culturally safe and responsive - does not require a client to provide information they are not ready to provide
- Strengths-based approach
- Initiates care in the motivational interviewing approach that we are planning to use
PHN Assessment and Intervention

PHN screening and referral
- Referral to VCH targeted prenatal programs
- Referral to community programs
- Referral to mental health, addictions etc

Health Education
- Distribution of resources
- Access to prenatal education (online or in-person)

Capacity Building - promote ability to meet health and basic needs (food security, housing, access to health care)

Care Coordination - complex clients with multiple services

Communicable disease prevention
Promotional Materials

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Rack Card
Tear-off Pad
Summary

- Health Authorities are providing collaborative prenatal services in conjunction with the perinatal care team
- Requirements to provide Provincial Public Health Prenatal Services are met through different approaches in NH and VCH
- Public Health is well-positioned to build therapeutic relationships with pregnant women and families through women-centered care practices
Thank You!

For further contact information:

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References

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[www.who.int/social_determinants/final_report/](www.who.int/social_determinants/final_report/)

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