

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

Healthy Families BC



Healthy Start

Healthy Eating

Healthy Communities

Healthy Lifestyles

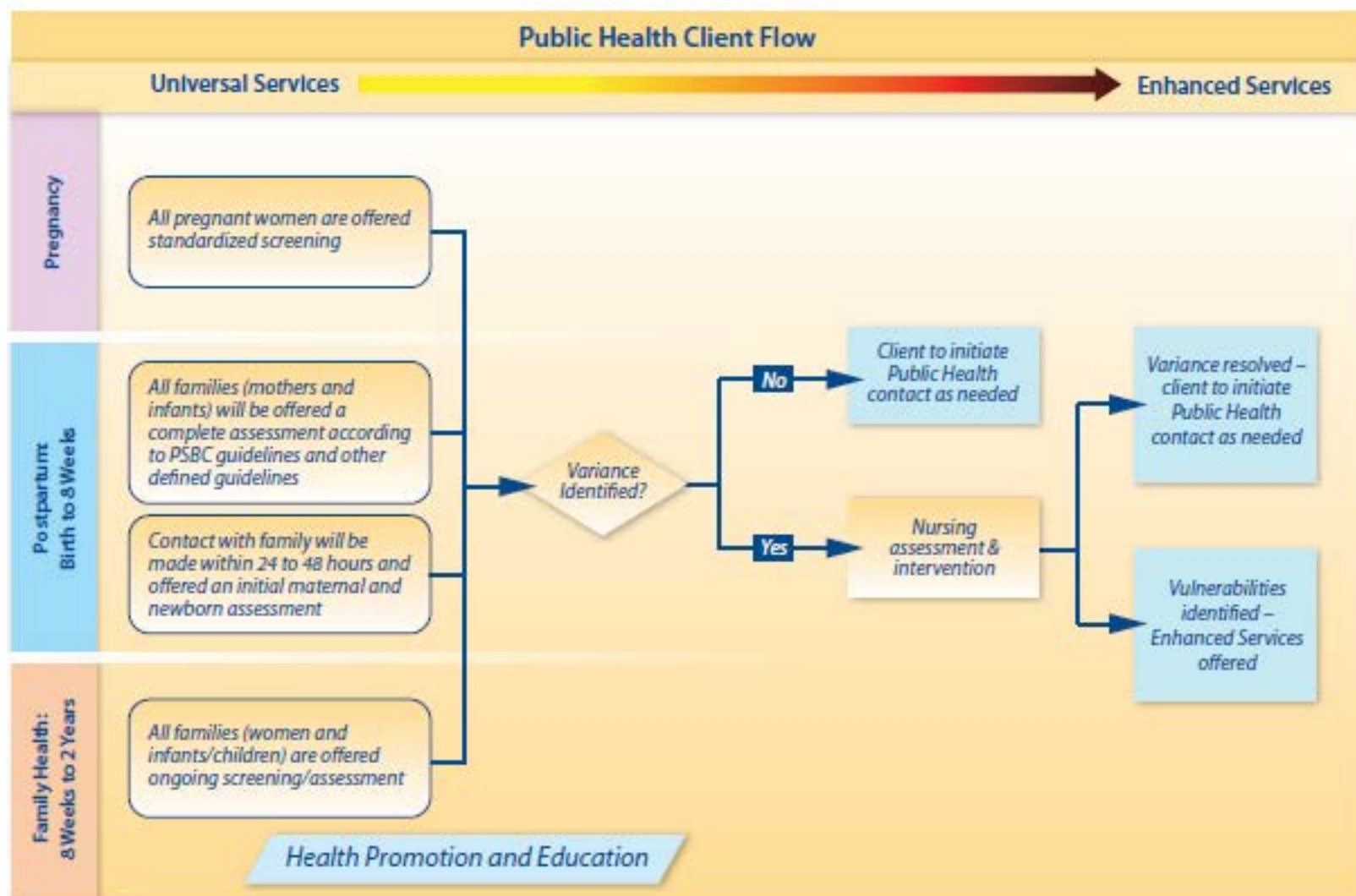
Provincial Healthy Start Initiative

Healthy Start Initiative: Provincial Perinatal, Child and Family Public Health Services

April, 2012



Public Health Client Flow



Provincial Prenatal Public Health Services

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 need 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

Nutrition

- Food security
- Food safety
- Breastfeeding
- Maternal nutrition (includes nutrients such as folic acid, iron, multivitamins, essential fatty acids)
- Healthy weight gain

Healthy Relationships

- Support system
- Sexuality
- Violence against women in relationships

Healthy Lifestyles

- Exercise/activity
- Tobacco use
- Alcohol
- Problematic substance use

Health Care/Physical Well-being

- Access to primary care provider
- Chronic disease
- Oral health
- Communicable diseases and immunization

Mental Health

- Perinatal depression and anxiety
- Coping
- Other mental health concerns

Preparation for Parenthood

Injury Prevention

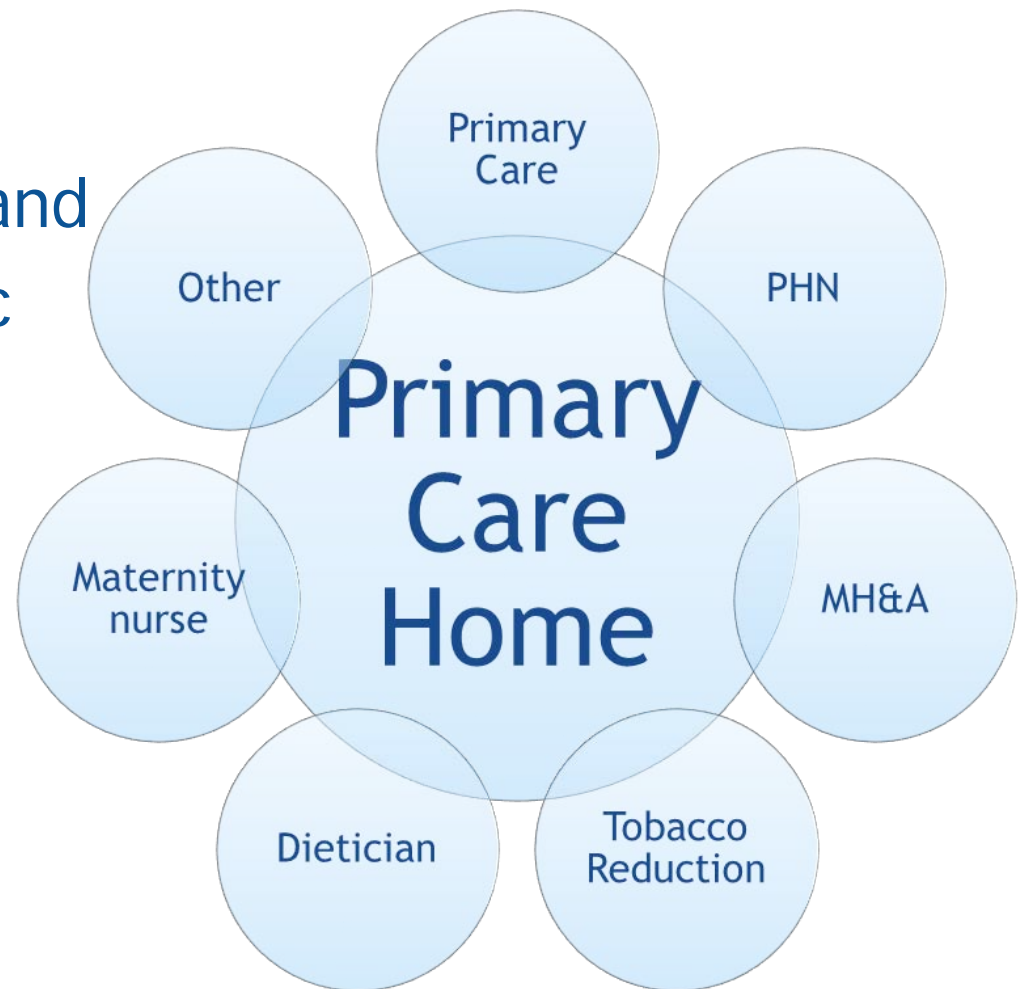
- Safety in pregnancy

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

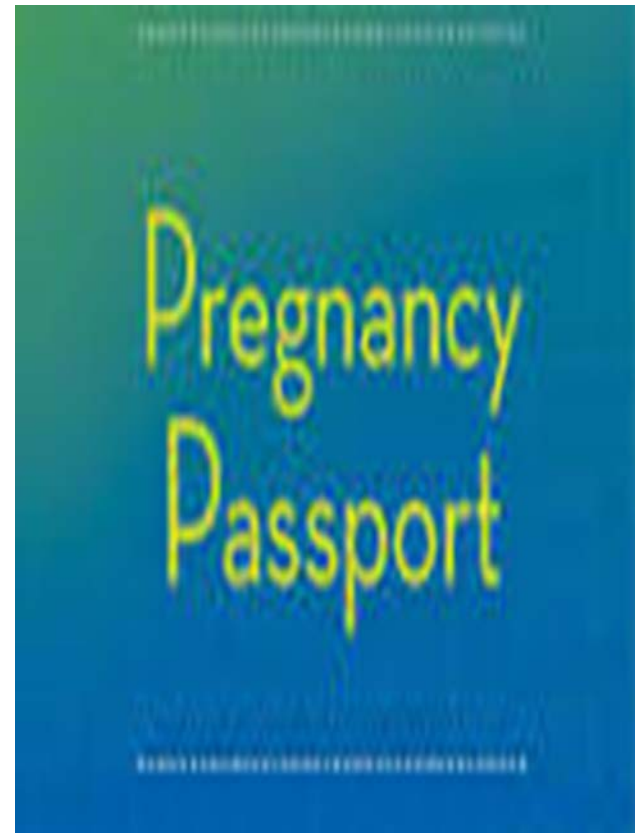
- Provision of prenatal health information (includes a prenatal registration package)
- Prenatal registration & vulnerability screening through a self-referral questionnaire and/or Antenatal Record completion

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



NH PRP Screening & Assessment



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.*

FormsAntenatalRecordPart1and21582[1].pdf - Adobe Reader

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British Columbia Antenatal Record Part 1

1. Hospital		Attending physician/midwife:		Referring physician/midwife:	
Mother's name		Date of birth (p.p./m./y.y.y.y)		Age at EDD	
Mother's maiden name		Ethnic origin		Language preferred	
Occupation		Work hrs/day		No. of school yrs. completed	
Partner's name		Age		Ethnic origin of newborn's father	
				Partner's work	
				Phone number	
				Personal health number	

2. Allergies		Medications/herbals		Beliefs & practices	
<input type="checkbox"/> None known					
<input type="checkbox"/> Yes (reaction)					

3. Obstetrical History		Gravida		Term		Preterm		Abortion (Induced Spontaneous)		Living		Children	
Date	Place of birth/ abortion	Hrs. in labour	Gest. age	Type of birth	Perinatal complications				Sex	Birth Weight	Breastfed	Present health	

4. LMP (p.p./m./y.y.y.y)	Menses cycle	Contraceptives	When stopped (p.p./m./y.y.y.y)	EDD by dates (p.p./m./y.y.y.y)	Confirmed EDD (p.p./m./y.y.y.y)	1st US (p.p./m./y.y.y.y)	GA by US (weeks + days)

9. Present Pregnancy		7. Medical History		8. Lifestyle & Social	
No Yes (specify)		No Yes (specify)		Discussed Concerns Referred	
<input type="checkbox"/> IVF pregnancy		<input type="checkbox"/> Surgery		<input type="checkbox"/> Diet/Food Safety	
<input type="checkbox"/> Bleeding				<input type="checkbox"/> Folic acid	
<input type="checkbox"/> Nausea		<input type="checkbox"/> Anesthesia		<input type="checkbox"/> Physical Activity/rest/work	
<input type="checkbox"/> Infections or fever		<input type="checkbox"/> Uterine/Cx procedure		<input type="checkbox"/> OTC drugs/vitamins	
<input type="checkbox"/> Other		<input type="checkbox"/> STIs/infections		<input type="checkbox"/> Alcohol <input type="checkbox"/> Caffeine <input type="checkbox"/> Quit (p.p./m./y.y.y.y)	
				Diabetic/hypertensive/exercise/supplement	

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



Vancouver Coastal Health
Public Health Program

PRENATAL AND POSTPARTUM PUBLIC HEALTH REFERRAL See back of Page for Fax Number

Client Aware of Referral? <input type="checkbox"/> Yes <input type="checkbox"/> No		Note - Public Health will not contact if client unaware of referral	
Client Last Name		Client First Name	
Address - Number, Street Name		Apt.	Date of Birth (dd/mm/yy)
City/Town		Province	Age
Home Phone #	Work/Alternate Phone #	Postal Code	Marital Status
Personal Health Number (Care Card):		Language Spoken: Fluent in English <input type="checkbox"/> Yes <input type="checkbox"/> No Name of Primary Care Provider	
<input type="checkbox"/> Prenatal Expected Date of Birth: G ____ T ____ P ____ A ____ L ____			
<input type="checkbox"/> Postpartum Date of Baby's Birth:			
Birth Weight		Current Weight	
Concerns (Check all that apply):			
<input type="checkbox"/> Mental Health	If applicable indicate	EPDS	Date Score
<input type="checkbox"/> Age		<input type="checkbox"/> Financial Stress	
<input type="checkbox"/> Breastfeeding		<input type="checkbox"/> Limited Cognitive Abilities	
<input type="checkbox"/> Alcohol Use		<input type="checkbox"/> Inadequate Housing	
<input type="checkbox"/> Substance Use		<input type="checkbox"/> Nutritional Issues	
<input type="checkbox"/> Tobacco Use		<input type="checkbox"/> Relationship Issues	
<input type="checkbox"/> Dental		<input type="checkbox"/> Lack of Support/Isolation	
If Other, Specify			
Comments:			

Referred By: Last Name _____ First Name _____ Date _____

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



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Prenatal Intake Interview

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

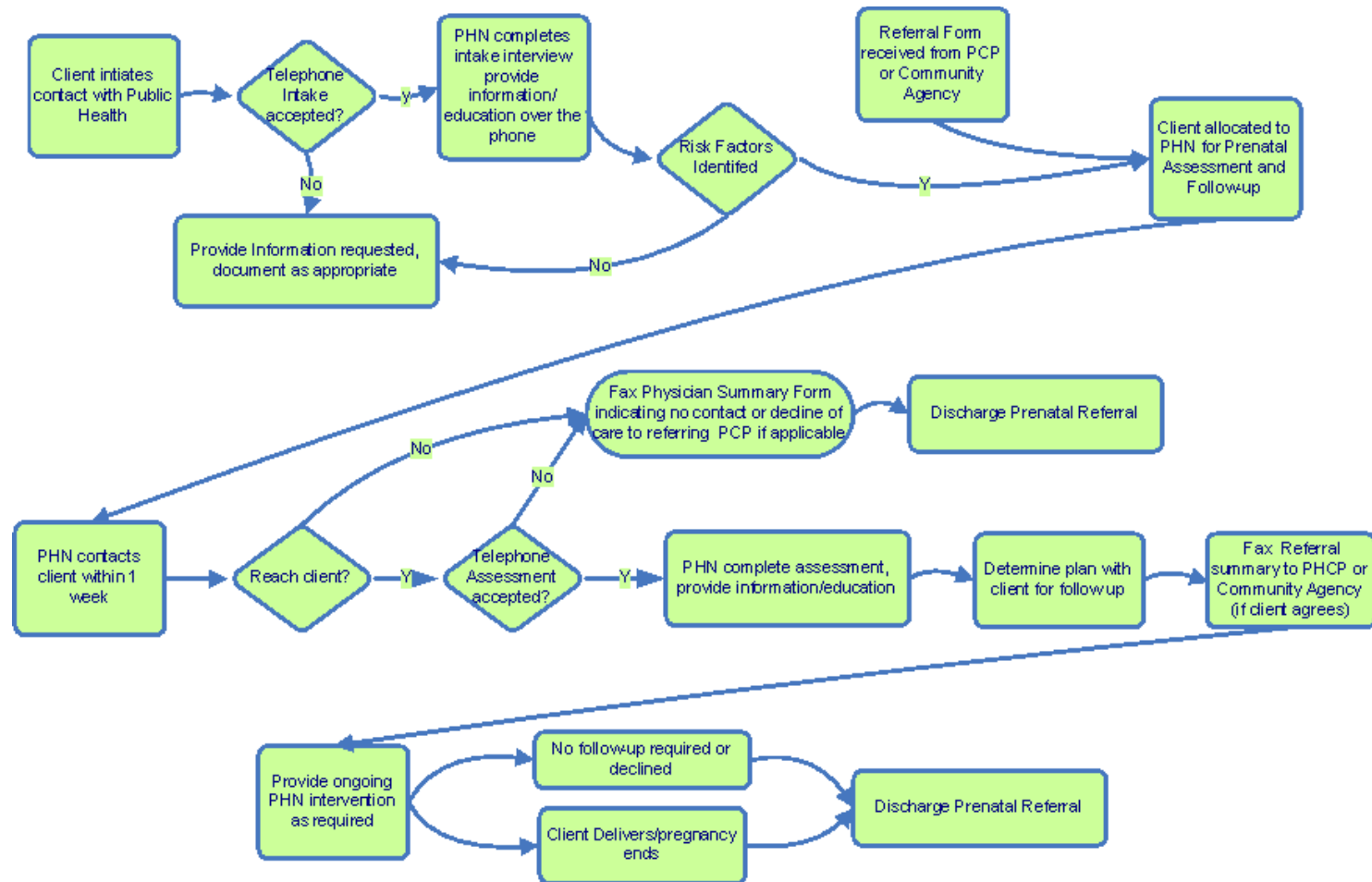
- Distribution of resources
- Access to prenatal education (online or in-person)

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

VCH Prenatal Services



Promotional Materials

If you're pregnant and want support, call:

1 855 550 2229

Our public health nurses are able to help you:

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- Find community services that are right for you

For more information on VCH Public Health Prenatal Program, please visit:

www.vch.ca/pregnancy

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Poster

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Tear-off Pad



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Perinatal Referral Information for local health areas

Richmond Health Services
8100 Granville Ave | 604 273 3150

North Vancouver Central Community Health Centre
6th Floor 132 West Esq | 604 983 6700

West Vancouver Community Health Centre
2721 Marine Dr | 604 604 6262

Squamish Community Health Centre
1140 Hunter Pl | 604 892 2200

Whistler Health Care Centre
202 - 4380 Cormorant Rd | 604 932 4911

Panorama Health Centre
1403 Portage Rd | 604 894 6000

Powell River Community Health Centre
3rd floor - 5000 Joyce Ave | 604 485 3310

Sachalin Health Unit
5571 Inlet Ave | 604 885 5164

Gilboons Health Unit
494 South Fletcher Rd | 604 886 5800

Vancouver

Three Bridges Community Centre
1202 Hamby St | 604 736 9844

Robert & Lily Lee Community Health Centre
1669 East Broadway | 604 675 3980

Evergreen Community Health Centre
3425 Crowley Dr | 604 872 2500

Pacific Spirit Community Health Centre
2110 West 43rd Ave | 604 261 6366

South Community Health Centre
9405 Knight St | 604 221 6151

For more information
please visit:
www.vch.ca/pregnancy

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Rack Card

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!

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