



CALL TO
ACTION



THE FLORIDA HOSPITAL ASSOCIATION

*Reduce Maternal
Mortality in Florida*

RAISING AWARENESS IN THE FIGHT AGAINST MATERNAL MORTALITY

FHA Maternal Mortality Call to Action: The Role of Doulas in Improving Pregnancy Outcomes

March 26, 2024

AGENDA

1. Welcome
2. Overview of FHA Call to Action to Reduce Maternal Mortality
3. Role of Doulas in Improving Pregnancy Outcomes
4. Next call – March 26, 11:30 – Role of Doulas in Improving Maternal Outcomes

FHA EDUCATION SERIES

1. **Kick-Off Webinar – May 22, 2023**
2. **Preventing Maternal Mortality – Training for Hospital Eds – June 7, 2023**
3. **Best Practices to Prevent Maternal Mortality due to Substance Use – SBIRT – June 20, 2023**
4. **Post-Partum Depression and Increased Risk of Suicide – October 24, 2023**
5. **MORE Folders: Resources to Prevent Maternal Overdoses – November 28, 2023**
6. **Preventing Overdoses by Providing Naloxone at Discharge – December 14, 2023**
7. **Addressing Differences in Pregnancy Outcomes – February 28, 2024**



RESOURCES



MORE Toolbox Resources
fpqc.org/more



| Name | Audience | Description |
|---|-----------------------------------|---|
| What Every OB Provider Needs to Know to Save a Mother's Life | Providers | Poster on Naloxone Education for providers |
| Do You Know? OUD in Florida: You Can Save a Mother's Life | Providers | Poster on steps to take to identify & treat pregnant women with OUD |
| Ask Yourself: Am I Providing Trauma Informed Care? | Providers, Nurses, all Clinicians | Flyer with actionable steps to providing trauma informed care (TIC) for clinicians |
| Prenatal, Antepartum & Delivery Visit Algorithms | Providers, Nurses | Describes additional screenings & referrals for pregnant women with OUD |
| Provider Education Resource List | Providers, Nurses, all Clinicians | List of staff education resources organized by topic area |
| Screening, Brief Intervention & Referral for Treatment (Pocket Card) | Providers | Describes impact of OUD/SUD in pregnant women, brief intervention tips, sources for additional support for treating pregnant women with OUD/SUD & Medicaid billing codes |
| Community Resources Mapping Tool | Providers, Nurses, all Clinicians | Developed by local HSCs. Lists local resources, contact information & eligibility limitations |
| MORE Checklists: Hospital Admission or Prenatal Care Quick Start Tip Sheet | Providers, Nurses, all Clinicians | List of additional steps necessary to assure comprehensive care for women with OUD |
| Helping Our Parents Excel (MORE HOPE booklet) | Providers | Suggestions to help prenatal care providers integrate screening & follow-up into their practices. |
| Opioid safety & how to use Naloxone (Brochure) | Patients | Booklet designed by clinical experts & women in recovery. Comprehensive Information for pregnant women with OUD |
| Naloxone Saves Mothers' Lives: Angel's Story (Video) | Patients | Description of the importance of naloxone & how to administer |
| Screening, Brief Intervention & Referral for Treatment: A Universal Tool for Pregnant Women (Video) | Patients, all Clinicians | Video presented by a woman in recovery, Angel shares the story of how her life was saved multiple times by Naloxone & how she was able to save another person's life by carrying a Naloxone kit. |
| Screening, Brief Intervention & Referral for Treatment: A Universal Tool for Pregnant Women (Video) | Providers, Nurses | Video presented from the perspective of a practicing OB/GYN interacting with a woman affected by SUD. Includes recommendations for evidence-based screening tools. Focus is on SBIRT for all pregnant women in order to increase the number of women who are identified & receive appropriate treatment. |
| Mothers & Babies to Services: Plans of Safe Care (POSC) | Providers, Nurses | Video presented from an RN's perspective, designed to help hospital teams understand the need for POSC for pregnancy & postpartum. Includes how to start the process with guidance for motivational interviewing. |
| Getting Real: Taking the First Steps to Recovery (Video) | Providers, Clinicians | Written & presented by women in recovery, designed to help women choose to enter the recovery process. Discusses fears & barriers that prevent women from entering care, & tips for how to eliminate those barriers. Addresses the importance of support from the health care team in the recovery process. |
| From Judgement to Healing: The Impact of Stigma | All Clinicians, Patients | Designed to show how shifting the words we use can reduce stigma-related barriers to treatment and recovery. The language & content were developed by women in recovery. |
| Implementation of SBIRT | Providers | Reviews the importance of SBIRT. Medicaid billing is discussed. This video is approved for CME. |

v. 6/22

Pregnant in the past year?



Other Diagnoses to Consider



Short of Breath/
Cardiomyopathy



Hypertension/
Preeclampsia



Fever/
Sepsis



Thromboembolism



Hemorrhage/
Anemia



Depression/
Mental Health



Drug Use



For more information scan the QR codes, or go to www.fpqc.org/pacc



PACC
POSTPARTUM ACCESS & CONTINUITY OF CARE



Florida Perinatal Quality Collaborative

UPCOMING EVENTS

April 3, 2024, 1:00-4:00 pm EDT

Perinatal Mental Health & Well-Being - *sponsored by Health Affairs*

April 11, 2024, 12:00-1:00 pm EDT

Webinar: Co-designing Care to Improve Black Maternal Health Outcomes

In recognition of Black Maternal Health Week and National Minority Health Month, AHA and health care leaders from Cedars-Sinai, Memorial Healthcare System and Summa Health System will highlight ways hospitals and health systems can partner with their communities to improve Black maternal health outcomes. [REGISTER NOW](#)

May 6- May 12, 2024

Maternal Mental Health Awareness Week

June 20-21, 2024

FHA Quality and Patient Safety Conference

Includes an update from the Maternal Mortality Review Committee and more initiatives to reduce maternal mortality.



THE ROLE OF DOULAS IN IMPROVING PREGNANCY OUTCOMES

Cathy Timuta, MBA

Chief Executive Officer

Florida Association of Healthy Start Coalitions, Inc.

Healthy Start MomCare Network, Inc.



Healthy Start Doula Program

What is a Doula?


What is a Doula?

A Doula is a non-medical professional trained to provide physical, emotional, and evidence-based support and education to a family before, during, and after birth. The Doula helps to ensure that a client, baby, and family achieve the healthiest, most rewarding birth experience possible.

What does Doula Care look like?

“Doulas use techniques such as imagery, massage, acupressure, and patterned breathing to reduce pain. They suggest position changes to accelerate labor or aid in fetal positioning. They also provide guidance and encouragement to minimize fear and anxiety, and encourage touch and communication between the laboring person and her partner.” (Papagni, 2006 p13).

Benefits of a Doula




39%*
decrease
in the risk of
Cesarean



41mins
shorter time
spent in labor



38%
decrease
in the risk of a
low 5 minute
APGAR Score



31%
decrease
in the risk of
being dissatisfied
with the birth
experience



10%
decrease
in the use of pain
medications



15%*
increase
in likelihood of a
spontaneous
vaginal birth

- ❖ Increased rates of Breastfeeding initiation
- ❖ Increased number of spontaneous vaginal birth
- ❖ Decrease risk of c-section
- ❖ Decrease use of pain medication
- ❖ Less anxiety and depression
- ❖ More satisfied birth experience
- ❖ Shorter time spent in labor
- ❖ Accepting what the birthing person wants
- ❖ Support for the birthing person and Family

Healthy Start Doula Services

Up to 5 Prenatal visits

- Visits are in home or another safe location
- Birth Preference
- Comfort Measures
- Encourage Childbirth Education Classes
- Signs and Symptoms of Labor
- Coping skills
- Educate and empower
- Safe sleep education
- Provide pediatrician list and education on importance of pediatric appointments

Attend labor and birth

- Provide continued support starting at active labor until the birth of the baby and breastfeeding has been established
- Don't take over the role as the family member or the medical team
- Supports family a minimum of 1 hour after birth

Up to 3 Postpartum visits

- Discuss birthing experience
- Discuss birth story
- Breastfeeding support or referral
- Ensure postpartum appointments are made
- Discuss parent-child interaction and bonding
- Provide any resources
- Continue to reinforce education provided prenatally

Healthy Start Doula Program Trainings

All Doulas are required to complete:

- 2.5 days GROW Doula Training, which includes education on breastfeeding, safe sleep and bonding and attachment with infant
- If they have been trained by another training institute, they must complete the G.R.O.W. Doula one day training
- HIPAA
- Data Security Awareness
- Fraud Waste & Abuse
- Cultural Competency
- Child abuse & neglect
- CPR
- Level 2 background screening
- All doulas are required to carry liability insurance

“I would have greatly benefited from a Doula, during both my c-sections to be able to keep me informed of what may be happening after the baby was born and dad leaves. I was left alone while the doctors were still working on me. I felt alone and scared. I was not aware and no one in the room made me aware. Just have some kind of support.”