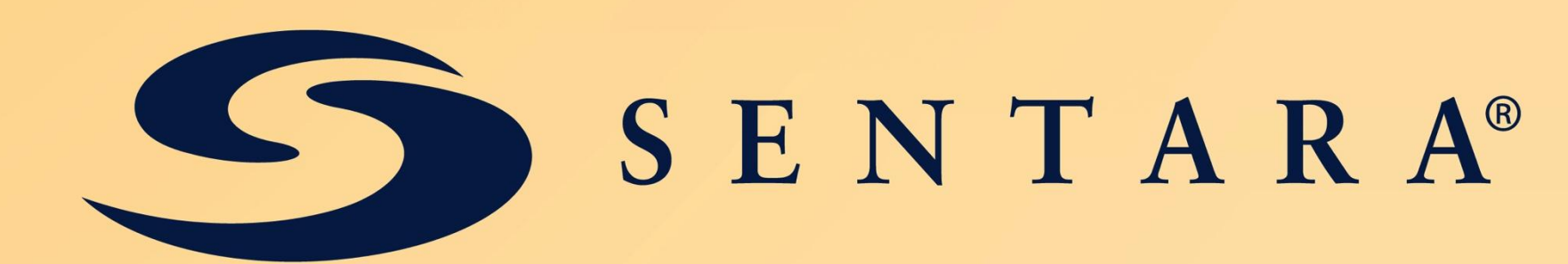




Perinatal Nurse Navigator: Improving Prenatal Access Every Baby, Every Time !

Megan Clay, MSHI, RN and Evelyn Marr, MSN, FNP



BACKGROUND

Improving the well-being of mothers, infants, and children is an important public health goal for the United States. In line with Healthy People 2020's goal for Maternal, Infant and Child Health, the "Every Baby, Every Time!" nurse navigator was developed in 2010 to improve the health and access to prenatal care for uninsured pregnant women in a designated service area.

Many medical problems, such as maternal obesity, thyroid disease and gestational diabetes can be quickly detected and controlled when an expectant mother enters into early prenatal care. The transfer of diseases such as HIV and congenital syphilis can be prevented in newborns. Low birth weights and late term fetal demise can often be prevented with patient education and on-going care. Poor outcomes impact the entire community, not just the families directly involved.

SIGNIFICANCE

In 2009, 28.91% of OB/GYN Hospitalist deliveries were "walk-in without care" patients here at Sentara Northern Virginia Medical Center. These women stated that they did not know where to go to seek care because they did not have insurance. Evidence indicates that reducing barriers is necessary to improve access to early prenatal care. This program focuses on access, pregnancy testing, financial screening assistance and guidance through an imperfect system. Best practice also indicates that a combination of education and outreach by a nurse navigator has proven effective in reaching these patients.

OBJECTIVES

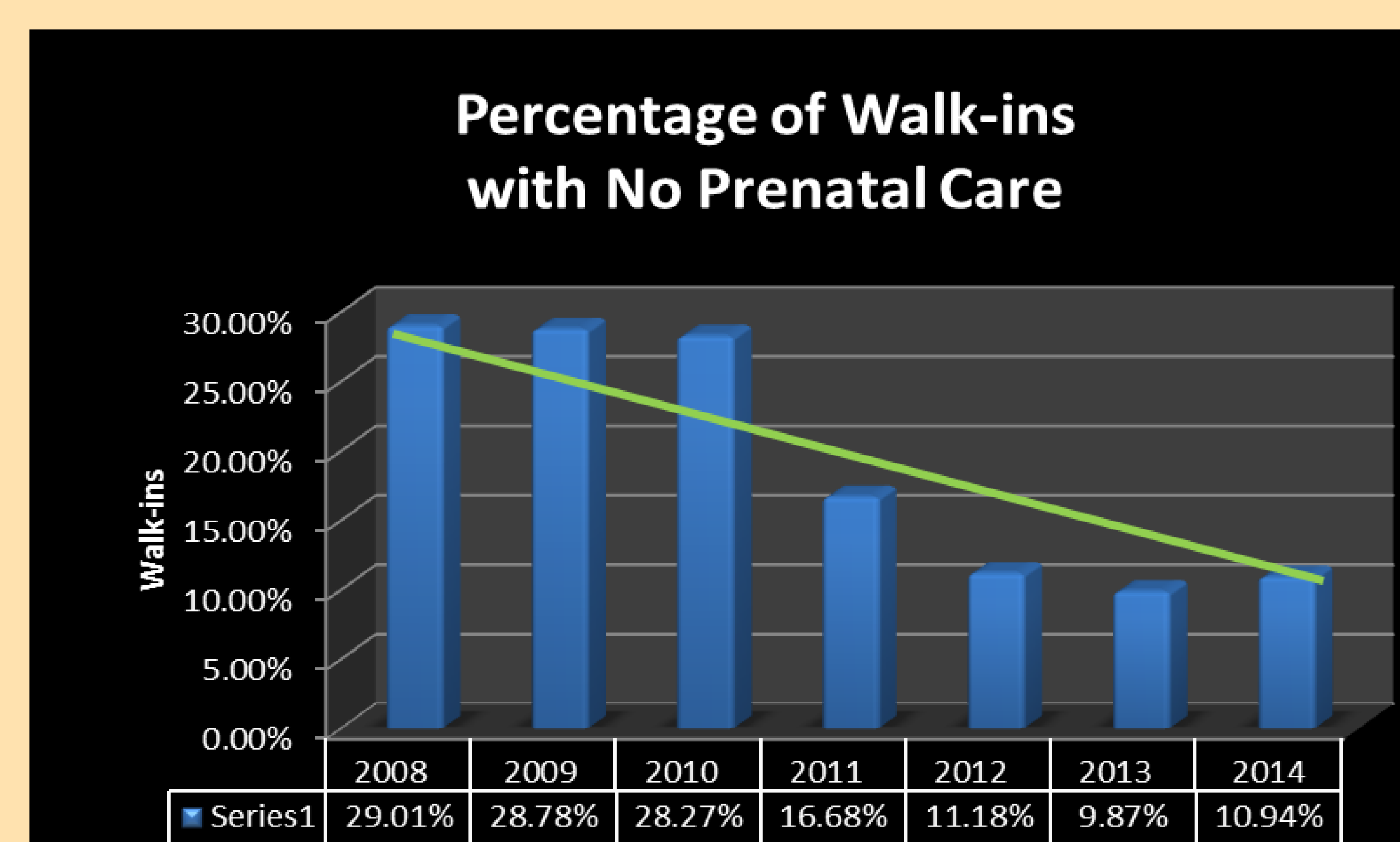
- Increase awareness of the importance of early prenatal care.
- To improve the access to prenatal care for uninsured pregnant women in a designated service area.
- Decrease the amount of patients walking in to give birth with no prenatal care.
- Improve patient outcomes such as low birth weights and late term fetal demise.

METHODS

- Gap and needs assessment via survey of women presenting for delivery without prenatal care. Asking patients who present to the hospital with no care about the barriers that prevented them from doing.



- Collaboration and formation of partnerships with community stakeholders including churches, emergency rooms, homeless shelters, and other agencies where uninsured women might seek assistance.
 - The Greater Prince William Community Health Center
 - Prince William Health Department
 - SNVMC OB Clinic
 - Dumfries and Manassas Midwifery clinics
 - Birthright and Care Net Crisis Pregnancy Organizations
 - Churches, schools, and homeless shelters
- Local multi-media campaign via community events and health fairs highlighting importance of early and continuous prenatal care through "Every Baby, Every Time!" community outreach program.
- Following referral, patients were interviewed via phone, and guided through the process of making an appointment and getting into care.
- Comprehensive physical and psychosocial risk screening of program participants
- Completion of patient satisfaction surveys during postpartum visit.
- A Nurse Navigator position was established and funded by a generous grant from the Potomac Health Foundation.



OUTCOMES

- Language barriers and limited income, transportation, education, and health knowledge are some of the reasons vulnerable populations encounter difficulty or fail to seek prenatal care. Fear of seeking prenatal care because of being undocumented and due to lack of trust in the health care system. Additionally, fear of seeking prenatal care as a result of being an undocumented alien and lack of trust in the health care system are also contributing factors.
- The formation of partnerships with the Public Health Department, SNVMC OB Clinic, opening of the Greater Prince William Community Health Center, the Dumfries and Manassas Midwifery Group, and employing a nurse navigator played a significant role in decreasing the number of pregnant mothers walking-in for delivery with no prenatal care from 29.01 % in 2008 to the present at 10.9%.
- Sentara Northern Virginia Medical Center's (SNVMC) community outreach program, "Every Baby, Every Time!", provides high quality accessible health care to women who do not have health insurance, are unemployed or underemployed, and are at or below 200% of the poverty level.
- This project explores the impact of the Perinatal Nurse Navigator on patient compliance and outcomes of at-risk populations living in the local communities served by SNVMC's prenatal clinic.

CONCLUSION

Evidence indicates the risk of maternal and infant mortality and pregnancy-related complications can be reduced by increasing access to early and continuous prenatal care. The "Every Baby, Every Time!" program increases access and pairs at-risk women with a Perinatal Nurse Navigator to better meet the knowledge and care needs of a vulnerable population.

CONTACT INFORMATION

Megan Clay, MSHI, RN
Partnership Development Director
Sentara Northern Virginia Medical Center
MMCLAY @Sentara.com

Date Crafted: April 2015