

# Advancing Preconception Wellness: Health System Learning Collaborative

Webinar #1

June 30, 2016 | 4PM EST

Dial in : 1-800-371-9219

Participant Code: 6080761

# Agenda

- Welcome and Introductions
- Purpose
- Brief Overview of PCHHC & Available Resources
- Collaborative Timeline
  - Site groupings and dates
- Wrap up



Preconception health Show Your Love supporters

# Welcome & Introductions

- Our Team:

Dan Frayne  
Clinical Director



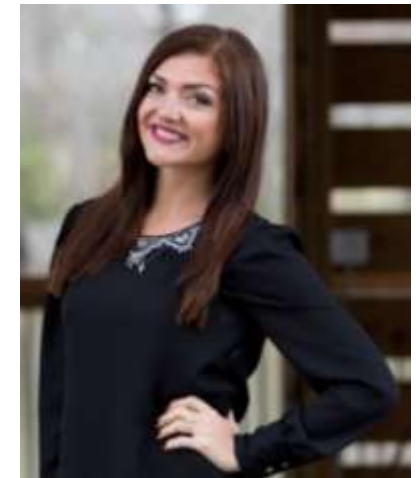
Maggie Adams  
Coordinator



Sarah Verbiest  
Senior Advisor  
@S\_Verbiest



Suzanne Woodward  
Communications  
@SuzyKaye



# Engaged Organizations

1. Alabama State Department of Health, Title V
2. The Providence Community Health Centers (FQHC), RI
3. Ohio State Hospital Association and Ohio Perinatal Quality Collaborative
4. Washington State Hospital Association
5. County Care Health + Cook County Health System, Illinois
6. New York State Department of Health
7. The VA Health System
8. The Shiprock Service Unit (Navajo)
9. Health Share of Oregon
10. Samaritan Health Services, Oregon
11. Mission Health Partners, NC

**Please tell us your Name, Agency & Interest in preconception health**

# Integrating Preconception Health Into Health Care Systems:

- **Aim 1:** Health system leaders see preconception care (PCC) as a driver for achieving the triple aim and quality care / consider PCC to be of value (buy in)
- **Aim 2:** Leaders assess utilizing measures to drive outcomes, improve quality and support program development within their system
- **Aim 3:** Leaders consider and propose possibilities for integrating PCC components into existing system (e.g. adding to CPMs)

# Learning Collaborative Goals

- Share ideas
- Develop and disseminate best practices and strategies
- Define barriers and challenges
- Develop solutions
- **Ultimate goals:**
  - Develop a series of recommendations for system level integration of preconception health
  - At February 2017 in person meeting, draft results for publishing

# INVITATION: PCHHC National Summit



- **Purpose:** Compile strategies for integrating PCC into clinical care, develop a research agenda and share ‘out-of-the box’ ideas
- **Dates:** Monday/Tuesday or Thursday/Friday in late-January or early-February (full day conference)
- **Location:** Will be set in July
- **Share your Ideas:** <https://www.surveymonkey.com/r/TR2QCGJ>

*Our vision: All women and men of reproductive age will achieve optimal health and wellness, fostering a healthy life course for them and any children they may have.*



### Before & Beyond

Healthcare Provider Resource & Training  
More About PCHHC & Partnership Information  
[www.beforeandbeyond.org](http://www.beforeandbeyond.org) | Twitter: [@PCHHC](https://twitter.com/PCHHC)



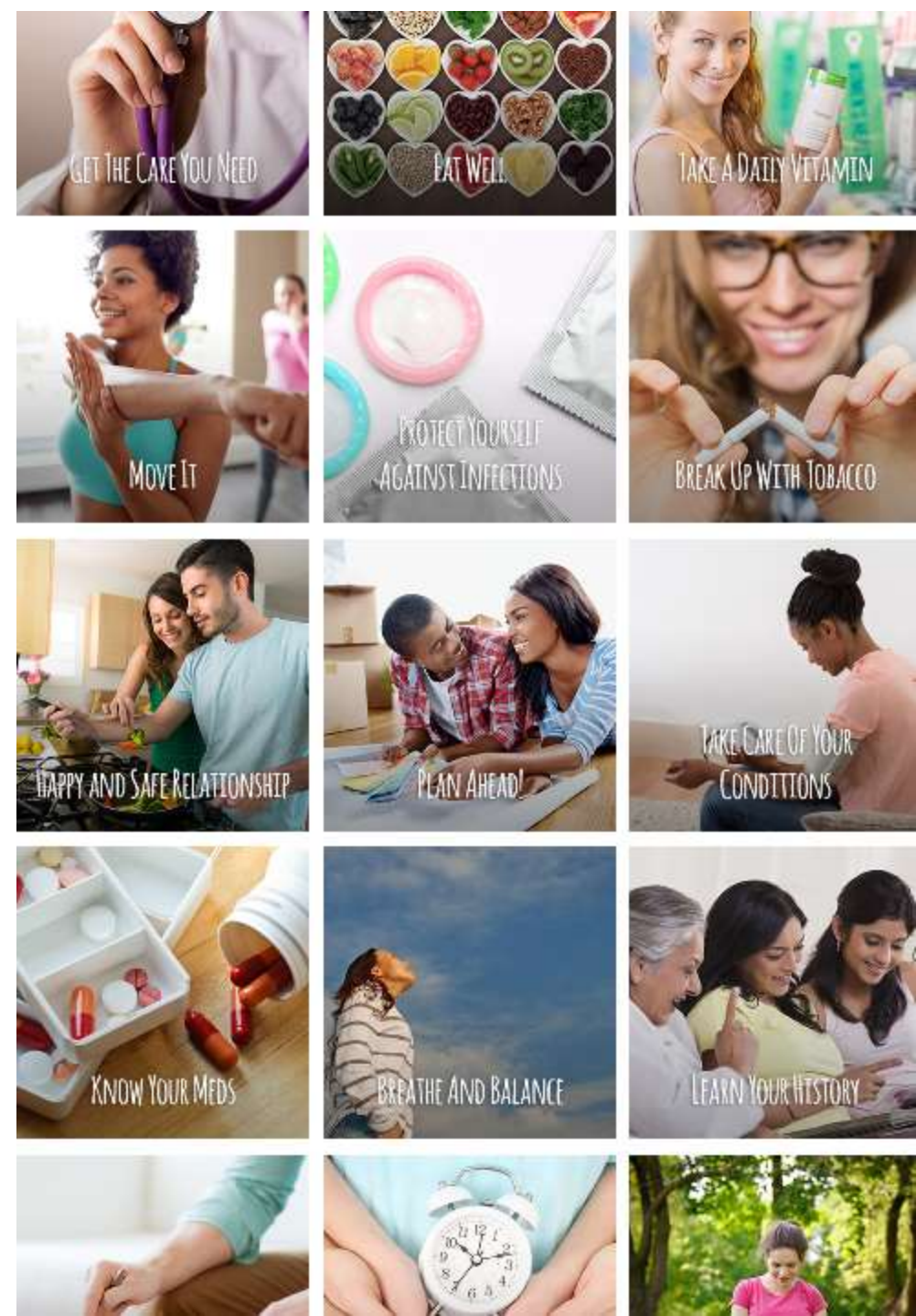
### Show Your Love

First National Consumer Preconception  
Health Resource & Social Campaign  
[www.showyourlovetoday.com](http://www.showyourlovetoday.com) | Twitter: [@SYL\\_Today](https://twitter.com/SYL_Today)



# Consumer Engagement

- Implement awareness campaigns to educate women and men about the importance / content of the well woman visit – create demand
- Create a community of young adults sharing information and resources
- Promote patient/woman driven risk assessments, such as the [Show Your Love checklist](#).
- Wellwomanstory.org focus group research coming this fall



# What We Measure Matters: Clinical Measures for Preconception Wellness

- Intended/planned to become pregnant
- ★ Entered prenatal care in the 1<sup>st</sup> trimester
  - Daily folic acid/multivitamin consumption
- ★ Tobacco free
- ★ Not depressed (mentally well / under treatment)
- ★ Healthy BMI
- ★ Free of sexually transmitted infections
- ★ Optimal blood sugar control
  - Medications (if any) are not teratogenic

No single measure alone is sufficient to describe “preconception wellness”

But taken in aggregate can be a marker of wellness and receipt of quality preconception care

★ Current Quality Measure

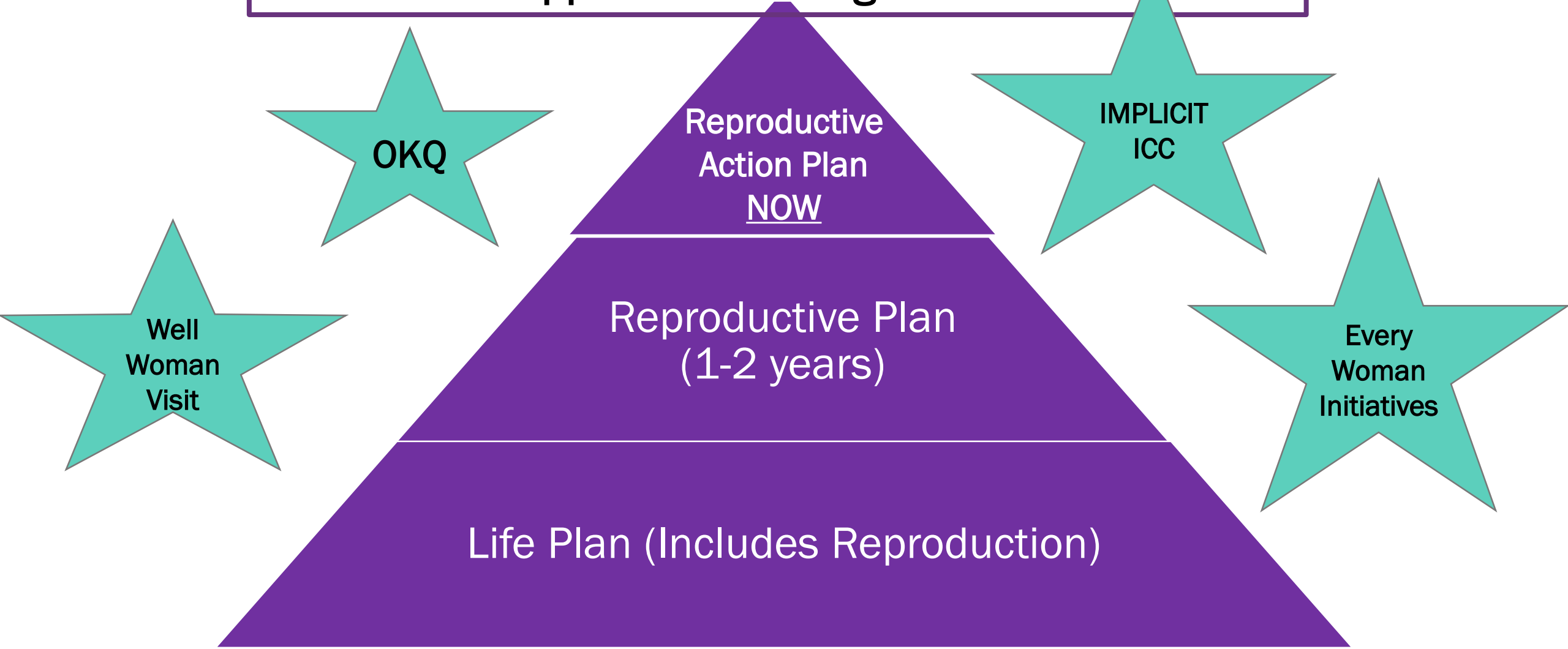
# Preconception measures

- [http://journals.lww.com/greenjournal/Citation/2016/05000/Health\\_Care\\_System\\_Measures\\_to\\_Advance.8.aspx](http://journals.lww.com/greenjournal/Citation/2016/05000/Health_Care_System_Measures_to_Advance.8.aspx)
- Paper includes a table describing each measure, its intent, reported data, target and clinical quality measure crosswalk
- Measures are reported at the first prenatal assessment as a surrogate for preconception wellness



The screenshot displays the journal's homepage with a dark green header. The main title 'OBSTETRICS & GYNECOLOGY' is in large white letters, accompanied by a circular logo on the right. Below the header is a search bar with the text 'Enter Keywords', a dropdown menu for 'All Issues', and a 'Search' button. A navigation bar contains links for 'Home', 'Articles & Issues', 'Published Ahead-of-Print', 'CME', 'Collections', and 'ABOG MOC'. The main content area shows the breadcrumb path: 'Home > May 2016 - Volume 127 - Issue 5 > Health Care System Measures to Advance Preconception Wellness...'. Below this is a navigation bar with '< Previous Abstract | Next Abstract >'. The article information includes: 'Obstetrics & Gynecology: May 2016 - Volume 127 - Issue 5 - p 863-872', 'doi: 10.1097/AOG.0000000000001379', and 'Contents: Consensus Statement'. The article title is 'Health Care System Measures to Advance Preconception Wellness: Consensus Recommendations of the Clinical Workgroup of the National Preconception Health and Health Care Initiative'. The authors listed are: Frayne, Daniel J. MD; Verbiest, Sarah DrPH, MSW; Chelmwow, David MD; Clarke, Heather CNM, DNP; Dunlop, Anne MD; Hosmer, Jennifer MD, MPH; Menard, M. Kathryn MD, MPH; Moos, Merry-K. BSN, MPH; Ramos, Diana MD, MPH; Stuebe, Alison MD, MSc; Zephyrin, Laurie MD, MPH. There is an 'SDC' icon below the authors. The article is marked as an 'Abstract' with a minus sign icon. The beginning of the abstract text is visible: 'Preconception wellness reflects a woman's overall health before conception as a strategy to...'

Reproductive life planning continuum:  
Opportunistic Triage of Risk



# Webinar Structure:

## System level preconception health

- Five 30-45 minute sessions
- 1-3 Individual Site Briefs
  - For Preconception Health, share what your organization is...
    - Working on
    - Thinking about
    - Challenged with
- Facilitated Discussion
  - All collaborative members participate in ideas or solutions
  - Results will be recorded and tabulated

# Collaborative Timeline:

## Suggested site groupings and dates for future webinars

- **July 28, 2016 at 4PM EST: State Organizations**

- *Ohio State Hospital Association and Ohio Perinatal Quality Collaborative*
- *Washington State Hospital Association*
- *Alabama State Department of Health, Title V*
- *NY State Departments of Health*

- **September 15, 2016 at 4PM EST: ACOs and CCOs**

- *Samaritan Health Services (CCO)*
- *Health Share of Oregon (CCO)*
- *Mission Health Partners (ACO)*

# Collaborative Timeline:

## Suggested site groupings and dates for future webinars

- **November 10, 2016 at 4PM EST: MCO and Insurers**
  - *County Care Health + Cook County Health System*
  
- **January 12, 2017 at 4PM EST: FQHCs, VA, and IHS**
  - *The Providence Community Health Centers*
  - *The VA Health System*
  - *Shiprock Service Unit (Navajo)*

# Wrap up

- Questions?
- Comments?
- Feedback?



# PCHHC Newsletter

- Keep current on reports, guidelines, innovative work and ideas around preconception health in the US and beyond
- Want to be included or featured in the PCHHC newsletter? Submit updates, articles, content, suggestions to [SuzanneW@med.unc.edu](mailto:SuzanneW@med.unc.edu).
- To subscribe, send an email to [pchhcnews@gmail.com](mailto:pchhcnews@gmail.com) with Subscribe as the subject line. Or text PCHHC to 22828.



PCHHC Newsletter

July 2015

## Long-Acting Reversible Contraceptives (LARCs) & Preconception Health



The PCHHC supports national public health initiatives that are enhancing healthcare systems in increasing LARC access. Making sure that the full suite of contraceptive methods is available to all women is a critical piece of reproductive life planning. At the same time, we strongly recommend that attempts to increase access are balanced with attention to women's reproductive autonomy. Reproductive autonomy means that women are empowered to make the best choices for themselves, according to their own priorities, and it is crucial in ensuring truly client-centered services. Considering that women who want to access to LARCs still face many barriers, such as availability and provider reimbursement, it may seem counterintuitive to suggest taking a critical look at LARC promotion efforts. Yet, the public health and medical community can best serve women by helping them clarify their priorities with tools like One Key Question



The [Maternal and Child Health Journal](#) is soliciting manuscript submissions for an upcoming themed issue focusing on postpartum health and wellness. Papers on any aspect of postpartum health are welcome, including policy briefs, original research, program implementation, commentaries, perspectives in practices, evaluation, and lit reviews. **Deadline is 10/15/15.**

[Click here for more information about manuscript submissions.](#)

The [Journal of Midwifery & Women's Health](#) is soliciting manuscripts for the 2016 continuing education theme issue on Women's Health across the Lifespan. Submissions on a variety of topics, including preconception care and interconception care, are welcome. **Deadline 8/1/15.** Please send your proposed