

Interventions to Minimize Preterm and Low birth weight Infants using Continuous quality Improvement Techniques



IMPLICIT Network Newsletter

"Preventing prematurity one woman at a time"

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May 2018

Action Steps

Please complete the following Action Steps:

1) Spring Meeting follow up:

- Complete [meeting evaluation](#)
- Review [meeting minutes](#)
- Use [Network's JABFM article](#) for local journal club
- Implement [IMPLICIT ICC Intervention Spectrum](#) and [IMPLICIT ICC Least Intensive Intervention Poster](#)
- Join a Network committee
 - Data Review Team- currently working on ICC Phase 3
 - Scholarly Activity Committee- currently working on developing a research agenda, publishing narrative medicine, presenting at conferences
 - Education committee- currently working on establishing expectations and goals

2) Contact [Kristina Wint](#) if you would like :

- to participate in repeating the baseline survey
- to participate in the next Data Review Team meeting discussing ICC Phase 3 on Wednesday, May 9, 2018 at 5:30PM
- to obtain updated site specific patient education

3) Complete the following Doodle to participate in the next Research Task Force meeting:

- [May Doodle Poll](#)

4) *Save the Dates:*

- **June 20, 2018 at Noon:** IMPLICIT Focus on Building ICC Data Reports facilitated by Dr. Aimee Smith from Mid-Hudson. In preparation, feel free to send any research questions you are interested in studying at your site.
- **November 9-11, 2018:** IMPLICIT Fall 2018 Meeting during the Annual FMEC Meeting in Rye Brook, NY
- **March 29, 2019:** IMPLICIT Spring 2019 Meeting

5) Share your Humans of ICC story with the Network.

If you have news that you would like to include in the newsletter, please email the Network

Network News

IMPLICIT Spring Meeting follow up:

A special thanks to everyone who attended the IMPLICIT Spring 2018 Meeting! We had a great day packed with discussion related to ICC screening, workflows, data, IMPLICIT committees, motivational interviewing, and repeating the baseline survey. Especially if you missed the meeting, feel free to review:

- Agenda
- Meeting slides
- Meeting minutes

If you attended the meeting, please complete the meeting evaluation.



ICC Patient Education:

Are you interested in new ICC patient education at your site? The Network has four new postcards available for sites to customize. If interested, contact Kristina Wint.

Smoking

Although **50%** of women quit smoking while pregnant, **70%-80%** of women start again after birth

Quitting smoking ↓ risk of:

- cancer
- stroke
- heart attack
- lung disease

Women who smoke while pregnant are at an ↑ risk of having a baby born too early and underweight

Mom's smoking can lead to long term childhood health issues like:

- child smoking
- attention-deficit hyperactivity disorder (ADHD)
- childhood obesity

Children exposed to **SECONDHAND SMOKE** are more likely to get:

- ear infections
- lung infections
- asthma
- the flu

& die from **Sudden Infant Death Syndrome (SIDS)**

Depression

Baby blues is a time **3-5 days** after giving birth when mom can feel more annoyed, sad, or confused. She may cry more easily. It can last anywhere from **a few days to 2 weeks** and is **completely normal**

Talk to your doctor if your baby blues lasts longer than 2 weeks

Depression is an **illness** that affects:

- body
- mood
- thoughts

Postpartum Depression is a type of sadness that women can get after giving birth and is **nothing to be ashamed of**

1 in 7 women feel depressed after having a baby

Women who are depressed may not have the **strength or desire to care for themselves or for their baby**

Early **detection and treatment** of mom's depression ↓ risk of **behavioral & mental health problems in children**

Family Planning

Planning time between pregnancies is important to both **mom and each of her children**

Ideal spacing between pregnancies is **18 months** or more

Getting pregnant less than **12 months** after you had your baby will **↑** the risk that the baby will be **born too early**

Talk to your doctor about the best form of birth control for you!

Having more space in-between children gives mom enough time to **recover physically & emotionally** from the previous pregnancy

Birth control is the best way to protect yourself from getting pregnant Types of birth control: **IUD, Implant, Shot, Pill, Patch, Ring**

IUDs & Implants are one of the **most effective** ways to help **↓** the chance of unintended pregnancy and increase the odds of better birth spacing

Multivitamin

Folic Acid is a type of B vitamin that helps our bodies **make new cells, and may prevent heart disease and cancer**

It also helps **prevent birth defects**

Eating a healthy diet, that includes **fruits and vegetables** helps you get the folic acid you need

But the **best** way to make sure you are getting enough folic acid is to **take a multivitamin with folic acid DAILY**

Neural tube defects (NTDs) are birth defects of the **brain & spine**

They can start **days to weeks** after conception, **when many women do not know they are pregnant**

Folic Acid alone reduces the rate of NTDs by 70%

BUT Multivitamins with folic acid reduce the risk of NTDs by **90%**

To help prevent NTDs, women should take a multivitamin with folic acid **DAILY** for at least **1 month** prior to conception

IMPLICIT Focus on Building ICC Data Reports :

Join the Network for the next webinar, IMPLICIT Focus on Building ICC Data Reports facilitated by Dr. Aimee Smith from Mid-Hudson, on June 20, 2018 at Noon. In preparation, feel free to send any research questions you are interested in studying at your site.

JABFM Article:

The Network recently published "[Delivering Interconception Care during Well Child Visits: An IMPLICIT Network Study](#)" in the original research section of Journal American Board of Family Medicine. A special thanks to all of the authors for their hard work: Sukanya Srinivasan, MD, MPH, Lisa Schlar, MD, Stephanie E. Rosener, MD, IBCLC, Daniel J. Frayne, MD, Scott G. Hartman, MD, Michael A. Horst, PhD, MPHS, MS, Jessica L. Brubach, MPA and Stephen Ratcliffe, MD, MSPH.

JABFM
JOURNAL OF THE AMERICAN BOARD OF FAMILY MEDICINE

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Delivering Interconception Care During Well-Child Visits: An IMPLICIT Network Study

Sukanya Srinivasan, MD, MPH, Lisa Schlar, MD, Stephanie E. Rosener, MD, IBCLC, Daniel J. Frayne, MD, Scott G. Hartman, MD, Michael A. Horst, PhD, MPHS, MS, Jessica L. Brubach, MPA and Stephen Ratcliffe, MD, MSPH

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Abstract

Background: Preterm birth, birth defects, and unintended pregnancy are major sources of infant and maternal morbidity, mortality, and associated resource use in American health care. Interconception Care (ICC) is recommended as a strategy to improve birth outcomes by modifying maternal risks between pregnancies, but no established model currently exists. The Interventions to Minimize Preterm and Low Birth Weight Infants through Continuous Improvement Techniques (IMPLICIT) Network developed and implemented a unique approach to ICC by assessing mothers during their baby's well-child visits (WCVs) up to 24 months.

The Journal of Family Practice Article:

Several Network members from the University of Rochester recently published "[A guide to providing wide-ranging care to newborns](#)" in the Journal of Family Practice. They even included a shoutout to IMPLICIT in the sidebar.

Humans of ICC

Heard of [Humans of New York](#)? The Network is excited to launch Humans of ICC, a new campaign to highlight ICC stories. If you would like to be featured in the future, [submit your Humans of ICC story](#).

"Interconception care to me is taking care of the whole family in one visit as much as I can. I think as a mother myself, I recognize the things that change you as a person when you become a mother for the first time, how joyful but stressful it can be. Even my own healthy habits were impacted -in positive and negative ways.

ICC gives you a window to discuss the bigger picture things that are affecting a family. It acts as an entryway, helping us address social determinants of health. For example, the planning of a future pregnancy or not, and the social things that are going on that are contributing to a mothers depression.



The IMPLICIT Network is also a wonderful opportunity to meet with other health care providers who are passionate about the same thing. At the networking meeting, I feel like I end up talking a lot about IMPLICIT, but I also end up talking about all of the sprawling arms that maternal child health initiatives reach into, like centering pregnancy, positive parenting interventions, or just maintaining obstetric practice within family medicine. The meeting is an extra special opportunity to get to network with those people and build your enthusiasm together." -Dr. Heidi Knoll

Scholarly Activity

Participate in Scholarly Activity, represent the Network:

Are you planning on attending any upcoming conferences? Are you looking to represent the Network or submit something related to ICC? [Email the Network!](#)

Research Task Force:

As part of the Scholarly Activity Team, the Network recently convened a Research Task Force to develop a research agenda for the IMPLICIT Interconception Care quality improvement dataset to publish, to inform improvements in model/care outcomes, and to inform funding resource opportunities. If you would like to participate in the final meeting, enter your availability into the following Doodle Poll:

- [May Doodle Poll](#)

Site Updates

Network Status:

Sites have been working very hard to join the IMPLICIT Network, implement ICC, and share data with the Network's aggregate database, REDCap.

- 25 sites in the IMPLICIT Network
- 22 sites have implemented ICC as a standard of care
- 18 sites are sharing ICC data with the Network in REDCap

Check out the following table with a list of each Network site and the site's Network status. Sites are categorized by Active, Active-Not Sharing Data, Emerging, and Affiliate members. Active members have implemented IMPLICIT ICC and are sharing data with the Network. Active-Not Sharing Data members have implemented IMPLICIT ICC but are not sharing data with the Network. Emerging members are in the process of implementation.

IMPLICIT Network Site	State	Site Status
Anthony Jordan Federally Qualified Health Center	NY	Active
Forbes Family Medicine Residency	PA	Active
Hunterdon Medical Center Family Medicine Residency	NJ	Emerging
Institute for Family Health Walton Family Health Center	NY	Active

Institute for Family Health Mid-Hudson Family Medicine Residency	NY	Active
Lancaster General Health Downtown Family Medicine Residency	PA	Active
Lancaster General Health Family Maternity Medicine	PA	Active
Lancaster General Health Twin Rose Health Centers	PA	Active
Lawrence Family Health Center and Family Medicine Residency	MA	Active-Not Sharing Data
Middlesex Hospital and Family Medicine Residency	CT	Active-Not Sharing Data
Mountain Area Health Education Center Family Medicine Residency	NC	Active
New Hanover Family Medicine Residency	NC	Active
United Health Services Wilson Family Medicine Residency	NY	Active-Not Sharing Data
University of Alabama Family Medicine Residency	AL	Active-Not Sharing Data
University of Massachusetts Family Medicine Residency	MA	Active
University of Mississippi Family Medicine and Pediatric Residencies	MS	Active
University of North Carolina Chapel Hill Family Medicine Residency	NC	Emerging
University of Pennsylvania Family Medicine Residency	PA	Active
University of Rochester Family Medicine Residency	NY	Active
University of Pittsburgh Medical Center Williamsport Susquehanna Family Medicine Residency	PA	Active
University of Pittsburgh Medical Center Matilda Theiss Health Center	PA	Active
University of Pittsburgh Medical Center McKeesport Family Medicine Residency	PA	Active
University of Pittsburgh Medical Center Shadyside Family Medicine Residency	PA	Active
University of Pittsburgh Medical Center St. Margaret Family Medicine Residency	PA	Active
Wellspan Work Health Family Medicine Residency	PA	Emerging

[Click here to learn more about the status each site.](#)

IMPLICIT Content

IMPLICIT Interconception Care Toolkit

[learn more](#)



IMPLICIT ICC Toolkit:

The IMPLICIT Interconception Care (ICC) Toolkit has been published! Access the toolkit by visiting www.prematurityprevention.org and clicking "Toolkits". The toolkit is free, although you will need to create a username and password. Be sure to review both the toolkit and appendices. Special thanks to Dan Frayne, Jessica Brubach, and Sue Stigleman for working closely with the March of Dimes to develop this wonderful resource.

Get more involved with the Network, join a Committee:

Thank you to all who replied with interest in Network committees. Below is a list of committee members. Committees will meet quarterly.

Data Review Committee	Scholarly Activity Committee	Leadership Council
<i>Facilitated by <u>Kristina Wint</u></i>	<i>Facilitated by <u>Maha Shafiqat</u></i>	<i>Facilitated by <u>Jess Brubach</u></i>
<ul style="list-style-type: none">• Latonya Beatty• Kayla Krajick• Sam Martin• Lisa Schlar• Aimee Smith	<ul style="list-style-type: none">• Dan Frayne• Scott Hartman• Heidi Knoll• Stephanie Rosener• Sukanya Srinivasan	<ul style="list-style-type: none">• Steve Ratcliffe• Wendy Barr• Mario DeMarco• Dan Frayne• Scott Hartman• Stephanie Rosener• Lisa Schlar• Aimee Smith
<u>DR Committee Expectations</u>	<u>SA Committee Expectations</u>	

IMPLICIT Pregnancy Lite:

Lancaster General Research Institute is working on building the IMPLICIT Pregnancy Lite project in REDCap. [Review the IMPLICIT Pregnancy Lite form.](#)

Pennsylvania Department of Health Collaboration:

A grant with the Pennsylvania Department of Health was fully executed as of January 1, 2016.

- [Review the grant's work statement](#)
 - [Review the Year 1 Quarter 3 Report](#)
 - [Review the Year 1 Quarter 4 Report](#)
 - [Review the Year 1 Annual Report](#)
 - [Review the Year 2 Quarter 1 Report](#)
 - [Review the Year 2 Quarter 2 Report](#)
 - [Review the Year 2 Quarter 3 Report](#)
 - [Review the Year 2 Quarter 4 Report](#)
 - [Review the Year 2 Annual Report](#)
 - [Review the Year 3 Quarter 1 Report](#)
 - [Review the Year 3 Quarter 2 Report](#)
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Upcoming Dates:

[Network Webinars](#)
IMPLICIT Focus on Building ICC Data Reports
June 20, 2018 At Noon

[In-person Meetings](#)
Fall 2018 Meeting
November 9-11, 2018 in Rye Brook, NY

Webinar link:
<http://imeet.com/fmec/implicit>
Audio line: 1-404-602-9526 code: 474426#

Project Related Links:

- [IMPLICIT Google Drive](#)
- [IMPLICIT Network Contact List](#)
- [IMPLICIT ICC Data Forms](#)
- [IMPLICIT Pregnancy Data Forms](#)
- [IMPLICIT Pregnancy Data Forms \(REDCap\)](#)
- [IMPLICIT Pregnancy Lite Data Forms](#)
- [IMPLICIT ICC Evidence Based Summary](#)

Learn more about caring for women and children

Lancet

The Lancet recently published a series on Preconception health. Review the series [here](#).

Additional support for maternal screening:

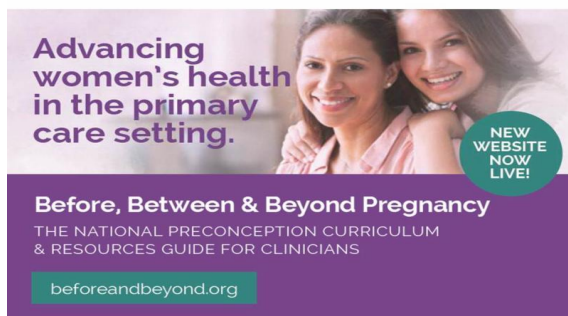
Some states are reimbursing for maternal depression screening during well child visits under the child's Medicaid number. [Learn more about how this impacts sites in the Network.](#)

Additional support from maternal screening during pediatric visits:

- Annals of Family Medicine Publication: **[Interconception Care for Mothers During Well-Child Visits With Family Physicians: An IMPLICIT Network Study](#)**
- American Academy of Pediatrics: **[CPT code changes for health risk assessments](#)**
- CMS Medicaid brief: **[Maternal Depression Screening and Treatment: A Critical Role for Medicaid in the Care of Mothers and Children](#)**
- Georgetown University Health Policy Institute Center for Children and Families report: **[Medicaid Expansion Promotes Children's Development and Family Success by Treating Maternal Depression](#)**
- Georgetown University Health Policy Institute Center for Children and Families article: **[States Try Innovative Approaches to Identify and Treat Maternal Depression](#)**
- Hartford Courant: **[Mental Health Screening For New Moms](#)**

National Preconception Health and Health Care Initiative:

If you are looking for more information regarding preconception health, please visit the [National Preconception Health and Health Care Initiative's website](#). The clinical toolkit is a great resource to help providers meet patients' needs and incorporate preconception health into the routine care of women of childbearing age.

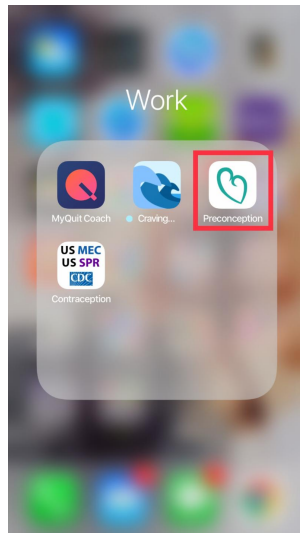
**Preconception App:**

There is a new app available to help guide clinicians on the key elements of preconception care. A quick snapshot of what to do...great teaching tool and can be used in the moment in

the room!

This app is written and intended for practicing clinicians like family physicians, pediatricians, internists, and OB-gyns; for resident physician trainees; and for medical students.

Check it out: <https://itunes.apple.com/us/app/preconception-care-quick-ref/id1318249714?mt=8>



A special thanks to Dr. Josh Steinberg (The family doc app guru) and Dr. Dan Frayne for working on this great initiative.

IMPLICIT Network Team:

Need help at your site? Have questions about IMPLICIT or ICC? Contact your Network support for assistance:



Jessica Brubach
Network Manager

- Manages IMPLICIT Network
- Oversees ICC at UPMC
- Supports Network sites outside of PA



Maha Shafqat
PA Project Coordinator

- Coordinates ICC at LGH
- Supports Network sites in Eastern PA



Kristina Wint
Practice Facilitator

- Enhances ICC at UPMC
- Provides case management to move beyond screening rates
- Supports Network sites in Western PA

[Visit IMPLICIT's website](#)

[Contact IMPLICIT](#)

