

BMCH Combined Training

Bureau of Maternal and Child Health Case
Management Programs



Community Health Training Center

BMCH Case Management Combined Training

Day 1

- **Morning:** Welcome, Intro, Icebreaker, Case Management, BMCH, and Prenatal
- **Afternoon:** DHS Website Navigation and Cornerstone Application for Pregnant Individual

WELCOME

Introductions of Trainers and Attendees

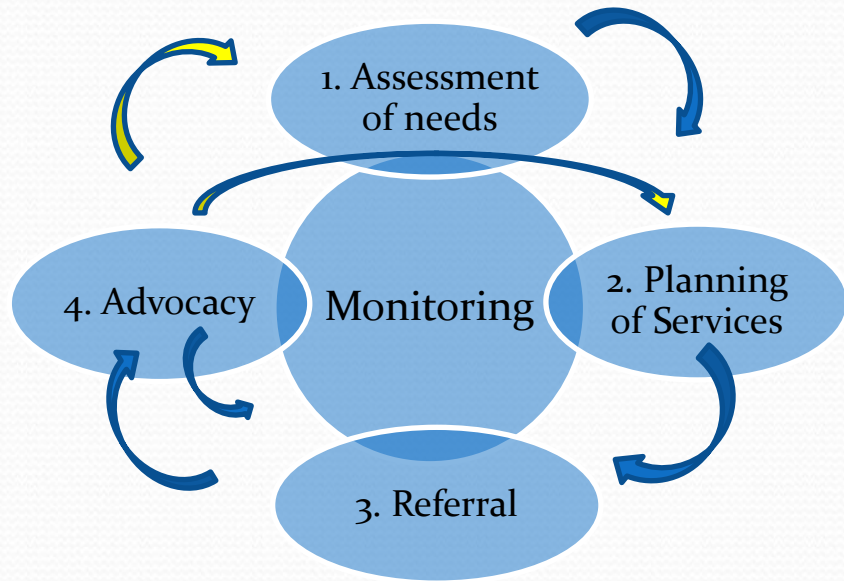
Icebreaker

Lisa Jones RN

Missy Harrison RN

- Mechanism
 - Coordinate
 - Assure Services

- Involves:



What is
Case
Management?

IDHS



**Bureau of Maternal and
Child Health**

Case Management Programs

Definition of Terms

Important to understand the Programs

Infant Mortality

Infant Morbidity

Premature

Low Birth Weight

Very Low Birth Weight

Pregnancy Outcomes

BMCH Case Management Programs

- ❖ Family Case Management (FCM)
- ❖ Better Birth Outcome (BBO)
- ❖ High Risk Infant Follow-Up (HRIF)

Description	FCM	BBO	HRIF
Clients	Pregnant Postpartum Infant (0-12 months)	Pregnant	Child (0-2 years)
Income	Low Income (200% below Poverty)	Any	Any
Face to Face	Pregnant = 3 Postpartum = 2 Infant = 4	Monthly	6
Home Visit	Pregnant = 1 Infant = 1	1 per trimester =3	1

BMCH Case Management Programs

Legislation

- Illinois General Assembly
 - Illinois Compiled Statutes (ILC)
 - **410 ILCS 212/1**
 - This Act may be cited as the Illinois Family Case Management Act
- Illinois Administrative Code
 - Joint Commission Administrative Code (JCAR)
 - **JCAR 630 Maternal and Child Health Services Code**
 - **Section 630.220 Outreach and Case Management**

Funding Source

- General Revenue Fund (GRF)
 - Taxes from the State of Illinois
- Social Services Block Grant (SSBG)
- Federal source
- [Illinois General Assembly](#)
- <https://www.ilga.gov/commission/jcar/admincode/077/...>



What is *your* role?

Roles of the Case Manager

- Learn to accept responsibility of own lifestyle
- Promote client and caregiver's own health
- Enhance client's and caregiver's strengths and resources

SUCCESSFUL Case Management:

- Educate
- Facilitate
- Coordinate
- Follow-Up
- Schedule Assist
- Assess
- Advocate

“Start by doing what's necessary;
Then do what's possible; and
Suddenly you are doing the
impossible”

St. Francis of Assisi

Types of Agencies or Providers

- County Health Departments (CHD)
- Federally Qualified Health Centers (FQHC)
- Community Based Organizations (CBO)



Any Questions?

Process of Case Management

Pregnant Client in FCM and BBO

Process

Case Management



Client Identification or Outreach



Assessment and Diagnosis



Services Planning and Resource Identification



Linking Client to Services and Coordination



Monitoring Services



Advocacy



Evaluation

1. CLIENT IDENTIFICATION AND OUTREACH



**Case Finding List in
Cornerstone HSPR0724**



Outreach

*CONSENTS



**Cornerstone
HIPAA
ROI**

[CstoneInformedConsentEnglish.pdf \(state.il.us\)](#)

Cornerstone Consent

STATE OF ILLINOIS
CORNERSTONE
CORNERSTONE INFORMED CONSENT FORM

Name of Participant: _____

Last Name _____

First Name _____

Middle Initial _____

Date of Birth (Month/Day/Year) _____

Male

Female

Participant's ID Number _____

It is important that you read the following. If there is anything that you do not understand, or if you have any questions, be sure to ASK.

Welcome to Cornerstone, a system that collects data on a wide range of health care services to individuals. These services include WIC (Women, Infants and Children); Immunizations; Case Management; Prenatal and Postpartum Care; Pediatric Primary Care; Early Intervention; Breast and Cervical Cancer; Diabetes Control; Healthy Families Illinois; and Family Health History Questionnaire/Genetics.

We are asking for permission to collect information about the participant and store it in a centralized computer system maintained by the Illinois Department of Human Services and Public Health. Based on the information collected during the enrollment or registration process, we will determine whether you need further service. Only those authorized health care professionals with a direct need to know about you will have access to this information. Information may be released for service authorization, audit, and evaluation purposes. Necessary information, without any client's name, will be sent to federal agencies that fund these programs.

By signing this consent form, you agree to allow certain information to be collected by this agency/clinic. The person(s) receiving this information has a legal and ethical duty to keep the information confidential and private, and not release it to anyone else without your written permission unless the law allows it.

- A. I authorize _____ (Cornerstone site) to collect information during the enrollment/registration process.
- B. This authorization covers all the medical, social and financial information about the participant, including: participant background and demographic information; health visit information; medical and developmental history; prenatal; birth, and postpartum data; infant/child visit data; immunization records; participant risks; problems or factors that prevent the participant from receiving proper medical care; appointments made and services received; goals and care plan; WIC food packages; program information; information required by the federal Maternal and Child Health Block Grant Program; and Early Intervention. Any information you do not want released should be written in Part D.
- C. This authorization also covers information about mental health, AIDS, HIV, sexually transmissible diseases, alcoholism, and drug use which may be reported by me. I understand that I am not required to report or discuss those matters with anybody.
- D. The following information I do NOT want to be shared;
- E. I am making this consent within the limits of my legal authority. I understand that I may revoke this consent orally or in writing at any time, but that revoking this consent will not cancel what was done before I revoked it. I also understand and agree not to hold the Illinois Department of Human Services and Public Health liable for the release of any information about me in accordance with the terms of this consent form.
- F. A photostatic copy/facsimile of this consent will be as valid as the original.

For Child Participant:

For Adult Participant:

OR

Signature of parent/legal guardian/caretaker/Date _____

Signature of adult participant/Date _____

Signature of Witness: _____

Date: _____

Pregnant Clients for FCM & BBO



PRENATAL

Definition of Terms



- **EDD** (Estimated Date of Delivery)
- **EDC** (Estimated date of confinement)
- **LMP** (Last menstrual period)
- **Fetus** (8 weeks after fertilization)
- **Gestational Age** (Far along that the participant is pregnant)
- **Trimester** (3 months period pregnancy)
- **4th Trimester**- First 3 months after birth

How would you know you are
PREGNANT?



First Trimester of Pregnancy

1st week to end of 13th week of gestation



1st Trimester

First Trimester Pregnancy

The first trimester is counted from the **first day of a woman's last period**, although she is not pregnant until ovulation, which typically happens mid cycle.



WEEKS

MOTHER

BABY

1 - 12

Early Pregnancy Symptoms:

- Morning sickness
- Mood swings
- Tender breasts
- Frequent urination

Risks:

- Ectopic pregnancy
- Miscarriage
- Neural tube defects

Key Points:

- Take prenatal vitamins

Milestones:

- Neural tube forms
- Embryo visible on ultrasound at 5 weeks
- Heartbeat detected at 8 weeks
- First organs develop

Weight & Length:

- 1/4" → 2.9" and 0.8 oz.

2. ASSESSMENTS FOR THE PREGNANT CLIENT

701

- Support System
- Employment
- Education
- Safety
- Transportation
- Healthcare Provider
- Culture/Language

711

Prenatal Care	Education
Support System	Housing/Safety
Medical Condition	Nutrition
Mental Health	Employment
Substance Abuse	Legal Issues
Smoking	

Assessments could be the needs or the barriers for the client.

Better Birth Outcomes Assessments

- 700- General Questions 1-40
- 701- Other Service Barriers
- 703- Psychosocial Stress
- 704- Alcohol/Substance Abuse
- 705- Violence
- 707G- Risk Assessment
- 706- Home Assessment



Prenatal Care

Prenatal Care

March of Dimes recommends women schedule 1st prenatal care visit as soon as they think they might be pregnant.



Prenatal care. (n.d.). www.marchofdimes.org. Retrieved June 2, 2023, from <https://onprem.marchofdimes.org/pregnancy/prenatal-care.aspx>

Prenatal Care

The Department Recommends:

- Individual topics be discussed based on the client's knowledge and needs at the time
- Curriculum be administered based on client engagement and relationship building
- Use motivational interviewing techniques
- Required documentation be entered in Cornerstone at every face-to-face



Prenatal Care cont...



Text4baby topics include:

- Nutrition for you and your baby
- Safe sleep tips
- Baby's milestones
- Signs and symptoms of labor
- Doctor visit and appointment reminders for you and your baby
- Breastfeeding advice
- Car seat safety
- Information on health insurance
- Urgent health alerts
- Resource hotlines and websites

Early Prenatal Care is Necessary to promote healthiest outcomes possible:

- Birth Defects
- Early labor/preterm birth
- Low Birth Weight



Who should provide Prenatal Care?



**Obstetrician/Gynecologist
(OB/GYN) with admitting
privileges at a birth center**



**Nurse Practitioner
under the direction
of an OB/GYN**



**Certified Nurse
Midwife**

Tests done early in Pregnancy

- Complete Blood Count (CBC)
- Blood type and Rh factor
- Urinalysis (UA)
- Urine culture (C&S)
- Rubella

Tests done early in Pregnancy

- Hepatitis B and Hepatitis C
- Sexually Transmitted Infections (STIs)
- Human Immunodeficiency Virus (HIV)
- Tuberculosis (TB)
- Ultrasound
- See the Dentist
- Glucose screening Between weeks 24 and 28



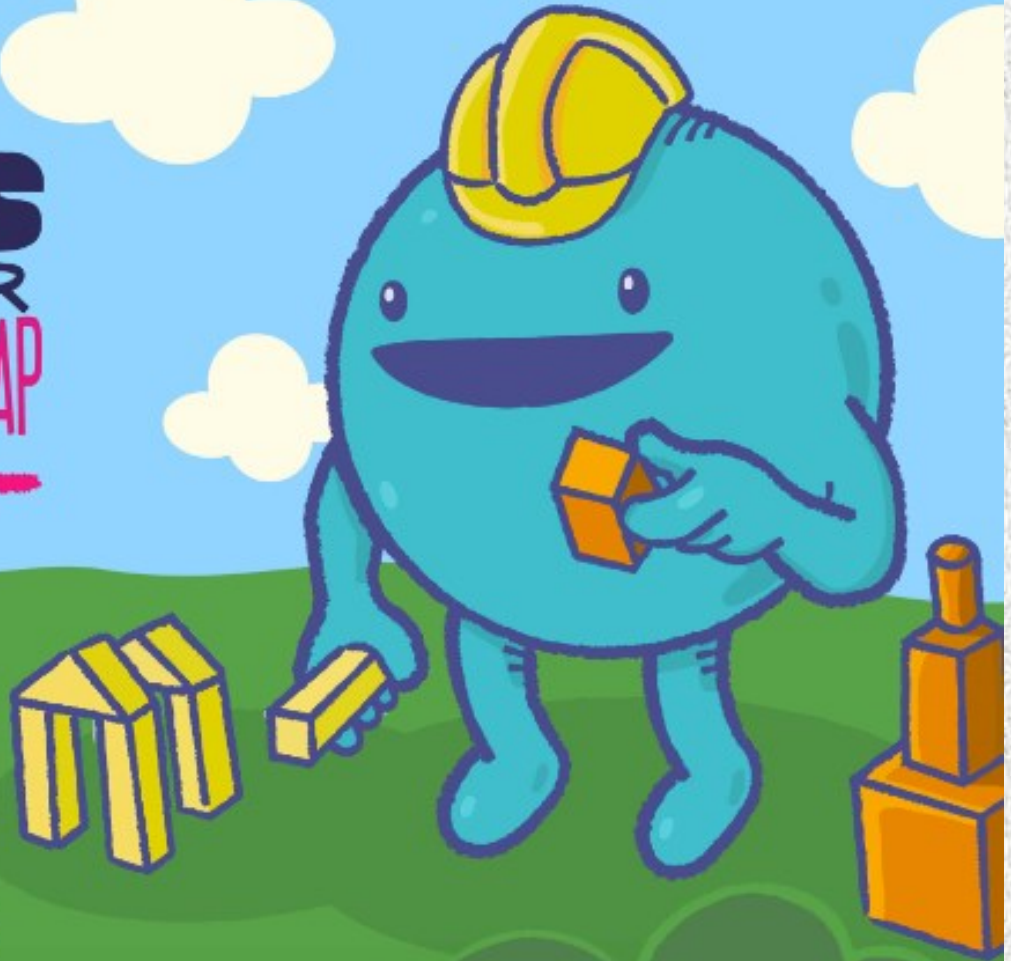
15 Minute Break



Support System

ILLINOIS
CARES FOR
KIDS.ORG/CCAP

**Affordable
child care
builds bright
futures.**



<https://www.illinoiscaresforkids.org/>



Medical Concerns in pregnancy

Medical Conditions

Diabetes Mellitus:



- Pancreas secretes insulin to regulate Sugar/Glucose level
- Our brain survives on Oxygen and Glucose *in balance*
- Baby's developing brain needs adequate Glucose levels



Preeclampsia

Preeclampsia happens when a woman who previously had normal blood pressure suddenly develops high blood pressure* and protein in her urine or other problems after 20 weeks of pregnancy.

Symptoms of preeclampsia include:

- A headache that will not go away
- Changes in vision, including blurry vision, seeing spots, or having changes in eyesight
- Pain in the upper stomach area
- Nausea or vomiting

Medical Conditions, continued...

Seizure Disorder:

- ❖ Several factors have been suggested as possible triggers for these seizures, including hormone changes, water and sodium retention, stress, and decreasing blood levels of antiepileptic medications.
 - ❖ Meds can cause problems with pregnancy/baby
 - ❖ Mom having seizures can take away oxygen from baby
 - ❖ In 15% to 30% of women, there may be an **increase** in seizure frequency, most often in the first or third trimester.
- * These risks from a seizure include trauma from falls or burns, increased risk of premature labor, miscarriages, and lowering of the fetal heart rate.



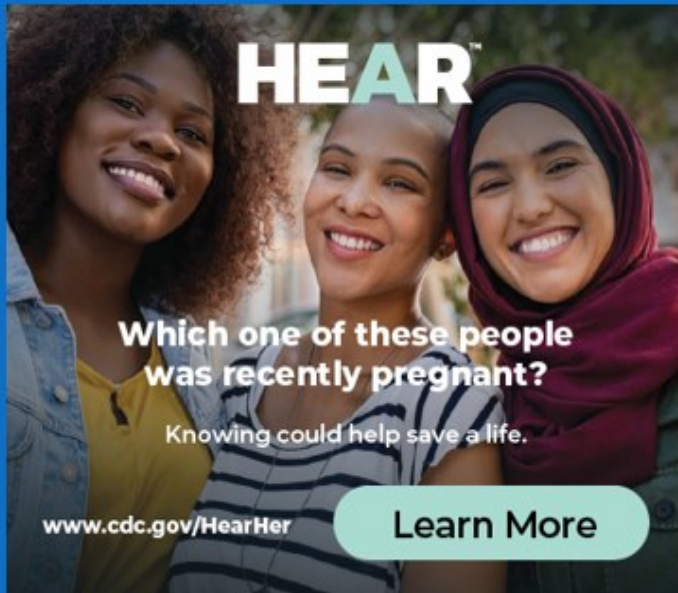
ACOG FAQs

- *How to Prevent Sexually Transmitted Infections (STIs)*
- *HIV and Pregnancy*
- *Chlamydia, Gonorrhea, and Syphilis*
- *Group B Strep and Pregnancy*
- *Hepatitis B and Hepatitis C in Pregnancy*
- *The Flu Vaccine and Pregnancy*
- *COVID-19, Pregnancy, Childbirth, and Breastfeeding: answers from the Ob-Gyns*

Hear Her Campaign

HEAR HER Campaign

Supports CDC's efforts to prevent pregnancy-related deaths by sharing potentially live-saving messages about urgent warning signs.



HEAR™

Which one of these people was recently pregnant?
Knowing could help save a life.

www.cdc.gov/HearHer

[Learn More](#)



Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:

-  Headache that won't go away or gets worse over time
-  Dizziness or fainting
-  Changes in your vision
-  Fever of 100.4° F or higher
-  Extreme swelling of your hands or face
-  Thoughts of harming yourself or your baby
-  Trouble breathing
-  Chest pain or fast beating heart
-  Severe nausea and throwing up
-  Severe belly pain that doesn't go away
-  Baby's movement stopping or slowing during pregnancy
-  Severe swelling, redness or pain of your leg or arm
-  Vaginal bleeding or fluid leaking during pregnancy
-  Heavy vaginal bleeding or discharge after pregnancy
-  Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at www.cdc.gov/HearHer



This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.

High Risk Behaviors

Unprotected Sexual Behavior: AIDS/HIV, Gonorrhea, Chlamydia, Syphilis, Herpes, Human Papilloma Virus, Hepatitis...
Bacterial Vaginosis—not an STD

Possible Effect on Baby:


Gonococcal ophthalmia

Chlamydia pneumonia

Syphilis transfer to baby—developmental abnormalities or fetal death

Herpes transfer to baby—brain damage, eye problems

Hepatitis transfer to baby



Smoking and Substance Abuse

Smoking/Substance Abuse



High Risk Behaviors affect Pregnancy and Baby

Smoking= *PTB, LBW*

Respiratory and ear infections

Sudden Unexpected Infant Death (SUID)

(Formerly referred to as SIDS)

Alcohol= NO safe amt or time in pregnancy

Birth defects, Brain damage,

Fetal Alcohol Spectrum Disorder (FASD)

Drugs= Meds, illicit, energy: *fetal death, preterm birth, brain damage, irritable/fussy/inconsolable babies, behavioral problems*

Housing/Safety

Other concerns during pregnancy

Lead Exposure



Mercury Exposure



**Household chemicals, cleaners, kitty litter
uncooked meats**





Community Violence

- Over half of U.S. homicides in 2020 occurred among ages 15 – 34
- 1.4 million people are treated for assault in emergency departments
- Communities of color are at greater risk for homicide.

CDC. (2021, October 19). Community Violence Prevention | Violence Prevention | Injury Center | CDC. [www.cdc.gov](https://www.cdc.gov/violenceprevention/communityviolence/index.html).
<https://www.cdc.gov/violenceprevention/communityviolence/index.html>



A SAFE BABY, IS A HAPPY BABY!

FOLLOW THE
A B C'S
OF SAFE SLEEP

Alone on **B**ack in a
Crib in a **S**moke-Free
Environment

To learn more,
call
1.630.541.3901



www.sidsillinois.org



SIDS of IL, Inc.



@SIDSoIllinois



@sidsillinoisinc

ABC'S Safe Sleep

- **A**lone - one baby per crib
- On **B**ack - placed on back for every sleep for the first year of life
- In a safe **C**rib, Bassinet, or Portable Play Yard
- In a **S**moke - Free Environment Room-share with your baby, do not bed share
 - ❖ Use a firm crib mattress with a fitted sheet
 - ❖ Do not share a sleeping surface with baby
 - ❖ Use a wearable blanket (e.g., sleep sack) to keep baby warm - do not use blankets, quilts or loose bedding
 - ❖ Breastfeeding is recommended over formula, but **Breastfed IS BEST!**
 - ❖ Ask your doctor or nurse for advice about safe sleep for your baby; not grandmother or other mothers.
 - ❖ Times have changed and so has advice!

Project Safe Sleep

- Offers criбетtes to those in need of a safe place for baby to sleep
- Applications to receive a criбетte available at: [Crib Referral \(sidsillinois.org\)](http://sidsillinois.org)
- BCBS Medicaid clients can receive a criбетte through SIDS of IL's "Special Beginnings" program
- Meridian Insurance has its own criбет program; clients must call their provider to request a criбет
- Uninsured, underinsured, or undocumented can apply for a criбетte at the above link.



ILHousingSearch.org



This is a free, online resource for renters and property providers in Illinois.



Search for affordable, accessible, and market-rate housing that will fit your needs and budget.



Nutrition

Nutrition



My Plate for Pregnant/Breastfeeding Women:

- Healthy Foods
- Food plan
- Seafood
- Supplements
- Food Safety
- Alcohol use

Nutrition

Pamphlets from IDHS:

- *Folic Acid*
- *Calcium and Vitamin D*
- *Illinois WIC and Senior Farmers' Market Nutrition*
- *If You Are Applying for SNAP*
- *Supplemental Nutrition Assistance Program*
- *The Emergency Food Program*
- *Well Fed Means Less Lead*



Employment

Employment and Maternity Leave

- ❑ Benefits
- ❑ FMLA
- ❑ No Time off





Legal Concerns

Some Facts about Domestic Violence and Pregnancy

- Homicide is the leading cause of death among pregnant women in the United States
- 50 – 75% of women abused before pregnancy are abused during pregnancy
- It's estimated that up to 20% of pregnant women whom experience violence during their pregnancy, making it more common than gestational diabetes, preeclampsia
- 77% of pregnant homicide victims are killed early in the pregnancy
- Women with unintended pregnancies are 2 to 4 times more likely to experience physical violence than women with planned pregnancies
- Pregnant adolescents (ages 13-17) have an elevated risk of violence from their partners when compared with pregnant adults (18+)

Fact Sheet: Domestic Violence and Pregnancy. (n.d.). VAWnet.org. <https://vawnet.org/material/fact-sheet-domestic-violence-and-pregnancy>

We are dedicated to assisting Illinois residents to live free from domestic violence, promoting prevention and working in partnership with communities in advancing equality, dignity and respect for all.

What is domestic violence?

Domestic violence happens in families or close relationships when one person tries to control the other person by:

- physical abuse such as hitting, kicking, choking, burning or shaking.
- verbal abuse such as name calling, yelling, blaming, insults.
- sexual abuse such as rape or attempted rape, unwanted sexual touching, unsafe sex or refusal to use birth control.
- emotional abuse such as isolation, intimidation, possessiveness, manipulation.
- property or economic abuse such as destroying property, hurting pets, taking money.

For more information:
Call or visit your Illinois Department of Human Services office.

If you have questions about any Illinois Department of Human Services (IDHS) program, call or visit your local IDHS office. We will answer your questions. If you do not know where your local office is or if you are unable to go there, you may call the automated helpline 24 hours a day at:

1-800-843-6154
1-800-447-6404 (TTY)

You may speak to a representative between: **8:00 a.m. - 5:00 p.m., Monday - Friday** (except state holidays)

For answers to your questions, you may also write: **Illinois Department of Human Services, Bureau of Customer Support and Services, 100 South Grand Avenue East, 2nd Floor, Springfield, Illinois 62762**

Visit our website at: **www.dhs.state.il.us**



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Domestic Violence
Prevention and Intervention Programs

All people should be safe from harm.



IDHS Handout

Domestic Violence; Prevention and Intervention Programs (DHS 4711)



There is No excuse for domestic violence. It is everyone's business.

Why care about domestic violence?

- It can happen to anyone - regardless of their age, race, gender, education, religion, marital status, sexual orientation, physical ability, status of money.
- It happens most often to women.
- A woman is abused every nine seconds in this country.
- A child who grows up in a violent home is more likely to abuse others or to become a victim as an adult.
- Approximately one in three adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner - a figure that far exceeds victimization rates for other types of violence affecting youth.
- The cost of domestic violence exceeds \$5.8 billion each year, \$4.1 billion of which is for direct medical and mental health services.
- It is a CRIME.

What kind of help is available?

Services

The Illinois Department of Human Services (IDHS) funds multi-service domestic violence programs throughout the state.

The state-funded programs provide:

- 24-hour crisis hotlines to provide support, information and referral.
- counseling and advocacy;
- help in seeking legal remedies such as orders of protection and court advocacy;
- children's services;
- shelter.

There is no charge for domestic violence victim services.

Help is completely confidential.

To locate a domestic violence provider call: **Illinois Domestic Violence Help Line 1-877-7C-END DV (1-877-863-6336) Voice 1-877-863-6336 TTY**

Prevention

Community Outreach

Domestic violence programs provide prevention services such as anti-violence programs in schools, professional training to health care professionals and law enforcement and media outreach/campaigns.

Partner Abuse Intervention

IDHS also funds Partner Abuse Intervention Programs throughout the state. The programs work to reduce and prevent domestic violence. They offer education to help abusers:

- understand the behaviors that lead to violence;
- take responsibility for their actions; and
- learn non-violent ways of communicating.

To locate a Partner Abuse Intervention Program call the Illinois Domestic Violence Help Line: **1-877-7C-END DV (1-877-863-6336) voice or 1-877-863-6336 TTY**

About
1 in 3 and **1 in 4**
women men



report having experienced
severe physical violence
from an intimate partner
in their lifetime.

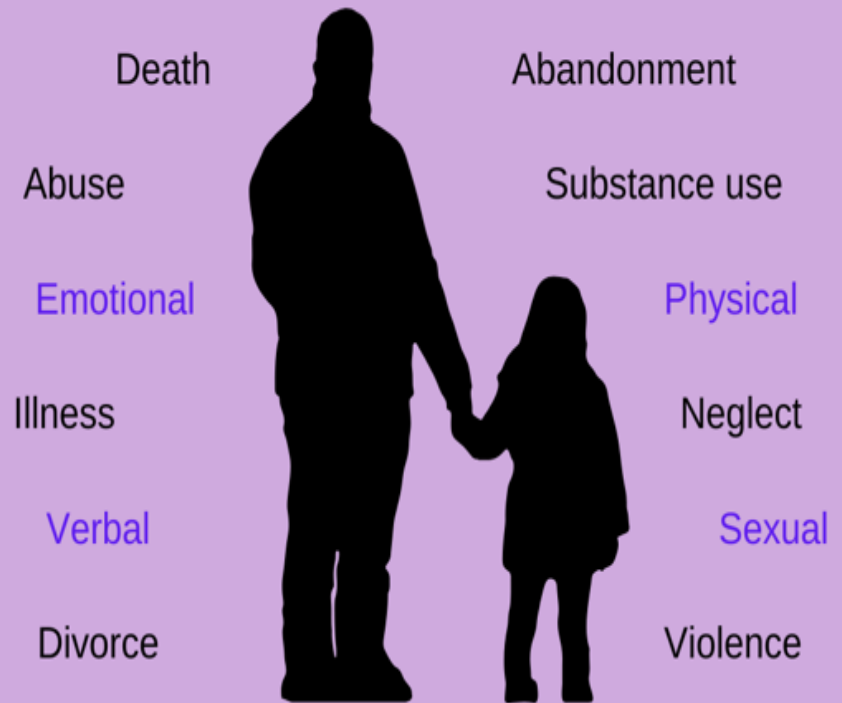
Intimate Partner Violence (IPV)

- 1 in 4 women and 1 in 10 men experience contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime
- 26% of women and 15% of men who are among victims of IPV experience before the age of 18

Between 2011 and 2020

- 64% reported experiencing at least one type of ACE
- 17% reported experiencing 4 or more types of ACEs
- Groups most likely to have experienced ACEs:
 - Non-Hispanic, American Indian or Alaskan Native and multiracial people
 - Less than high school education
 - Earning less than \$15k per year
 - Unemployed or unable to work
 - LBGTQ+

Adverse Childhood Events





Education

Level of Education



Barriers to Education

GED/Under-Educated

Illiteracy

School Responsibilities

Childcare

Transportation



Transportation

Client Transportation



Illinois Medicaid Managed Care Consumer Benefits Transportation Toolkit

On Behalf of Aetna Better Health of Illinois

1 Health Plan Numbers to Set Up Non-Emergency Rides to Healthcare in Advance



Medicaid and DCFS Youth - (866) 913-1265
Special Needs Children - (866) 913-5796
Managed Long Term Services and Supports (MLTSS) - (866) 913-1441
Medicare-Medicaid Alignment Initiative (MMAI): (866) 600-2139

2 Website to Schedule Rides



Member login link to schedule and manage trips: <https://member.modivcare.com/en/login>

Aetna also has a Member App to schedule / manage trips. It is available on the **App Store** and **Google Play**. Just search "**ModivCare**"

3 Additional Rides That May be Covered

Rides to the grocery store



Rides to get diabetes supplies and education

Rides to Aetna-Sponsored Events



4 Scheduling Policies



Please call these numbers **48 hours before** your appointment to set up a ride or a **standing order**.

Remember to Plan Ahead

When you book your ride, make sure to talk to your health plan about any needs for the ride. This could include bringing extra people.

VI-08/2022

How do I find out if a health care service or benefit is covered?

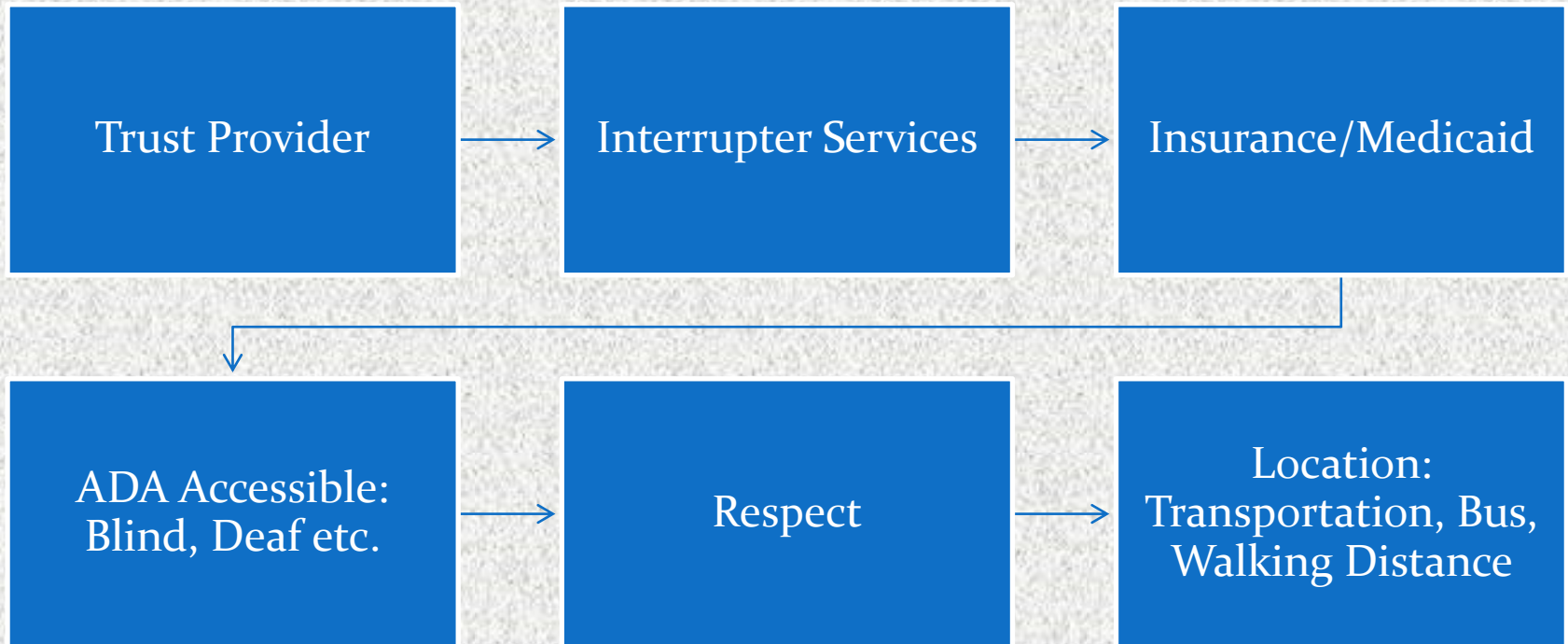
To find out if a health service or benefit is covered, call Aetna Member Services at (866) 329-4701 or view the **Aetna Member Handbook here**.

If you are having an emergency, call 911.



Healthcare Provider

WHAT TO LOOK FOR IN A PROVIDER





Culture/ Language Barrier

Paying attention to Culture

Cultural beliefs are important to clients



No culture is exactly the same



Encourage participants to share beliefs and family traditions about pregnancy

Language Barriers

Lead to miscommunication between Case Managers and Participant's

- ✓ Bilingual staff
- ✓ Interpreter line
- ✓ Family Member (if no other option is available)

Second Trimester of Pregnancy

14th week to end of 27th week and 6 days of gestation



2nd Trimester

Second Trimester Pregnancy

Second trimester of pregnancy is usually the **least burdensome** of the three with women starting to look expectant and experiencing the pregnancy glow.



WEEKS

MOTHER

BABY

13 - 27

Mid Pregnancy Symptoms:

- Most symptoms lessen
- Body aches
- Dental problems

Risks:

- Miscarriage risks lowers
- Gestational diabetes

Key Points:

- Stay active & eat healthily

Milestones:

- First movements (quickening)
- Lanugo covers the skin
- Organs continue maturing
- Gender reveal at 18-20 weeks

Weight & Length:

- 3.4" and 1.5 oz. → 14" and 1.7 lbs.



Mental Health Concerns

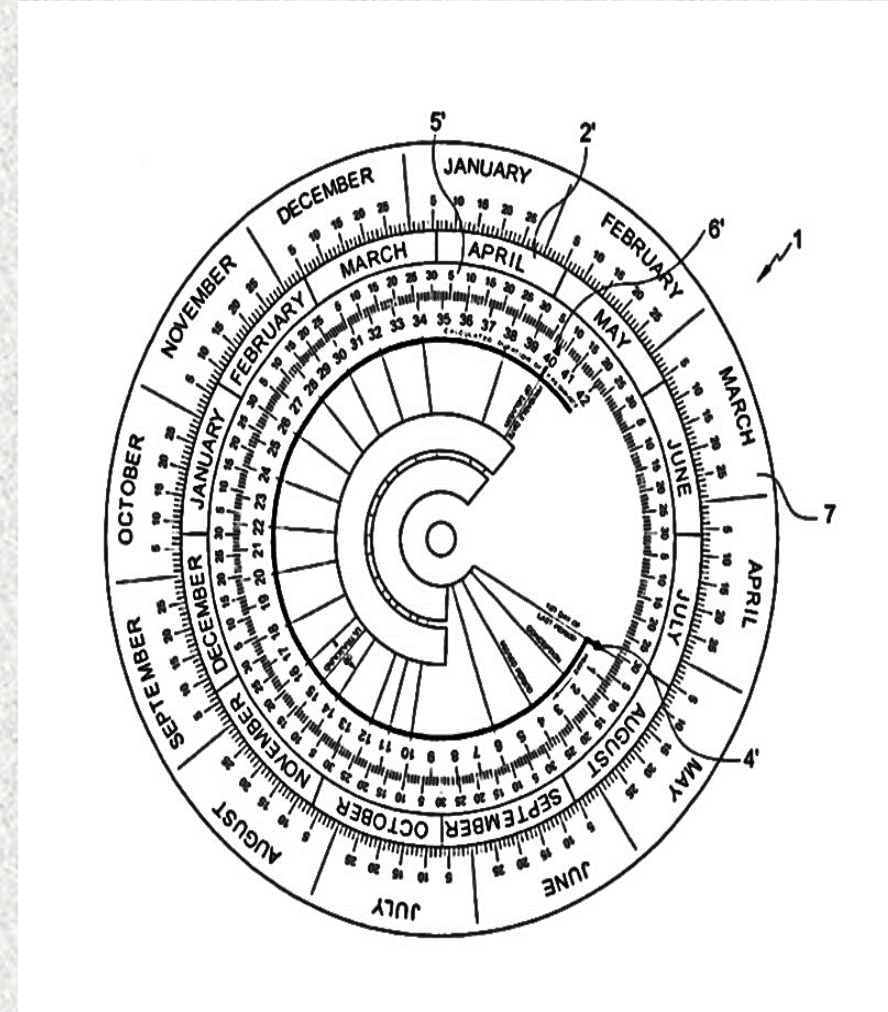
Perinatal Depression

If more than two weeks of symptoms or any of the below

- Can last months to years if not treated
- **Due to lack of support and other stressors**
- **Strong association** with mood disorders
- Sad & Tearful and **Almost always** have sleep disturbance
 - **Big red flag...**
 - **Having suicidal thoughts**

Prenatal Depression Screening

Edinburgh
825 > 20 weeks



Stress Management

- Recognized you're becoming stressed
- Take a calming moment
- Bring your senses to the rescue
- Look for humor
- Be willing to compromise
- Agree to disagree

The Why, What & How of Effective Participant Communications Effective Communication Skills Overview. (n.d.). <https://cppr-institute-prod.s3.amazonaws.com/modules/module4/iapi/01.%20Effective%20Communication%20Skills%20Overview%20HO.pdf>



Third Trimester of Pregnancy

28th week to end of pregnancy



3rd Trimester

Third Trimester Pregnancy

The third and last trimester of pregnancy is all about the **baby growing** and both the mother and baby **preparing for the delivery**.



WEEKS	MOTHER	BABY
28 - 40	Late Pregnancy Symptoms: <ul style="list-style-type: none">● Insomnia● Swollen feet● Fatigue & lower back pain● Braxton Hicks contractions	Milestones: <ul style="list-style-type: none">● Vigorous kicks and movement● Organs finish maturing● Rapid weight gain● Baby dropping (vertex position)
	Risks: <ul style="list-style-type: none">● Preeclampsia● Low amniotic fluid● Premature birth Key Points: <ul style="list-style-type: none">● Relieve back pain	Weight & Length: <ul style="list-style-type: none">● 14.4" and 2.9 lbs. → 20.3" and 8.1 lbs.

Tests done Later in Pregnancy

- ❑ Group B Streptococcus (GBS) screening
- ❑ Culture done between 36 and 38 weeks

Count the Kicks

Start at 28 weeks!

- 1 Count baby's movements every day, once a day, near the same time each day.
- 2 Time how long it takes your baby to get to 10 movements. After a few days, you will know what is normal for your baby.
- 3 Call your provider right away if there is a change in what is normal for your baby.



Get ready to count!

- Make sure to have a clock or watch near you.
- Have a pencil or pen near you, too.
- Lie on your side or sit with your feet up.
- Have your chart ready to mark.

Counting kicks is easy

Use one chart each week

1. Write the week of your pregnancy and the date at the start of the week at the top.
2. When you feel your baby move one time, write down the time.
3. Kicks, rolls and jabs count. Hiccups do not count.
4. Tick each time you feel your baby move.
5. Write down the time at the 10th movement.
6. Write how many minutes it took for your baby to move 10 times.
7. Put an X on the number of minutes it took for baby to move 10 times.
8. Draw a line between each X to help you see a pattern.
9. If the line changes, call your healthcare provider. **Call right away!**



AWHONN

(Association of Women's Health, Obstetric and Neonatal Nurses)

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. But any woman can have complications after giving birth. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

POST-BIRTH WARNING SIGNS

Call 911 if you have:

- Pain in chest
- Obstructed breathing or shortness of breath
- Seizures
- Thoughts of hurting yourself or someone else

Call your healthcare provider if you have:

(If you can't reach your healthcare provider, call 911 or go to an emergency room)

- Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- Incision that is not healing
- Red or swollen leg, that is painful or warm to touch
- Temperature of 100.4°F or higher
- Headache that does not get better, even after taking medicine, or bad headache with vision changes

Trust your instincts. ALWAYS get medical care if you are not feeling well or have questions or concerns.

Tell 911 or your healthcare provider:

"I gave birth on _____ and I am having _____"
(Date) (Specific warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- Pain in chest, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- Seizures may mean you have a condition called eclampsia
- Thoughts or feelings of wanting to hurt yourself or someone else may mean you have postpartum depression
- Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- Incision that is not healing, increased redness or any pus from episiotomy or C-section site may mean you have an infection
- Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot
- Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge may mean you have an infection
- Headache (very painful), vision changes, or pain in the upper right area of your belly may mean you have high blood pressure or post birth preeclampsia

GET HELP

My Healthcare Provider/Clinic: _____ Phone Number: _____
Hospital Closest To Me: _____

What is the cause of Preterm Birth?

Medical Risk Factors:

- Previous preterm delivery
- Preeclampsia
- Intrauterine growth restriction
- Placental abnormalities

Social Risk Factors:

- Smoking
- Inadequate prenatal care
- Substance use
- Maternal weight
- Poor dietary intake

Demographic Risk Factors:

- Race
- Employment
- Income
- Marital Status
- Age

How often is she supposed to go?

Once a month for the first 6 months



Every two weeks in the 7th and 8th month



Once a week during the 9th month



What if I do not meet her until she is in a later month of pregnancy *and* she has had NO prenatal care?

Family Planning

- Pregnancy too soon can lead to preterm birth/
infant mortality
- Take care of self/heal
- Birth control options, MUST document on PA10, if she
does not know, an RFO1 MUST be completed
- Other information about Family Planning Services
- ICAN-Illinois Contraceptive Access Now

ican4all.org

Anticipating the Arrival of Baby

- ✓ **What to take to the hospital**
- ✓ **Be prepared to Breastfeed**
- ✓ **Baby Book-Do parents want a baby footprint?**
- ✓ **If the baby is a boy, Circumcise or not? Circ care**
- ✓ **Child Safety Seat**
- ✓ **Going home: What to expect with mom's body (AWHONN)**

Signs and Symptoms of Labor

“Preterm” labor occurs before 37 weeks of pregnancy



Contractions (belly tightens)

Change in vaginal discharge, leakage or bleeding from vagina

pelvic pressure (feels like baby is pushing down)

Low, dull back ache

Cramps that feel like a period

Belly cramps, with or without diarrhea

3. SERVICES PLANNING AND RESOURCE IDENTIFICATION

- Service Entries
- What are the resources for the needs and the barriers

4. LINKING CLIENTS TO SERVICES AND COORDINATION

- Referral to address the client needs and barriers

5. MONITORING SERVICES

6. ADVOCACY

- The HEART of a case management role and the relationship with the client and the client's support system.

7. EVALUATING OF SERVICES

- To ensure client success



Cornerstone Screens

OTHER SERVICE BARRIERS ASSESSMENT

701



- * Must complete all questions
- * Should never be confidential
- * Required on all participants

PRENATAL RISK ASSESSMENT

711



- * Must complete all questions
- * Should never be confidential
- Required on all pregnant individuals

HOME VISIT ASSESSMENT

706



- * Must complete all questions
- * Should never be confidential
- * Required on pregnant individuals and infants Birth-the end of the 4th month

706 Assess Environmental Needs

***Completed in the Home**

- **Sanitation: Bugs/Rodents**
- **Adequate Heat, Water and Air**
- **Safe Place to Sleep**
- **Smoke/Carbon Monoxide Detector**
- **Smoking in the Home**
- **Secured Windows/Stairs/Cords**
- **Firearms & Cleaning Products Stored Safely**
- **Lead/Peeling Paint**

Activity Entry: SV02

- **Face-to-Face (one per trimester)**
- **Document education topic in CM04**
- **CM02/CM03**



Resources

BMCH Programs

Cornerstone User Manual v14.6 Date 7/31/2019 (pdf)

POST-BIRTH Warning Signs Education Program – AWHONN

HEAR HER Campaign | CDC

Home | ACOG

www.ican4all.org

IDHS: Illinois Department of Human Services (state.il.us)

www.shecares.com

Epilepsy Foundation #1 trusted site for epilepsy and seizure news

What to Expect When You're Expecting, 5th Ed.

Recommended to give clients at 1st home visit

Whattoexpect.com offers tools and features such as:

Due date calculator
Ovulation calculator
Registry builder
Feeding tracker
Pregnancy Weight Gain





QUESTIONS ?

Thank you for your attention!!



Have a great Lunch!!