

# Implementing a multi-modal intervention to improve timeliness of prenatal care in an outpatient obstetrics clinic

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## Background

□ Pregnancy is a condition that carries significant inherent risks.
 □ Early presentation to medical care can help mitigate these risks.
 □ Reasons for presenting late to care are complex and multifactorial.
 □ Identifying reasons for presenting late to prenatal care can improve outcomes.
 □ It is important to know the reasons for late presentation in specific groups/communities.
 □ Identifying specific barriers can help provide targets for intervention in our community.

# **Project Aims**

**Goal:** To identify the most common reasons for presenting late to prenatal care within our clinic

**Hypothesis**: Identifying specific reasons for late presentation to care will allow for targeted multimodal interventions that will result in more timely presentation to prenatal care.

#### Methods

- Setting
- Obstetrics clinic at Halifax Health FMRP Family Health Center (FHC)
- > FHC serves many low income, underserved patients in local area
- Inclusion criteria

Survey

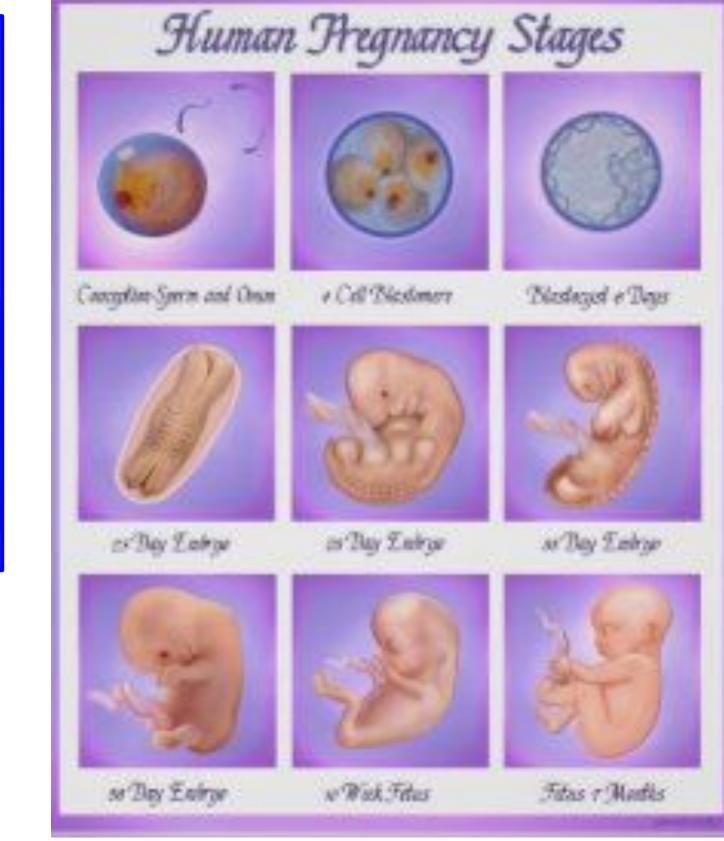
- Pregnant patients beyond 20 weeks gestation (n=66)
- Determined by last menstrual period or ultrasound
- Seven questions about factors contributing to late prenatal care
- Voluntary--patients informed purpose is to improve prenatal care
- Written to accommodate average reading level in our clinic
- Distributed at front desk; collected by nurse at end of clinic encounter

#### Results

- ➤ In our population, a high percentage are late to prenatal care (44%) (Fig. 1).
- The following proved to be the most prevalent reasons for late to prenatal care (Fig. 2):
  - Financial difficulties
  - Fear of judgment
  - Lack of child care
  - Difficulty with transportation
- > We expected the following to be more prevalent than they actually are:
  - Trouble finding insurance
  - Lack of cell phone or internet
  - Lack of social or partner support



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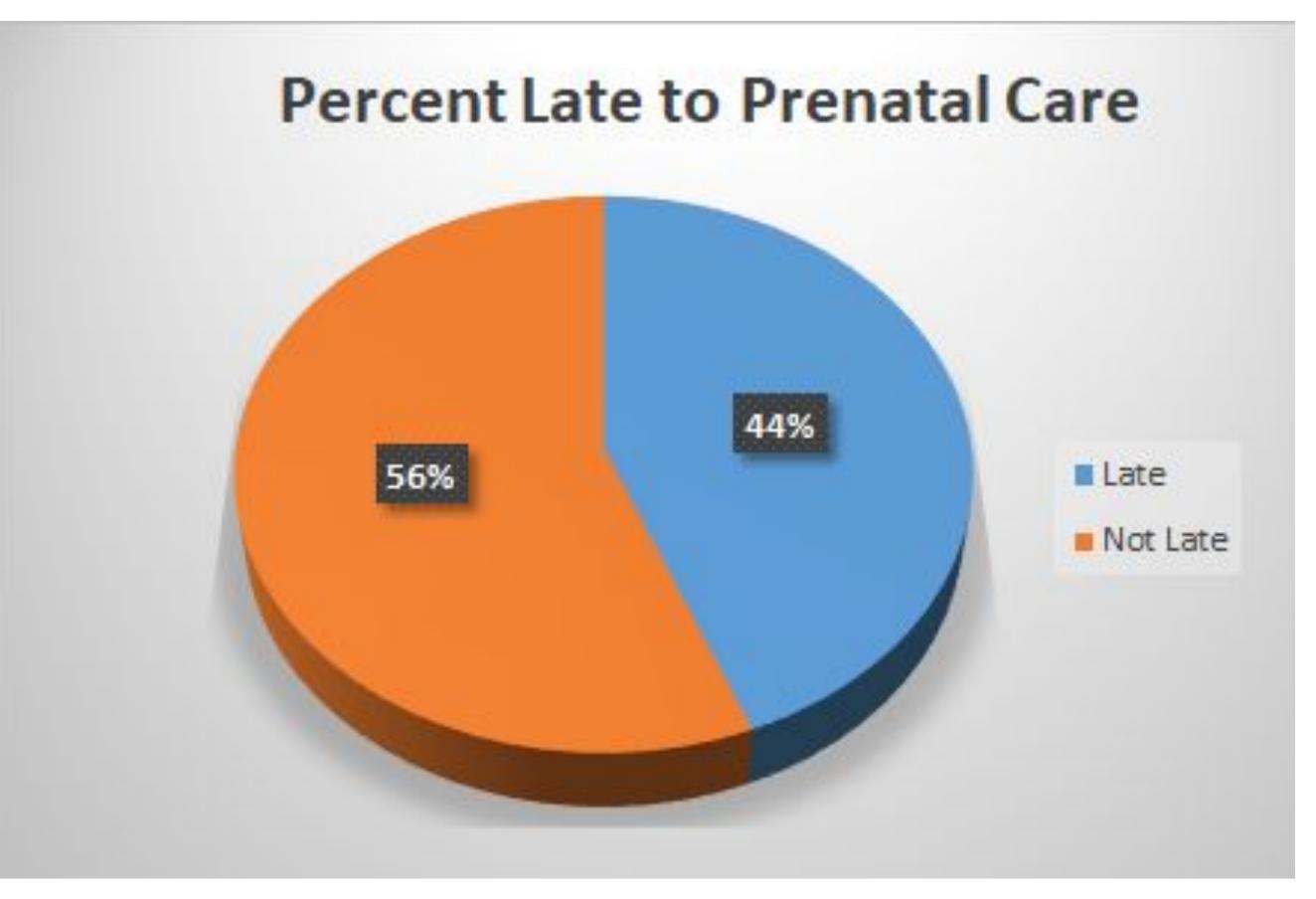
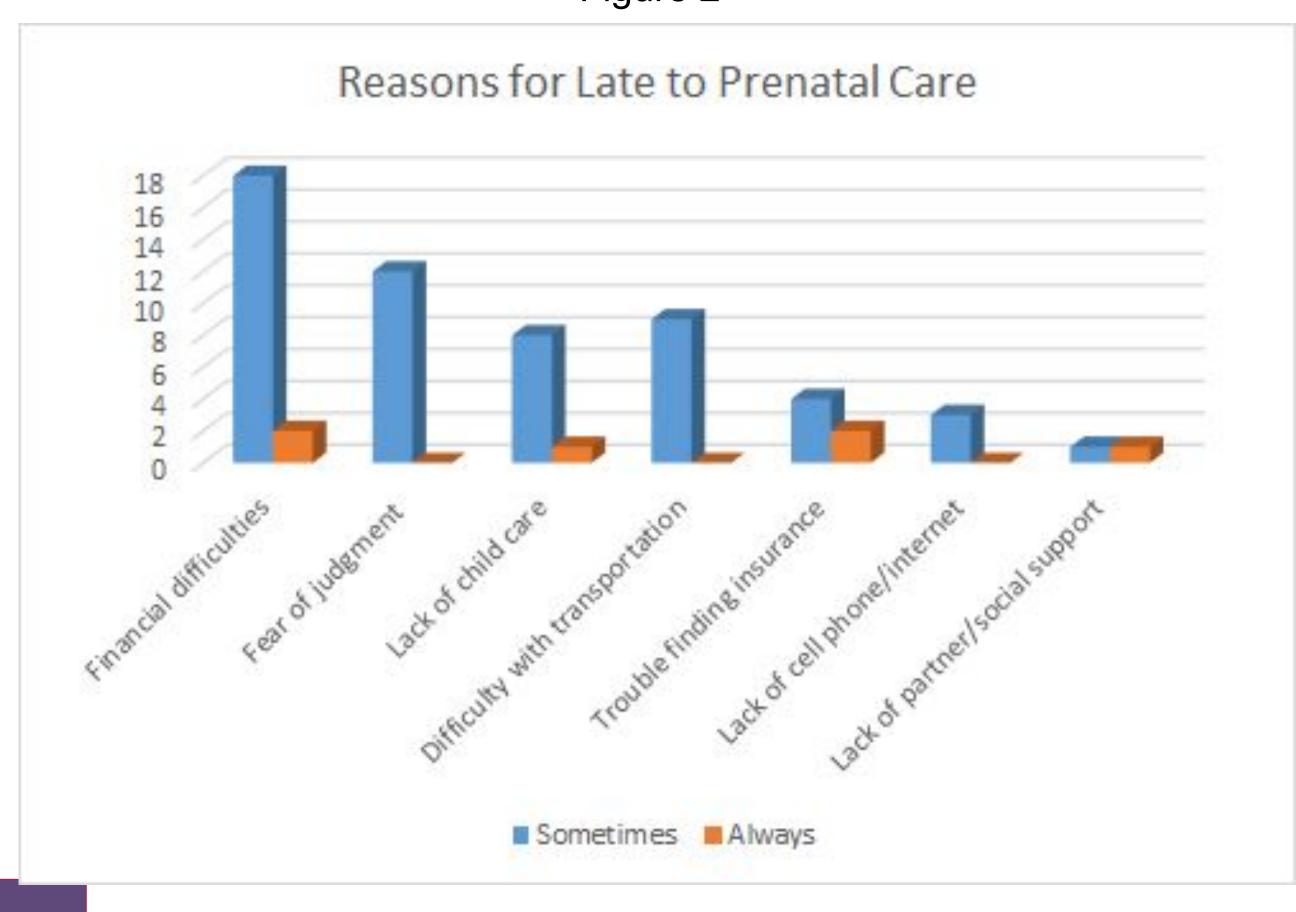


Figure 2



### Discussion

- > Improving timeliness of prenatal care is important for prenatal and maternal care.
- This study was designed to uncover most common reasons for presenting late to prenatal care.
- The study identified factors that can help us plan multimodal interventions to improve timeliness of prenatal care.
- The next phase of this project will implement multimodal interventions targeting the identified factors and test their effectiveness.
- > As fear of judgment was prevalent in our population, we would like to uncover more detail about this particular factor with more specific questions.
- > We encourage other programs and clinics to survey their patients to identify barriers to care in order to provide specific targets for intervention.

#### References:

- Smith, Andrew and Erin Bassett-Novoa. "Late Presentation to Prenatal Care." American Family Physician. 1 Sept. 2015. www.aafp.org/afp/2015/0901/p391.html.
- ➤ Patridge, Sarah, Balyala, Jaques, Holcroft, Christina and Haim Abenhaim. 2012. Inadequate Prenatal Care Utilization and Risks of Infant Mortality and Poor Birth Outcome: A Retrospective Analysis of 28,729,765 US Deliveries over 8 Years. American Journal Of Perinatology. 29: 787-94. 10.1055/s-0032-1316439.