



Perinatal Summit Action Plan Update February 2009

L.A. County Perinatal Summit Partners are actively working to advance the Perinatal Summit Recommendations and Action Plan. The Perinatal Summit Partners are fully committed to improve access to quality perinatal services for women and families in L.A. County. The Perinatal Summit "Healthy Births Through Healthy Communities: Connecting Leadership to Achieve a Unified Commitment to Action" hosted by LA Best Babies Network, the L.A. County Department of Public Health's Maternal, Child, and Adolescent Health (MCAH) Programs and the March of Dimes Greater L.A. Division on October 24-25, 2005 convened more than 170 people representing more than 60 organizations. Participants of the Summit collectively developed a set of policy recommendations aimed at improving pregnancy and birth outcomes.

With the current economic downturn, reduced budgets and increase in families who are in poverty, underinsured, without access to services, we are even more committed to advocating for strategic perinatal policies that are aligned with improving access to quality perinatal services and connecting families to needed resources. The Perinatal Summit Partners encourage continued involvement of all Perinatal Summit participants. Representatives from interested organizations are encouraged to participate in the ongoing efforts of each of the workgroups. A workgroup of active partners for each policy recommendation provide a summary of current efforts below.

Recommendation #1 - Build upon and strengthen comprehensive perinatal services for all women

The workgroup has made many strides toward expanding comprehensive perinatal services to all women. LA Best Babies Network has launched a second Healthy Births Care Quality Collaborative (HBCQC), which includes 10 clinical sites. The Healthy Births Care Quality Collaborative is supported by First 5 LA, LA Care Health Plans and UniHealth Foundation. In this second round of the collaborative the clinic teams are focused on improving screening for maternal depression, perinatal infection, gestational diabetes and tobacco, alcohol and substance use as well as education and support for breastfeeding and perinatal nutrition. The Network has also developed a Postpartum Visit toolkit which the clinics will implement. The workgroup's activities to date have included:

- Outlining the components of the state's Comprehensive Perinatal Services Program (CPSP) and compiling a list of CPSP providers in L.A. County.
- Conducting a literature search reviewing comprehensive perinatal services, minimum service requirements, barriers under various models and the effects of the care model on outcomes.
- Identifying quality of care measures used by health plans to assist with the evaluation of comprehensive perinatal care models.
- Developing an evaluation framework for CPSP and submitting grant proposals for CPSP evaluation.
- LA Best Babies Network developed a quality framework for ambulatory perinatal care and launched a data registry for the practice sites to regularly assess their progress. The Network recently launched the second Healthy Births Care Quality Collaborative (HBCQC). The collaborative includes 10 clinical sites, all approved CPSP providers.

Recommendation #2 - Assure every eligible newborn is enrolled in Medi-Cal before leaving the hospital

While this workgroup is actively advocating for the implementation of the electronic newborn enrollment at the state level, they continue to encourage hospitals in L.A. County to enroll newborns in eligible insurance before they leave the hospital. The workgroup has developed a comprehensive toolkit for hospitals to implement a newborn enrollment policy. Under the leadership of Maternal and Child Health Access (MCH Access) the workgroup's activities to date have included:

- Reviewing the status of newborn enrollment in L.A. County.
- Establishing a baseline number of Newborn Referral Forms used in L.A. County.
- Developing a toolkit (best practice) model for newborn enrollment in Medi-Cal and disseminating it to hospitals in L.A. County.
- Working with new partners Hospital Association of Southern California and Perinatal Advisory Council: Leadership, Advocacy and Consultation (PAC/LAC) to encourage high-volume delivery hospitals to implement a model for newborn enrollment.
- Urging the state to implement electronic enrollment solutions by advocating for the implementation of SB 24, this will establish a voluntary system of electronic enrollment in birth hospitals in California. In early July 2008, the state released a report required by SB 24 on the feasibility of electronic enrollment.

Recommendation #3 - Integrate perinatal resources into the 211 system

This workgroup has successfully partnered with 211 LA County to integrate more than 700 perinatal resources into the 211 county information helpline. The L.A. County Department of Public Health's Maternal, Child and Adolescent Health Programs has been instrumental in assuring its programs are all included in the 211 system. The Best Babies Collaboratives (BBCs) and the Healthy Births Learning Collaboratives (HBLCs) have actively worked with members to submit information to 211 LA County. LA Best Babies Network also partnered with 211 LA County to increase the number of perinatal mental health resources included in their database. This workgroup is moving toward developing training modules for staff of 211 LA County on perinatal health subjects to better assist women and families. The workgroup meets quarterly and includes SPA representatives tasked with identifying gaps in resources. The workgroup's activities to date have included:

- Integrating perinatal resources into the 211 system in an effort to expand resources. New resources added include: 65 for maternal depression treatment; 35 for weight management; 147 nutrition programs; 52 breastfeeding support programs; and 447 for physical fitness.
- L.A. County Department of Public Health MCAH Programs continuously updates their roster of providers who met the criteria for inclusion with 211 in the Comprehensive Perinatal Services Program (CPSP) and in Black Infant Health
- As part of the First 5 LA Healthy Births Initiative, the Best Babies Collaboratives (BBCs) regularly updating their information in 211 and actively promoting its use. With the expansion of the Healthy Births Initiative the new BBC's are doing the same.
- The Healthy Births Learning Collaboratives identifying the development of a resource guide as a critical component for their respective action plans, submitting information to 211 LA County and actively promoting its use.
- Establishing a 211 referral to park programs and to activities that address improving nutrition and physical activity.
- Developed standard presentations targeting several audiences, in order to promote 211 as the main referral agency in L.A. County.
- Planning new project to identify new resources available through area hospitals. This project will utilize a MPH intern stationed with Health Education in LAC/DPH, MCAH.

Recommendation # 4 - Promote risk-appropriate perinatal care

This recommendation is being addressed on four fronts: Process, Data, Best Practice Models, and Quality Improvement. With the assistance of a grant from the March of Dimes, this issue is being addressed statewide, as well as in L.A. County. The workgroup established a Medical Advisory Panel comprised of specialists from throughout the state whose role is to direct the search for standards, model policies and procedures, as well as successful statewide systems of care. The advisory panel hosted two statewide summits and developed key recommendations on risk-appropriate care as outlined below. The workgroup's activities to date have included:

- The March of Dimes providing a grant to Regional Perinatal Programs of California (RPPC) to address this issue statewide.
- Establishing a Medical Advisory Panel comprised of specialists to direct the search for standards, model policies and procedures, as well as successful statewide systems of care.

- Hosting two statewide summits to develop the following recommendations for risk- appropriate maternal care:
 - Define standards in California for levels of maternal care similar to the neonatal standards. Determine appropriate oversight body to review and determine levels for each hospital that provides obstetric services.
 - Convene third party payers to identify disincentives within the reimbursement system that undermine a fully implemented risk-appropriate care system.
 - Implement the Preterm Labor Assessment Toolkit in all Level I (CCS) hospitals or hospitals with quality improvement potential as identified by their rate of very low- birthweight deliveries reported via birth certificates, CHART and CMQCC reports
 - Develop standards and guidelines for maternal transport to be implemented at all hospitals providing obstetric services.
 - Collaborate with RPPC Directors in L.A. County to assess the status of all Regional Cooperative Agreements, identify gaps and facilitate agreements as need is identified.
- In 2009, the March of Dimes will initiate an agreement with the most qualified agency to lead the state in the establishment of **maternal levels of care** and standards for each level to parallel the existing CCS standards for neonatal care
- Preterm Labor Assessment Toolkit implementation will continue to include a total of 45 hospitals by the end of 2009

Recommendation #5 - Support every woman to have a reproductive life plan

The workgroup formed the L.A. County Preconception Health Collaborative, a partnership of LA Best Babies Network, the L.A. County Public Health Department (LACPHD), the March of Dimes, the California Family Health Council (CFHC), and the Public Health Foundation Enterprises Women, Infants, and Children (PHFE-WIC) Program. The workgroup is very active in promoting pre/interconception care and financing at both the state and federal levels, participating on the Preconception Health Council for California and the Centers for Disease Control and Prevention (CDC) workgroup for preconception care. In addition, to further enhance the capacity of providers and promote healthy pregnancies for “at-risk” women, First 5 LA’s Healthy Births Initiative was expanded to fund three new BBCs. All seven BBCs provide coordinated interconception and perinatal care to women at highest risk for adverse pregnancy and birth outcomes. The workgroup’s activities to date have included:

- Actively promoting pre/interconception care and financing at both the state and federal levels by participating on the Preconception Health Council for California and the CDC workgroup for preconception care.
- First 5 LA expanding the Healthy Births Initiative to include three additional BBCs. The new BBCs, like the existing one, provide intensive case management and provider support to help empower women to prepare and plan for their pregnancies.
- Data Briefs - The data brief, *Healthy Women in Los Angeles County: Reaching to Optimal Health in the Reproductive Years* is being revised. The release is planned for June.
- Approximately 100 healthcare providers, health educators, and others completed training on the L.A. County Public Health Speakers’ Bureau on Preconception Health. *The ABCDE’s to Envisioning a Healthy Future* discusses preconception health issues, prevention strategies and resources, and serves as a resource for community-based education.
- Curriculum for Family Planning Clinics – California Family Health Council (CHFC) Title X family planning clinics, funded by the March of Dimes, assessed the level of preconception and interconception care being practiced and developed a curriculum for integrating preconception and interconception care into family planning clinics. Approximately 80 providers have been trained in the past 6 months.
- WIC Offers Wellness (WOW) Program, funded by the March of Dimes, provides care coordination services to low-income mothers who recently delivered a preterm or low birthweight baby at PHFE-WIC’s Avenue 43 WIC Center. WOW is collecting data for its program evaluation in the second year of the project.

- The March of Dimes “I Want my 9 Months” campaign posters and materials are available to all agencies and focus on the steps a woman should take and the questions she should ask her healthcare provider before she becomes pregnant.
- LA Best Babies Network developed and released the “How Healthy Are You?” checklist brochure as a preconception health assessment tool for women and has implemented two projects using the tool. The first project in partnership with Worksite Wellness LA will introduce the scorecard and preconception health messaging to women in the workplace through a series of workshops on nutrition, physical activity and mental health. Women will be asked to develop a healthy living action plan and to demonstrate implementation of that action plan. The second project in partnership with California Family Health Councils (CFHC) will focus test the effectiveness of the How Healthy Are You? Scorecard among family planning clinic staff. We would ultimately like to see the scorecard used by family planning clinic staff as a preconception health tool with women.
- Members of the LA County Preconception Health Collaborative reported on work of the collaborative at the Fourteenth Annual Maternal and Child Health Epidemiology Conference held in Atlanta, GA in December 2008.
- The LA County Preconception Health Collaborative identified project activities for 2008 – 2011. The group is developing performance measures that will be used to assess progress toward its goals to improve women’s health and birth outcomes.

If you are interested in joining or learning more about any of the workgroups, please contact Tonya Gorham, MSW, policy coordinator at LA Best Babies Network at (213) 250-7273, ext. 121 or tgorham@labestbabies.org