

Welcome!

We are so glad you are here!

We will get started shortly.
In the meantime, we invite you to intentionally enter this space.



Silence your cell phone



Stretch



Close the door



Take a few deep breaths



Close browser windows



Emotionally release your to-do list



Check your audio and video



Take a bio break

CIGNAL All Grantees Webinar

Change Ideas to Grow, Nurture, and Lift for Preterm Birth

Thursday, April 13, 2023 || 12:00pm – 2:30pm ET

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CIGNAL: Change Ideas to Grow, Nurture, and Lift for Preterm Birth

CIGNAL All Grantees Webinar

Thursday, April 13, 2023
12:00pm – 2:30pm ET

The Healthy Start TA & Support Center is operated by the National Institute for Children's Health Quality (NICHQ). This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number 1 UF5MC327500100 titled Supporting Healthy Start Performance Project.

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Agenda

Welcome & Introduction

Sharon Gutu

Healthy Start TA & Support Center
(TASC)

Overview: *Preterm Birth and Healthy Start*

Kenn Harris
TASC

Clinical Pearls: *Preterm Birth*

Divya Mallampati, MD, MPH
Division of Maternal Fetal Medicine
Department of Obstetrics, Gynecology,
and Reproductive Sciences
University of California, San Francisco

Breakout Session 1: *Best Practices in Preterm Birth*

All

Case Study: *too many, too small, too soon*

Kenn Harris
TASC

Breakout Session 2: *Challenges in Preterm Birth*

All

Take-Aways and Building Resources

Divya Mallampati, MD, MPH
Kenn Harris

Closing

Sharon Gutu
TASC





This session is being recorded.



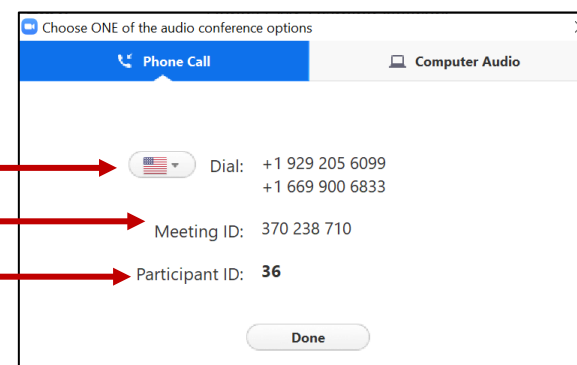
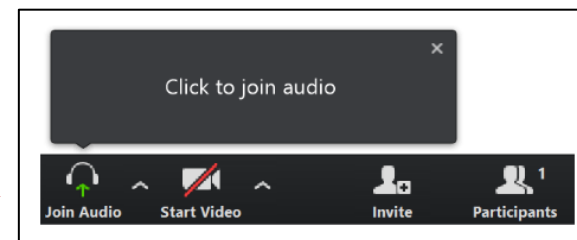
All participants are muted upon entry. We ask that you remain muted to limit background noise.



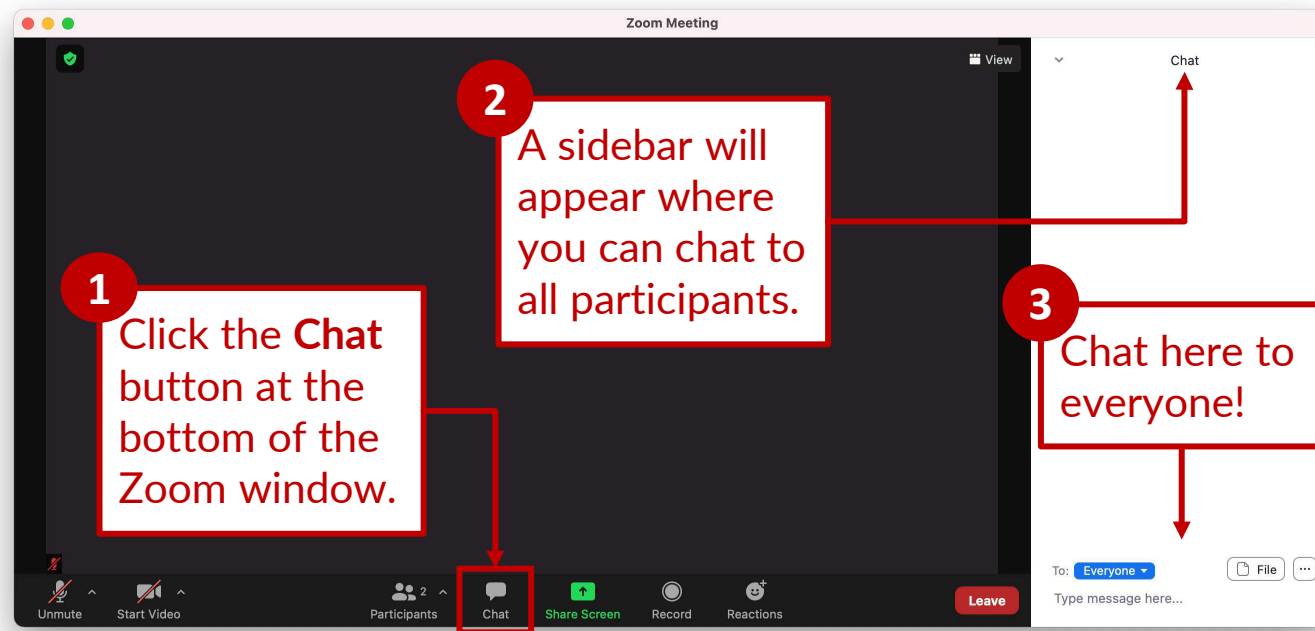
Participants are encouraged to share comments and ask questions using the chat box.

Audio

- After you join the Zoom session, an audio conference box may appear.
 - If you do not see the box, click **'Join Audio'**
- From the audio conference box, select **'Phone Call'** or **'Computer Audio'**
 - If accessing the session audio via phone:
 - Dial one of the given numbers next to **'Dial'**
 - You will be prompted to enter the **Meeting ID**
 - Then you will be prompted to enter the **Participant ID**



Chat





Welcome & Introduction

Sharon Gutu

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CIGNAL for Preterm Birth Project

Goal:

Enhance and strengthen the capacity of HS grantees to identify and execute strategies to assure improved and equitable prenatal care services for their HS clients to facilitate a decrease preterm births (PTB).

CIGNAL Project: *Healthy Start Grantee Webinar*

Describe best practices and challenges associated with addressing PTB among pregnant and birthing people.

Highlight stories from Healthy Start grantees doing the work to reduce PTB.

Provide participants with resources and tools for testing strategies in their own communities.



Overview: Preterm Birth & Healthy Start

Kenn Harris


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Clinical Pearls: Preterm Birth

Dr. Divya Mallampati

University of California,
San Francisco

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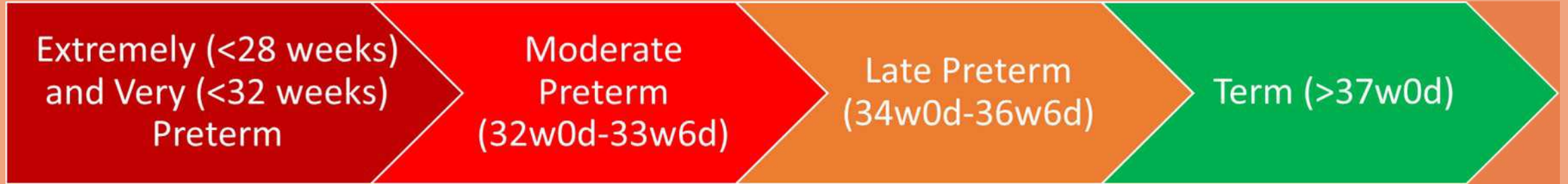


What is Preterm Birth?

- Preterm birth is a birth that occurs between 20w0d and 36w6d of a pregnancy
 - Is a cause of significant neonatal morbidity and mortality
- 70-80% of preterm births are spontaneous
 - The remainder are indicated preterm births for issues that jeopardize maternal or fetal health



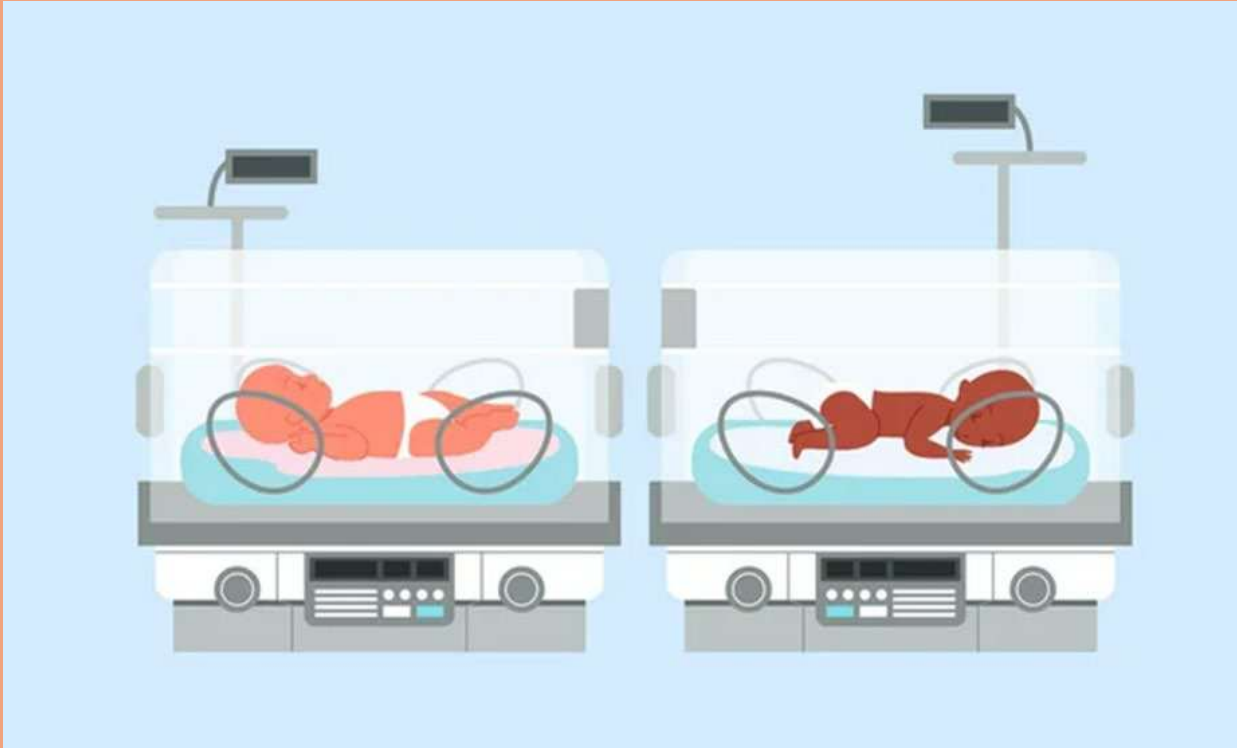
Classification of Preterm Birth



Babies who are preterm are also classified by birth weight:

- Extremely low birth weight: <1000 g
- Very low birth weight: <1500 g
- Low birth weight: <2500 g

Implications of Preterm Birth



Hypothermia

Intracranial hemorrhage

Retinopathy of prematurity

Respiratory distress

Cardiovascular complications

Hypoglycemia

Necrotizing enterocolitis

Infection

Implications of Preterm Birth continued

Increased hospitalizations

Additional educational needs

Insulin resistance

Poorer neurodevelopmental outcomes

Chronic kidney disease

Overweight or obese

Poor growth

Hypertension

Reproductive issues

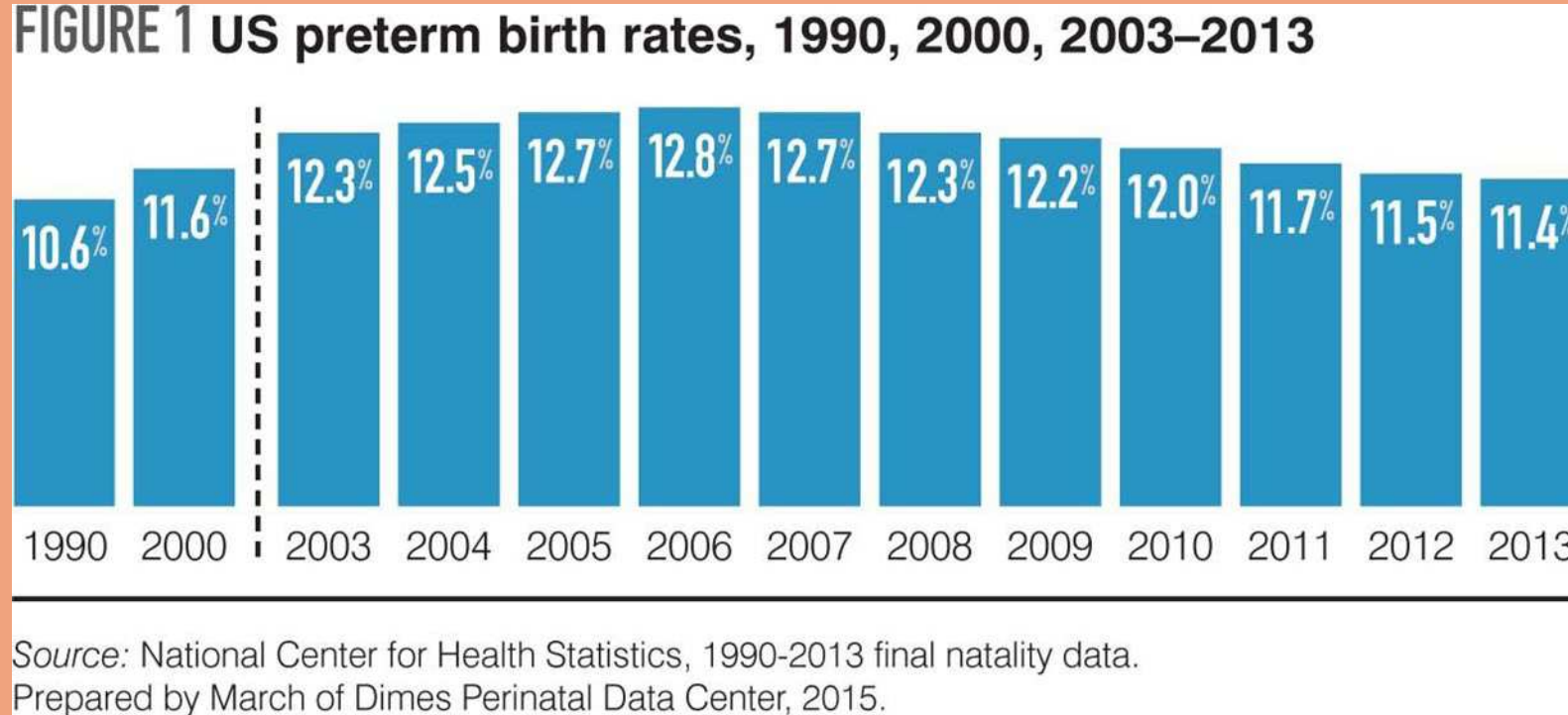
Impaired lung function

Heart disease

Mortality

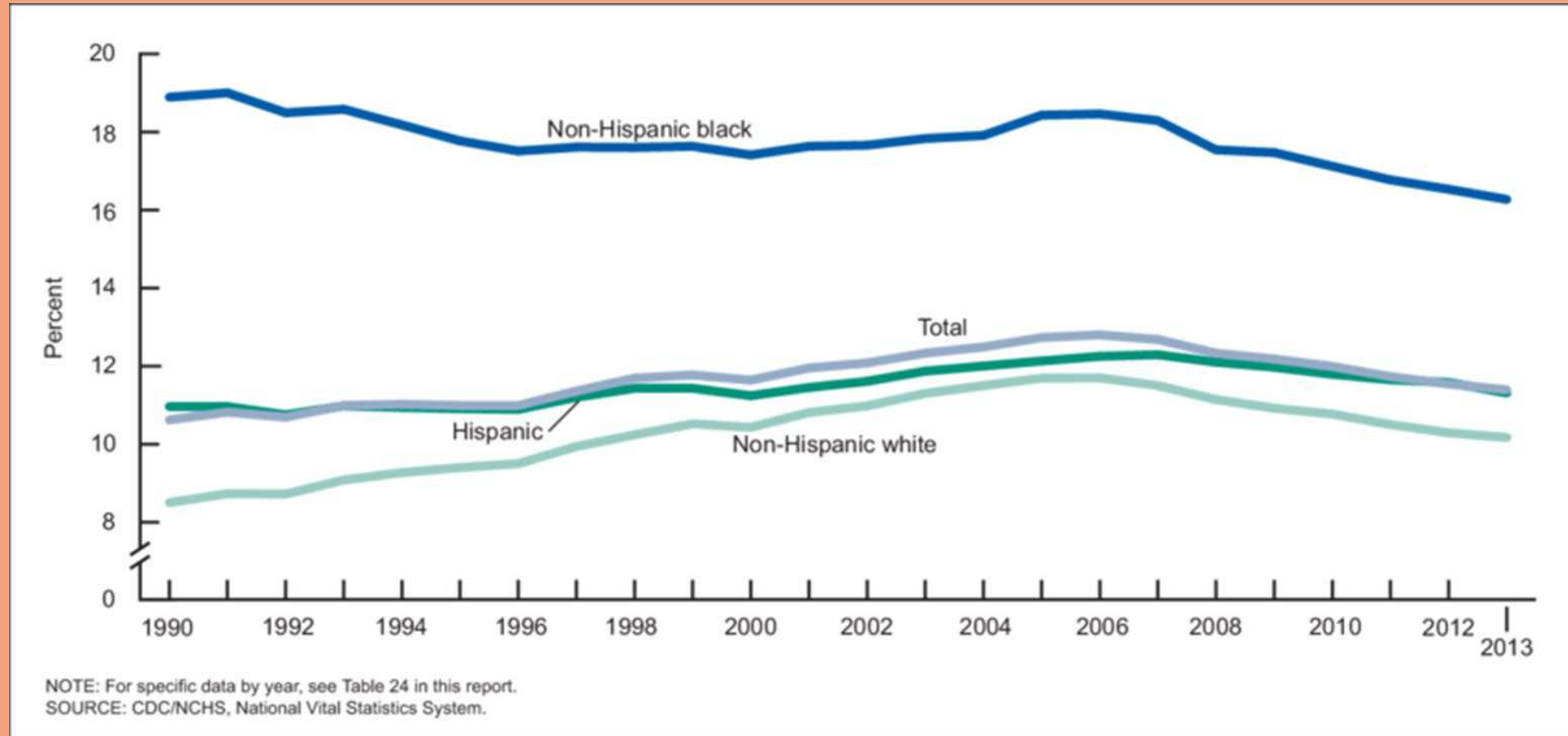


Epidemiology of Preterm Birth



Rates of preterm birth have not decreased in the last three decades

Epidemiology of Preterm Birth continued



Black and AI/AN pregnant people are at a higher risk of PTB reflecting significant disparities

Risk Factors for Preterm Birth

Prior preterm birth

Age

Uterine anomalies

Assisted reproductive technologies

Twins/Triplets

Chronic medical conditions

Substance use (including tobacco)

Infection

Congenital anomalies/Genetic differences

Short interpregnancy interval

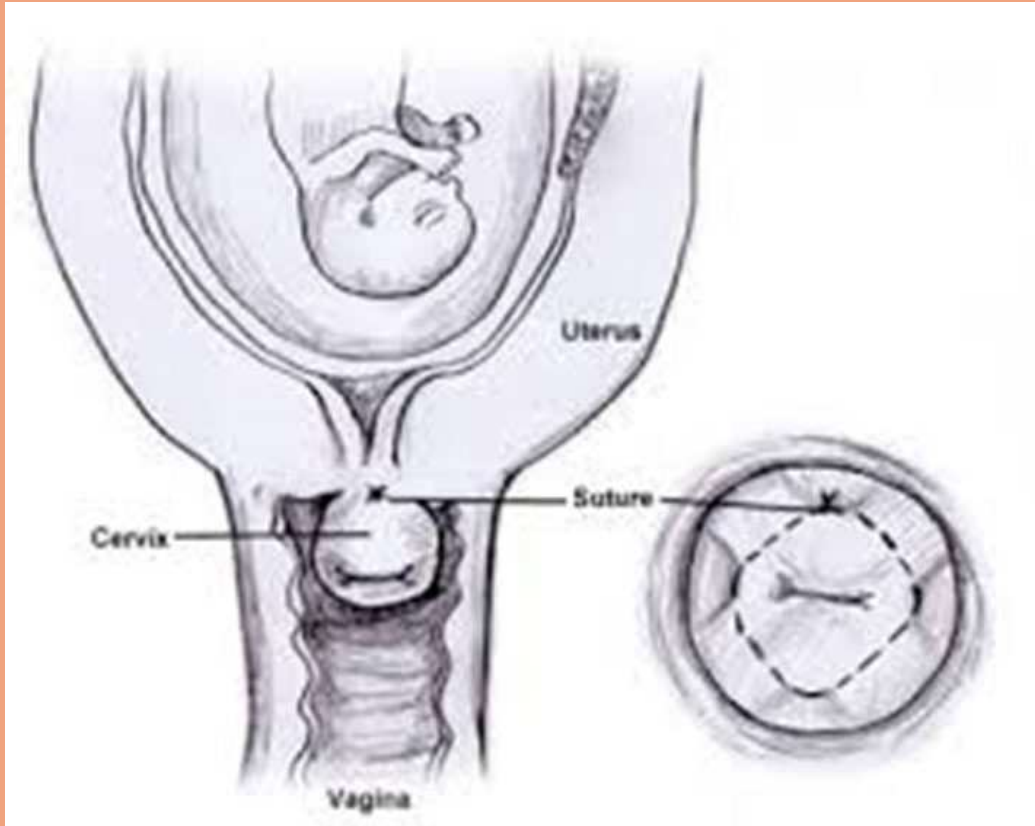
Environmental and social stress

Racism and oppression



Ref: Womanly Magazine

Addressing Preterm Birth



Ref: Medscape

Identify the cause of or risk factors for preterm birth

Prevention

- **Supplemental progesterone**
- Cervical length screening
- Cervical cerclage

Minimizing Neonatal and Maternal Morbidity

- Betamethasone (for fetal lungs)
- Magnesium (for prevention of cerebral palsy)
- Counseling from NICU and OBs

Future Directions

- Preterm birth has significant consequences for the individual, families, and society
- Research is (or needs) to adopt a multidimensional approach to preterm birth
 - Cervico-vaginal microbiome
 - Molecular and epigenetic mechanisms
 - **Public health/programmatic evaluations**



Breakout Session 1:

Best Practices in Preterm Birth

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Questions to Consider

1. How has PTB affected those in your community? Can you think of specific stories?
2. How is your Healthy Start Program addressing PTB? Through prevention? Helping those who have been affected by PTB?
3. What aspects of your program work well and why?

Sharing Our Best Practices

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Case Study

Kenn Harris


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Questions

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Breakout Session 2: Challenges in Preterm Birth

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Questions to Consider

1. What challenges do you feel your program faces in addressing the needs of pregnant people who are at risk for PTB?
2. What challenges do you feel your program faces in addressing the needs of families who are affected by PTB?
3. How has your organization attempted to overcome or mitigate those challenges?

Sharing Our Challenges

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Take-Aways and Resources

Divya Mallampati

Kenn Harris

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Resources



If you have any resources you would like to share with other grantees, please send them to healthystart@nichq.org.

Let's Take a Pause to Digest

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What do you think about the change ideas and strategies we have discussed?

What are your reactions to the ideas generated today?



Share your thoughts, ideas, and reflections!



Next Steps: Themes & Ideas to Explore in the Future

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Satisfaction/Engagement Survey

Your feedback is extremely valuable and will help ensure the HS CIGNAL Projects address your needs!



CIGNAL Summary Artifact

- TASC will take the ideas generated during this CIGNAL webinar and create a summary artifact
- Document will be shared with the Healthy Start community

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Request 1:1 TA

- Our Quality Improvement Advisor, Jane Taylor can provide 1:1 TA support to help your HS project further develop and test change idea strategies
- Visit the EPIC website to submit a TA request!
 - Click the “HS EPIC Center Tab” and select “Request Technical Assistance”



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**If you have any questions, please email
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at healthystart@nichq.org**

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Thank you !

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