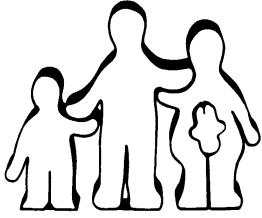


THE PERINATAL PRESS



The mission of the Greater Adirondack Perinatal Network is to promote comprehensive perinatal health care by providing education, information and referral services to individuals, families and professionals.

Fall 2011

Supporting Families for Over Twenty Years

Issue #67

“CENTERING PREGNANCY IN THE ADIRONDACKS”

A Paradigm Shift in Delivering Prenatal Care

As we move further into the 21st century it is becoming apparent that the Health Care System that we, as Americans, have known in the past is quickly changing. Health care is evolving, and it is a tremendous opportunity to transform how maternity care is organized, delivered and experienced for mothers, families and providers alike. It is with our eye on the future that I would like to introduce Centering Pregnancy which is a best-practice developed through the Centering Health Institute (CHI) and Sharon Rising CNM, MSN.



Centering Pregnancy is a multifaceted model of group care that integrates the three major components of care: *health assessment*, *education*, and *support*, into a unified program within a group setting. Eight to twelve women with similar gestational ages meet together, learning care skills, participating in a facilitated discussion, and developing a

support network with other group members. Each Pregnancy group meets for a total of 10 sessions throughout pregnancy and early postpartum. The practitioner, within the group space, completes standard physical health assessments.

Through this unique group-model of care, women are empowered to choose health-promoting behaviors. Health outcomes for pregnancies, specifically increased birth weight and gestational age of mothers that deliver preterm, and the satisfaction expressed by both the women and their providers, support the effectiveness of this model for the delivery of care.

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“Centering Pregnancy in the Adirondacks”

(con’t from page 1)

Centering Pregnancy groups provide a dynamic atmosphere for learning and sharing that is impossible to create in a one-to-one encounter. Hearing other women share concerns which mirror their own helps the woman to normalize the whole experience of pregnancy. Groups also are empowering as they provide support to the members and also increase individual motivation to learn and change. Providers report that groups provide them with renewed satisfaction in delivering quality care.

Over the past three years the Greater Adirondack Perinatal Network (GAP-Net) has been working to deliver a regional approach to this system change. As a result “Centering Pregnancy in the Adirondacks” was born (pun intended!)


The first practice in our area to incorporate this model of group care is Glens Falls Obstetrics & Gynecology Center (GF Ob/Gyn). It was with technical/financial assistance of GAP-Net that this practice was able to send two providers (McKenzie Jones, CNM and Carrie Inglee, CNM) for a two-day training at CHI. This fact-finding mission was very successful in that both providers came back to the Adirondacks with a plethora of information that inevitably led to the inception of a Centering Pregnancy

pilot program at GF Ob/Gyn. This paradigm shift in health care was further supported when GF Ob/Gyn applied for, and was awarded, a March of Dimes Community Grant to initiate this program beginning in January 2012. The March of Dimes has placed Centering Pregnancy on its priority list because of the enormous benefits to mothers and babies.

It is anticipated that GF Ob/Gyn will conduct an open community forum discussion in December 2011 for the community to learn more about this exciting program.

For more information on “Centering Pregnancy in the Adirondacks” contact Cathy LaMay, Program Director, Greater Adirondack Perinatal Network at 518-761-0300 ext 31251.

To learn more about Centering Pregnancy, visit www.centeringhealthcare.org or www.marchofdimes.com.



Centering Pregnancy in the Adirondacks

New Program offered by Glens Falls Obstetrics & Gynecology Center P.C.

This program offers small Prenatal Group Sessions that focus on Self Care Activities, Facilitative leadership, and Networking with other moms. Each session has a plan that will educate moms on Nutrition, Exercise, Childbirth Preparation, Post Partum Issues, Oral Health and Parenting to name a few.

The program is funded by a Community Grant from the March of Dimes. Prenatal Care is provided by the physicians and midwives of Glens Falls Obstetrics & Gynecology Center P.C.

Glens Falls Obstetrics & Gynecology Center, P.C.
28 So. Western Ave., Queensbury, NY • 798-6165

march of dimes

News and Resources: What's Happening Regionally and Across the State

By: Jackie Avignon, GAP-Net Program Coordinator

- In late September Governor Cuomo signed bills into law which establishes a certificate of still birth for parents. All states, including NY, issue a death certificate and require the family to pay for funeral expenses. New York State families who have experienced stillbirth have worked for respect and recognition of birth since 2003 and on June 16th of this year saw the NYS Legislature overwhelmingly pass A8178a (S3111b.) In fact, the bill had an historic 100 Assembly sponsors.

Angel Names Association (ANA), a non-profit, charitable organization, has advocated for passage of the Certificate of Still Birth. ANA provides assistance to families of stillborn children. For more information visit www.angelnames.org.

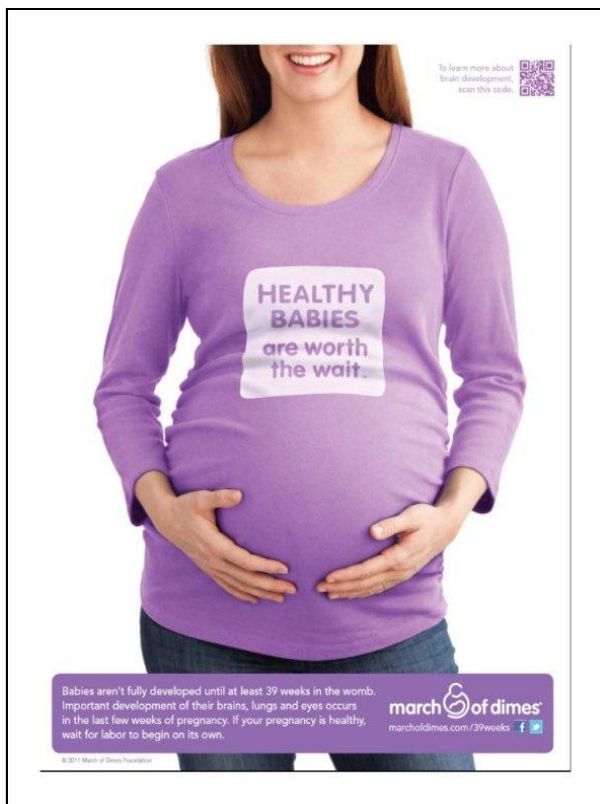
- The March of Dimes has a new, educational nursing module titled "Loss and Grief in the Childbearing Period." Available through the March of Dimes website www.marchofdimes.com the self-directed course offers historical, theoretical and clinical knowledge on how to provide effective nursing care for families coping with the loss of a newborn or a pregnancy. It also addresses the potential effects that caring for bereaved families can have on nurses. The author is Denise Cote-Arsenault, PhD, RNC, FNAP, associate

and Brody Professor of Nursing at the University of Rochester School of Nursing.

- Carolyn Hodges Chaffee, MS, RD who came to Glens Falls in May to co-present at GAP-Net's conference on "Eating Disorders and Pregnancy" referenced in her talk resources for healthcare providers, which are located on the website www.opheliasplace.org. The resources include screening questions, practice guidelines for the treatment of patients, as well as information on the shared risk factors for youth obesity and disordered eating. Ms. Chaffee is the owner and Director of the Nutrition Clinic and the Sol Stone Center in Elmira, NY and has over 20 years experience in treating women with eating disorders. An important reminder she provided is that approximately 20% of all pregnant women struggle with an eating disorder.
- The Office on Women's Health at the U.S. Dept. of Health and Human Services has recently released a full color magazine ([Your Guide to Breastfeeding](#)) to raise awareness of the importance of breastfeeding and to help women succeed at it. Well researched and written, the information on the many facets of breastfeeding include: *how* breastmilk is made, pumping and milk storage and going back to work. To order free copies of the publication, call 1-800-994-9662 or www.womenshealth.gov (on-line order).

What is Healthy Babies Are Worth the Wait?

Healthy Babies Are Worth the Wait (HBWW) is a multi-dimensional, community-based approach to preventing preventable preterm births developed by the March of Dimes to reduce elective deliveries prior to 39 weeks gestation. In HBWW, sites, community health leaders, including hospitals, health departments and local March of Dimes staff partner to work together to implement multiple (bundled) interventions known to impact preterm birth; to improve systems of care in their community so that these interventions reach the patients who need them; and to promote awareness



of preterm birth across all the community, including providers, patients and the public. The pilot/demonstration project was built on an innovative, ecological model designed to work in real world settings, where a multitude of factors - not a single intervention - influence outcomes. Like other public health problems, prematurity must be addressed in communities with broader approaches than just medical care. Working with providers, the goal of the project was to move research to practice quickly and effectively. With patients, the teams worked to improve networks of support services that addressed patient needs. For the public, the goal was that everyone, whether grandmothers, friends or business leaders, understood the impact of prematurity on families and the community.

To complement its new “Healthy Babies Are Worth the Wait”, the March of Dimes has developed materials which aim to educate the public on the importance of the last weeks of normal gestation. One of the most effective and graphic of the materials is the so-called “Brain Card” which depicts the difference in fetal brain development at 35 and 40 weeks. For convenience the card has been designed pocket-sized and for quick reference has several key teaching points about the last weeks of gestation noted on the back. Hearing

(Continued on page 5)

Adirondack's Big Latch On

To celebrate World Breastfeeding Week, "The Big Latch On" was held across the globe at almost 300 locations. On August 6, 2011 at 10:30 a.m., approximately 4,123 women and their children breastfed simultaneously for one minute. *Adirondack's Big Latch On* was held at the World Awareness Children's Museum in Glens Falls. The museum was the perfect location where four moms and babies joined the "global count": Barbara Gifford with Jack, Sarah Jenks with Marion, Morgan Clark with Max and Leeanne Dresser with William. Coordinator, Bridget Epiphanie, a local Doula and Certified Lactation Consultant (CLC), planned and marketed this local event in only two weeks. She plans to begin publicizing the 2012 Adirondack event in early summer through Facebook, newspaper, and radio. As a CLC, Bridget is in the planning stages of setting up breastfeeding cafes to help "normalize" breastfeeding. It is her hope that local moms can be educated and supported while breastfeeding their young. She looks forward to meeting new moms and babies at 2012's BLO at The World Awareness Children's Museum.



From Left to Right:
Barbara Gifford with Jack; Sarah Jenks with Marion; Morgan Clark with Max; and Leeanne Dresser with William

Celebrating World Breastfeeding Week
"The Big Latch On"

Growing Up Healthy Hotline

The NYS Department of Health operates the Growing Up Healthy Hotline, which provides information about health care, nutrition and other health and human services. The hotline provides information and referral 24 hours/day, seven days a week in English and Spanish and other languages. Anyone can contact the Hotline by calling:

**1-800-522-5006 or through
TTY access at 1-800-655-1789**

All calls are confidential. An operator will help identify the services needed and provide information on how to locate a provider in your area.

What is Health Babies are Worth the Wait?

(con't from page 4)

and seeing that in the last six weeks of pregnancy brain size almost doubles will be a revelation to many women and is critical to understanding why babies born in the late preterm stage have a multitude of difficulties. GAP-Net will have several hundred of the cards available for distribution in upcoming months. Please contact Sharon Steen at ssteen@medserv.net with agency or practice requests.

Health Reform: What's in it for Kids?

- Allow children of state employees to enroll in Child Health Plus if their existing coverage is unaffordable.
- Let former foster kids who have “aged out” of the system to keep their Medicaid coverage until they turn 26.
- Ban pre-existing condition coverage exclusions for kids starting this year.
- Require health plans to cover prevention and wellness benefits and exempt them from co-pays and deductibles.
- Require new health plans to include basic pediatric services that include dental and vision care, starting in 2014.

This information is provided by your Community Health Advocate, Erika Walker. If you have questions regarding this information, or any other health insurance information, give Erika a call at (518) 761-0300 ext. 31252.

Prematurity Awareness Day

November 17 marks **World Prematurity Day**, and the March of Dimes and our partner organizations worldwide are asking everyone to help spread the word on the serious problem of premature birth.

The Cost of Prematurity for Businesses

Preterm birth is a serious health problem that costs the United States more than \$26 billion every year, according to the Institute of Medicine.

The March of Dimes contracted with Thomson Reuters to estimate the cost of prematurity to health insurance plans of large employers. Here are some of the findings:

- In 2007, the average medical costs for a preterm baby were more than 10 times as high as they were for a healthy full-term baby. The costs for a healthy baby from birth to his first birthday were \$4,551. For a preterm baby, the costs were \$49,033.
- When a baby came early in 2007, the medical costs for both the mother and the baby were four times as high as they were when a mom had a healthy full-term infant. For the full-term infant, the costs were \$15,047; for the preemie, the costs were \$64,713. These expenses included outpatient visits, in-hospital care and prescriptions.
- Preterm babies spend more time in the hospital than healthy babies do. The average length of hospital stays for a term infant for the first year of life in 2005 was 2.3 days; for a preterm infant the average length was 14.2 days.

Perinatal Data System

Statistical Summary Report for period 1/1/11 - 6/30/11

Indicator	Region	Cohort I 1500+ Deliveries	Cohort II 750-1499 Deliveries	Cohort III 500-749 Deliveries	Cohort IV 0-499 Deliveries
Total Deliveries*	7,936	3,393	2,307	1,406	830
Total Live Births*	8,087	3,499	2,326	1,420	842
1st Trimester Prenatal Care	69.0%	68.3%	70.8%	68.9%	66.9%
Late/No Parental Care	1.9%	3.7%	0.2%	1.2%	0.2%
Medicaid / No Insurance	46.0%	39.6%	43.3%	56.9%	61.2%
Mother < 17 years Old (at delivery)	0.6%	0.6%	0.6%	0.6%	0.7%
Mother > or = 35 Years Old (at delivery)	14.7%	17.2%	13.9%	12.2%	10.8%
Induction of Labor (medicinal)	18.8%	19.3%	17.4%	18.1%	21.9%
Augmentation of Labor	26.6%	20.9%	33.4%	25.2%	33.4%
Cesarean Births (Total)	34.2%	36.5%	33.0%	30.4%	34.7%
Primary Cesarean Births	19.9%	21.2%	20.4%	15.8%	20.3%
Repeat Cesarean Births	14.3%	15.3%	12.6%	14.6%	14.4%
# of attempted VBACS	181	95	36	42	8
VBAC - Successful based on attempts**	66.9%	69.5%	58.3%	64.3%	87.5%
Any breast milk from birth to discharge***	75.3%	77.1%	80.1%	70.3%	62.8%
General Anesthesia for C/S	5.7%	5.3%	4.4%	5.6%	10.6%
Multiple Births (Sets)	148	103	19	14	12
Very Low Birth Weight (500 - 1499)	1.1%	2.0%	0.3%	0.6%	0.7%
Low Birth Weight (1500 - 2499)	6.0%	8.9%	3.7%	4.1%	3.4%
Premature (<37 weeks gestation)	8.7%	13.3%	5.1%	5.0%	5.8%
Infant Received NICU Care in House****	5.6%	12.8%	0.1%	0.2%	0.0%
In-Hospital Deaths	0.2%	0.3%	0.1%	0.1%	0.0%

* Infants weighing >=500 grams

** VBAC percentage successful = Number successful / Number Attempted

*** Numbers are based on how infant is being fed rather than mother's intent

**** Numbers are based on NICU admission rather than NICU care

Cohort Groups

Cohort I consists of Albany Medical Center , Ellis/Bellevue Woman's Center and St. Peter's Hospital

Cohort II consists of Bassett Healthcare, Champlain Valley Physician's Hospital, Glens Falls Hospital and Saratoga Hospital

Cohort III consists of Benedictine Hospital/Kingston Hospital, Catskill Regional Medical Center, Northern Dutchess Hospital, St. Mary's Hospital (Amsterdam) and Seton Health System (St. Mary's-Troy)

Cohort IV consists of A.O. Fox, Adirondack Medical Center, Columbia Memorial Hospital, Nathan Littauer Hospital , Samaritan Hospital and Alice Hyde Medical Center



Find expanded event listings and descriptions at our website: www.gap-net.org

On Going Classes

Monthly pre and post-natal classes available through:

Adirondack Medical Center - For Information, Call 518-897-2361;. Glens Falls Hospital – visit www.glensfallshospital.org/snuggery or call 518-926-1000, Saratoga Hospital call 518-580-2450, and at Warren County Health Services call 518-761-6580. Alice Hyde Medical Center - Breastfeeding Mothers Support group call 518-481-2247.

Parenting classes available through:

Saratoga Springs Public Library Parenting Programs call 518-584-1198.
Cornell Cooperative Extension- Saratoga Co. call 518-885-8995,
Warren Co. call 518-623-3291, Washington Co. call 518-746-2560, Also available-"Just in Time Parenting" a free on-line newsletter, to sign up go to www.extension.org and choose parenting
Child Care Coordinating Council of the North Country, Plattsburgh call 518-561-4999.

Other Programs:

Warren/Washington Public Health Services HIV/STD Clinic: Free Walk in Clinic every Tuesday Night from 6:00 to 7:30 p.m., call for information Wash. Co. 518-746-2400 Warren Co. 518-761-6580.

Saratoga Hospital: Prenatal Yoga (New!): Prepare your body and mind for the wonderful experience of birth with prenatal yoga. It keeps you limber, tones your muscles, and improves your balance and circulation. Join us Wednesday evenings beginning January 5, 2011, 6:45 to 8:00 p.m., The Pilates Studio, 233 Milton Ave., Ballston Spa, \$12 per class, contact Julie Divencenzo at 518-306-5654, registration required.

Free Training Available on Family Planning Benefit Program and other Public Health Insurance Programs for more information contact Sue at 518-374-5353 ext 229 with Planned Parenthood Mohawk Hudson. All materials and trainings are free through 2011.

Calendar of Events

October 2011

October 18

Saratoga Chefs Auction to Benefit March of Dimes: The March of Dimes annual Signature Chefs Auction returns with delectable tastings from the Capital Region's finest chefs and the opportunity to bid on unique and desirable auction packages. All proceeds benefit the March of Dimes mission of improving the health of babies by preventing birth defects, premature birth and infant mortality. Saratoga Casino & Raceway, Vapor Nightclub, 342 Jefferson Street, Saratoga Springs, NY. 6:00 p.m. to 10:00 p.m., \$50 per person. To pre-register, call (518) 453-0474 or www.MarchOfDimes.com/ny.

October 19

Simulation in Obstetrics: Albany Medical Center, Room ME-700, 43 New Scotland Avenue, Albany, 10:00 a.m. to 2:00 p.m., 1.5 Nursing Contact Hours, Registration Fee \$20, includes lunch and parking pass. Registration deadline Oct. 12th. For information, contact Bonnie Gagnon, (518) 262-8447 or GagnonB@mail.amc.edu.



October 20-22

National Perinatal Association 2011 Annual Conference: Conference to be held in Louisville, KY at the Galt House Hotel. For information, call 888-971-3295 or e-mail npa@nationalperinatal.org.

October 22

Expecting & New Parents: Join us for tea and see how birth and postpartum doula support can benefit your journey into parenthood. Free, 1:00 p.m. to 3:00 p.m., Saratoga Springs Public Library, 49 Henry Street, Saratoga Springs, NY. You will receive a "Goodie Bag" filled with discounts from area merchants. Also, in honor of breast cancer awareness month, tie-dye your own onesies honoring breastfeeding! For information, call Bridget at 518-796-4558 or Lisa at 518-307-9810.

October 24

Reviving Ophelia: A Free Movie Screening and Panel Discussion: Free award winning movie presentation, inspired by bestselling book, followed by an expert panel discussion on healthy teen relationships, Crandall Public Library, 6:30 p.m. to 8:30 p.m., Community Room, Glens Falls, NY. Refreshments provided. For information, call Teen Awareness Group, 518-761-0300 ext. 31119.

October 27th and November 9th

Perinatal Yoga Techniques: Two Train-the-Trainer Sessions. Whether you are new to yoga technique or not, please join us for two train-the-trainer sessions with Kripalu Certified Instructor, Michelle Pinedo, who will show us how to incorporate simple yoga principles and techniques into our interactions with women during the perinatal period. Pregnancy and the postpartum period provide a perfect backdrop for women to learn some of the life skills yoga incorporates such as mindfulness, breathing, trust in their bodies, stress reduction and balance. Sessions held at Warren County Municipal Center, Room 6-103, Registration Fee \$10.00 for both sessions, registration deadline, October 20th, for more information, contact Sharon Steen at ssteen@medserv.net or 518-761-0300 ext. 31253 or www.gap-net.org. This program is a collaborative initiative between Greater Adirondack Perinatal Network and the Adirondack Rural Health Network.

November 2011

November 3

Washington County Healthy Communities Coalition Summit: *Learn How Local Initiatives Can Impact Your Community.* Washington County Municipal Center, 8:00 a.m. to 11:00 a.m., for more information, contact Gail Holstein Danforth at 761-0300 ext. 31375 or gdanforth@medserv.net.

November 5

Breastfeeding Matters in the Capital Region - Strategies for Increasing the Duration of Breastfeeding: Glenville, NY. Join Norma Ritter, IBCLC for a hands-on, interactive breastfeeding conference to learn skills immediately applicable to your work with nursing mothers. Learn how to talk so mothers will listen; what to say after "hello"; positioning and latch -- get it right; and when baby can't nurse. For information, contact Norma Ritter, IBCLC, RLC at 518-399-5148 or breastfeedingmatters@gmail.com or www.normaritter.com.

Calendar Con't.

November 18

Creating a Dialogue Across the State: A NYS Chapter Perinatal Nurses Conference. This March of Dimes program will be held at the Sheraton Syracuse University Hotel and Conference Center, Syracuse, New York, 8:00 a.m. to 4:45 p.m., Registration fee \$75 or Full Time Student (with verification) \$50. For inquiries and registration, call 212-353-8267 or e-mail Madeline Britt at mbritt@marchofdimes.com.

December 2011

December 2

Exploring Effective Therapeutic Approaches to Eating Disorders: Save the date. The 11th Annual Erin Lean Robarge Memorial Service, Radisson Hotel, Corning, New York. Sponsored by The Nutrition Clinic, Sol Stone Center, ClearPath Healing, Ophelia's Place. Further information TBA. Please continue to monitor our website at www.gap-net.org for updates.

January 2012

January 20

The Butt Stops Here - Smoking Cessation Program: Train-the-Trainer, St. Mary's Hospital, 1300 Massachusetts Ave., Troy, NY, 8:30 a.m. to 4:00 p.m., cost \$75, 5.5 continuing education Category I contact hours for entry-level and advanced-level CHES/MCHES. For information/ registration, contact Debbie Keefe at 518-459-2550 or dkeefe@setonhealth.org.

For additional perinatal information from across the state, visit the new and improved **Association of Perinatal Networks'** website at www.associationofperinatalnetworks.org.

GAP-Net Advisory Board:

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Do You or Someone You Know Need Health Insurance? We're Here to Help.

It is the goal of Adirondack Health Institute to help you find insurance or other assistance so that you can get the healthcare you need. There are programs like Child Health Plus, Family Health Plus and Medicaid that are health insurance we can help you obtain. We will help you find the right program, assist in enrollment and help with the required forms.

We want you to get the healthcare you and your family need. Child Health Plus, Family Health Plus and Medicaid cover a wide variety of healthcare services including regular check-ups, hospital care, prescription drugs, eyeglasses, vaccinations, mental health services, emergency room care and much more.

To find out if you or your family member is eligible please contact the Adirondack Health Institute Facilitated Enrollment Program. If you live in Clinton, Essex or Franklin Counties please call 1-866-872-3740, in Warren, Washington or Hamilton Counties call 1-866-708-2912 ext. 31502 and in Saratoga County call 518-580-2021 for *Saratoga Care*.

For more information about the Children's Health Insurance call toll free: **1-877-KIDS-NOW**

The Greater Adirondack Perinatal Network is funded through a grant from the NYS Department of Health, Division of Family Health, Bureau of Maternal & Child Health.

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