

Union Hospital Safety PIN Perinatal Navigation Program
Annual Report: January 1 – December 31, 2018
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The Perinatal Navigator Program

Union Hospital's Perinatal Navigator Program (PNP) serves the Central Southwestern Region of Indiana by integrating navigation practices, with highly skilled Perinatal Navigators, into the office setting. The PNP fills an integral need for pregnant women and their family due to the increasingly complex world of healthcare combined with the delicate period of life for a pregnant woman. The original intent of the program centered on providing patients with education from navigators throughout the patient's pregnancy including breastfeeding, healthy pregnancy practices, what to expect during pregnancy, hospital guidelines, and safe sleep. In 2018, the program was enhanced by creating the RES (Resources, Education, and Support) program which allows enrollees to earn incentives by complying with and taking advantage of more wrap around services, such as additional in-home support. To qualify for RES, enrollees must have a high at-risk score on the Perinatal Navigator At-Risk Questionnaire (PNARQ). The PNARQ has evolved overtime and is anchored in evidence-based characteristics of individuals who are at-risk for experiencing infant mortality. The Perinatal Navigators see every new patient at six Obstetricians to evaluate patient risk score and give pertinent education. The integration within the Obstetricians' offices is integral to reaching at-risk patients and the PNARQ and navigator education is tailored around physician schedules to ensure a seamless workflow.

Progress Toward Project Goals

Goal 1: Decrease neonatal and post neonatal IMR in central southwestern region

The overall objective of this initiative is to reduce the infant mortality rate in the Central Southwestern region. The project team was excited to see a decrease in the infant mortality rate for 2017 compared to 2016. The IMR in 2016 was 9.7; in 2017 IMR decreased to 9.5.

Goal 2: Reduce the number of infant suffocation deaths

- Attain safe sleep leader certification by 12/2017 – Certified February 2018
- Complete Baby Friendly Hospital Designation by Dec 2017; **Union Hospital earned its Baby Friendly Designation in December of 2018.**

Initiatives

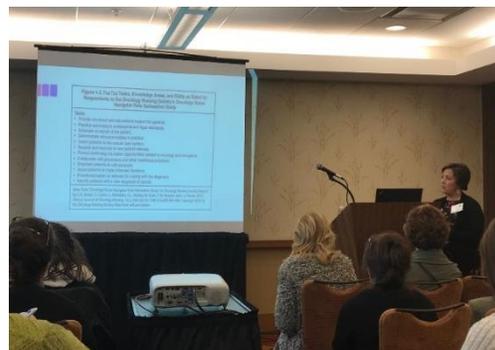
- The local Baby & Me Tobacco Free (BMTF) program is available at Valley Professionals Community Health Center on the campus of Union Health and serves patients from multiple medical practices. The navigators refer all their patients that use tobacco to the BMTF coordinator and follow up with the 22% of patients who enrolled in this program..
- To better prepare for program sustainability the Safety Pin project team decided to take advantage of Medicaid changes and certify our navigators as Community Health Workers (CHWs) to capture reimbursement, albeit small, for the services they provide. The navigators are the first employees in the Union Health System to begin their certification through ASPIN for CHWs.
- The project team launched the RES program and the Perinatal Navigators began their Home Visits with at risk patients in September of 2018. The project team anticipates that patients will begin graduating from the program in September or October of 2019 as the baby-whose mother was identified at risk-turns one year old. In designing the RES

program, the project team envisioned each navigator carrying a patient panel of 15 enrollees in the RES program. At the end of 2018 that number varied between 5-10 for each navigator. Each navigator is averaging 15 at-risk patients they follow throughout the pregnancy even if they aren't enrolled in RES. As depicted in the responses from enrollees below, the program has already made an impact on the lives of patients whose health the health of their baby has been positively impacted by the navigators.

Impact-Actual Responses from patients when given the opportunity for feedback about the PNP

- *“She did a great job of explaining things in a way my husband could understand them.”*
- *“She was kind and didn't judge me for having a baby while still in high school.”*
- *“I wasn't planning to breastfeed my baby until the navigator talked to me a few times about the benefits. She was wonderful!!!! I wish that I could have seen someone like her during my past pregnancies.”*
- *“I really liked having [my navigator] to talk to. Even though I had been through pregnancy and motherhood twice before this one, she taught me things that I didn't know... This service should be mandatory as well as actual parenting classes!! And they should be covered by insurance, this type of service has got to save babies.”*
- *“She gave me information on where to go for therapy as well as support groups for moms. She told me that depression is like developing diabetes, that made me feel so much better about accepting what I am experiencing, I have been embarrassed about it.”*

2018 Yearly Statistics					
Outpatient & Home Visits					
2018	Q1	Q2	Q3	Q4	Total
Number of Visits	988	796	930	766	3480
Unique High-Risk Patients	29	37	45	20	131
Number of High-Risk Patient Visits	N/A	52	142	107	301
Home Visits	N/A	N/A	11	12	23
Current RES Participants	N/A	N/A	19	20	39



Union Health's Perinatal Navigator Program staff present at the Labor of Love Conference, November 2018.