5-2-2011

Improving Prenatal Education in a Health Center: A Pilot Study

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Repository Citation
Boucher, Marcy Keddy; Silk, Hugh; Savageau, Judith A.; Barnard, Katharine C.; and Flynn, Mary, "Improving Prenatal Education in a Health Center: A Pilot Study" (2011). University of Massachusetts Medical School. Senior Scholars Program. Paper 113.
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Improving Prenatal Education in a Health Center: A Pilot Study

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Comments
Medical student Marcy Keddy Boucher participated in this study as part of the Senior Scholars research program at the University of Massachusetts Medical School.

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BACKGROUND

Common Health Education Practices for Obstetrical Care: 
Firing aside, many of these topics are left up to the discretion of the individual provider. Lack of consistency between providers, even in a single practice, was also noted.

Pros of Current Practice: Health education is highly individualized to each patient.

Cons of Current Practice: Some important subject matter may be neglected, which could ultimately improve patients outcomes and satisfaction.

Previously reported studies found evidence that improved patient education can:

- Increase rates of breastfeeding.
- Increase duration of breastfeeding.
- Decrease unwanted use during pregnancy.
- Decrease preterm, low birth weight, infants.
- Can decrease the need for as many prenatal visits without negatively affecting pregnancy outcomes.

OBJECTIVES

1. To evaluate if prenatal patient satisfaction and knowledge about pregnancy improves if a structured prenatal education plan is implemented throughout a family medicine health center.

2. To evaluate if a structured prenatal education plan for expectant mothers will improve clinical outcomes.

METHODS

STUDY DESIGN

Three surveys per patient will be filled out at appropriate times in their pregnancy and clinical outcomes will be tracked.

Group A & Group B surveys will be compared.

PROJECT TIME LINE

Year One - Jan 2011 through Dec 2011:

- Enrollment of about 50 prenatal patients during their first trimester
- Women will be followed through the prenatal and postpartum period.
- Prenatal care will remain the same as it was prior to the start of the study at the health center.
- Three surveys per patient will be filled out at appropriate times in their pregnancy and clinical outcomes will be tracked.

Year Two - Jan 2012 through Dec 2012:

- New prenatal health education will be implemented.
- About 50 more PNC prenatal patients (Group B) will be enrolled in the study during their first trimester and receive the new prenatal health education throughout pregnancy.

RESULTS

Preliminary study results will be presented at this point in your presentation about the following issues:

- degree of knowledge.
- Satisfaction with prenatal care.

PROJECT TIME LINE

- New prenatal health education will be implemented.
- About 50 more PNC prenatal patients (Group B) will be enrolled in the study during their first trimester and receive the new prenatal health education throughout pregnancy.

Three surveys per patient will be filled out at appropriate times in their pregnancy and clinical outcomes will be tracked.

Group A & Group B surveys and clinical outcomes will be compared.

RESULTS

- New prenatal health education will be implemented.
- About 50 more PNC prenatal patients (Group B) will be enrolled in the study during their first trimester and receive the new prenatal health education throughout pregnancy.

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REFERENCES


