

COMPASSION Supportive Care

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4/3/2022



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Disclosure Information

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NO DISCLOSURES



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Learning Objectives

- ◆ Describe March of Dimes (MOD) Vision and Philosophy to support birthing people with SUD
- ◆ Describe COMPASSION model
- ◆ Describe how the innovative structure supports Equity, Access and Inclusiveness for parents, newborns, families and the community



COMPASSION:

Community Of Maternal PArenting Support for
Substance Impacted PeOple and Newborns

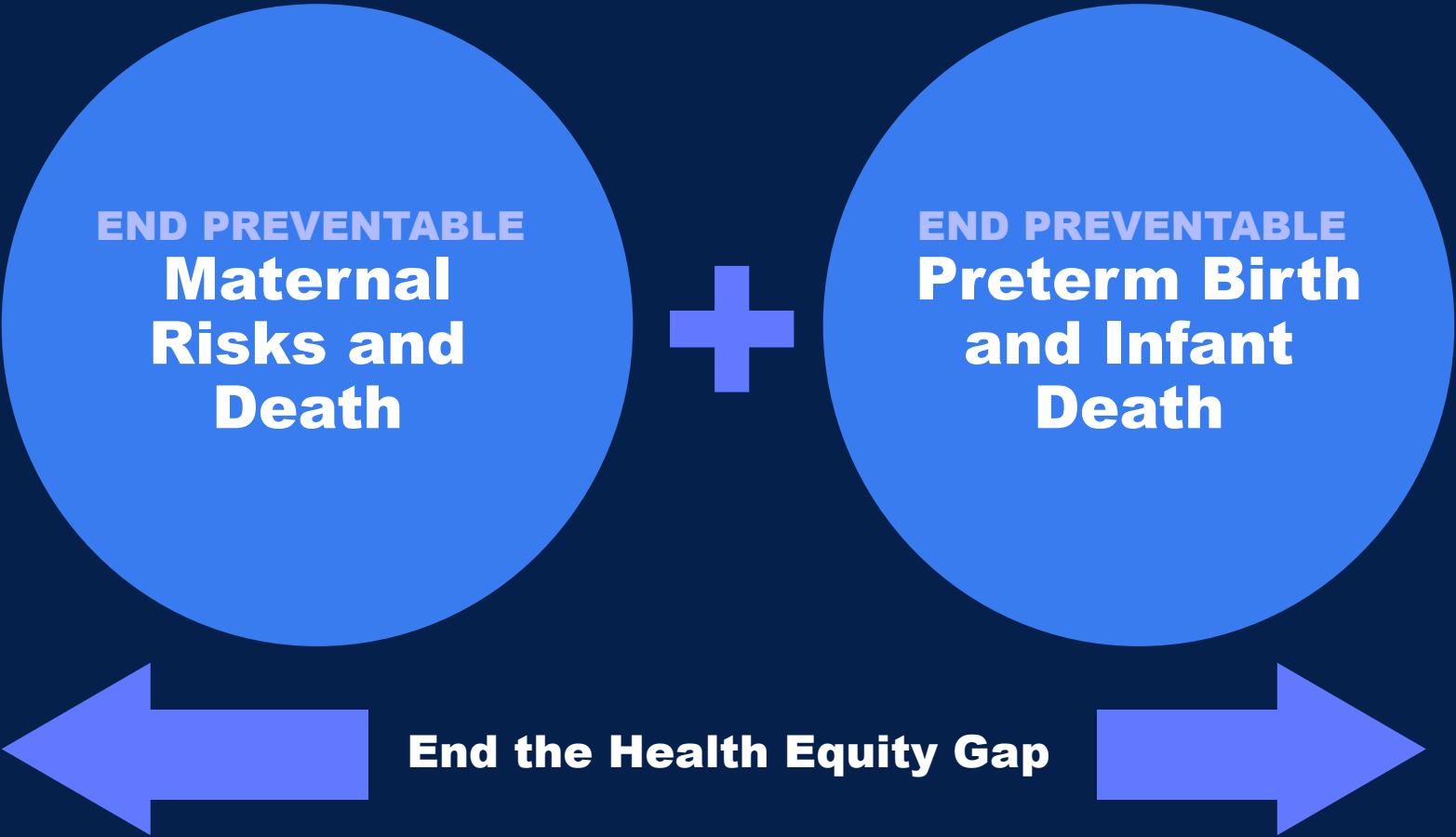
March of Dimes Vision

WE IMAGINE A WORLD WHERE
EVERY MOM AND BABY IS
HEALTHY REGARDLESS OF
WEALTH, RACE, GENDER OR
GEOGRAPHY.



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MARCH OF DIMES GOALS



FOR HEALTHY MOMS. STRONG BABIES.



**WHAT CAN WE DO TO
ACHIEVE EQUITY AND
IMPROVE THE HEALTH OF
PARENTS, BABIES AND
FAMILIES?**

**Accelerate equitable
and flexible access to
group prenatal &
postpartum
COMPASSION
Supportive Care**



Conceptual Framework

Fosters

HEALTH LITERACY
and HEALTH EQUITY

By addressing

Social
determinants
of health

Cultural
relevance

Medical factors

And is an
approach that is

Flexible

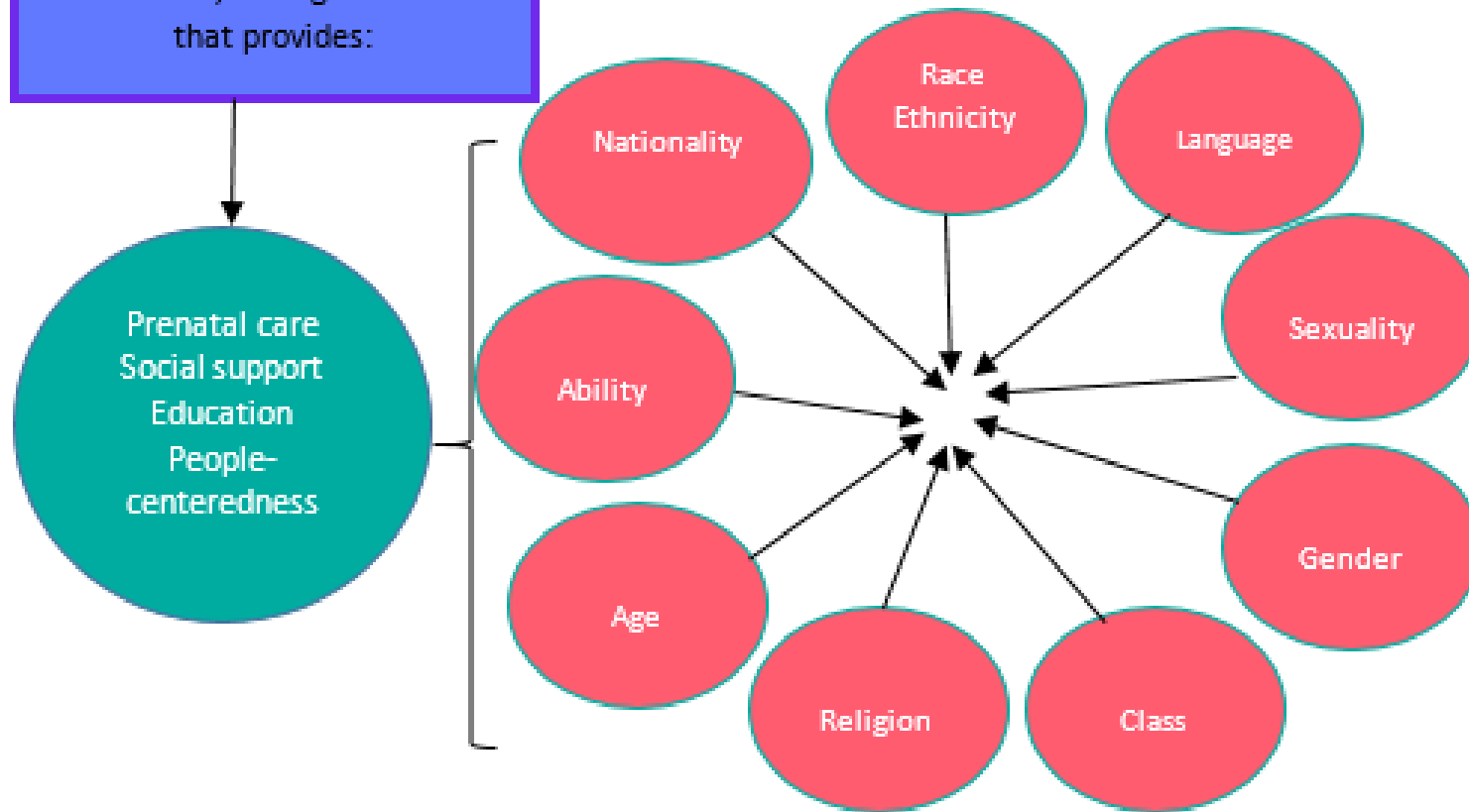
Can be
customized

Health Equity in Supportive Pregnancy Care

Goals and Strategy

Goal: Reducing disparities in maternal and infant health outcomes, through a model that provides:

Strategy: Addressing various factors and the impact of their intersection on quality of outcomes:



Group Prenatal Care Studies Show

- Reduction in risk of preterm delivery by 33% among participants of all races/ethnicities
 - 40-45% risk reduction among Black participants ¹⁻³
- Reduction in risk of low birthweight babies ⁴
- Improved psychological outcomes like readiness for labor and delivery ¹⁻²
- Promotion of self-empowerment of individuals and increased satisfaction with their health care ^{1-2, 5}
- Increased breastfeeding initiation and duration ²
- Reduction of health care costs by avoiding adverse birth outcomes and NICU admissions ⁶⁻⁷
- Improved health care provider satisfaction ¹
- Reduction of Emergency Department visits ⁸



**WHY COMPASSION
SUPPORTIVE
GROUP CARE?**

COMPASSION

Our aim: provide a flexible and sustainable model of supportive group care that is healing, compassionate, and beneficial to birthing people, families and providers across the lifespan.





COMPASSION Model – support for the birthing person, child, family and the community

- Compassionate and welcoming environment
- Clinical care AND education are delivered in a group, virtually or in an in-person setting – meeting people where they are
- Group sessions focus on recovery, relapse prevention, equity, mental health, perinatal, labor/birth, infant care, family planning, postpartum, longitudinal care, wellness, self-efficacy, resilience
- Group size varies (optimal size is 8-12 individuals)
- All gestational + postpregnant ages are included, inclusive and comprehensive longitudinal healing
- Patients take their own vitals, check-in, have a snack
- Introductions, welcoming, mindfulness



What is the COMPASSION Model?

- Patients can expect to attend 10 in-person, 90-120 minute and 10 virtual 60 minute group sessions during pregnancy
- One-Two facilitators lead group sessions using participant-centered group facilitation techniques
 - Licensed obstetric provider (addiction, OB/GYN, Family Medicine physician, certified midwife, certified nurse-midwife, nurse practitioner)
 - Nurse, health educator, medical assistant, community health worker, social worker, *doula*, patient navigator
- ◆ Emphasize compassion and meeting people where they are
- ◆ Responding to Stigma, Trauma-responsive and Racial/Gender Equitable Care is an overarching theme.
- ◆ Reiterate self-empowerment, self-resiliency, person-centered language, trauma response at the beginning of each session

COMPASSION Curriculum

Session#1

Introduction to Supportive Pregnancy Care and Self-empowerment

- ◆ Emphasis on safe, comfortable, supportive, inclusive environment
- ◆ Foster stigma-free care for birthing parents and create a patient-centered collaborative culture
 - ◆ Icebreaker: getting to know each other & what does it mean to be a parent
- ◆ Recovery Engagement and Recurrence/Relapse Prevention
- ◆ Gratitude and mindfulness focus

Session#2

Chronic nature of addiction, education on SUD

- ◆ Review screening, assessment, modalities of care, medication for SUD/ODD
- ◆ Emotional Health and Wellness through recovery
- ◆ Growth mindset/ways to decrease shame, guilt while embracing self-kindness and self-compassion
- ◆ Efficacy and Recovery Skills



COMPASSION Curriculum

Session#3

Pregnancy and Prenatal Care

- ◆ Prenatal Testing, Care expectations, Antenatal Monitoring
- ◆ Pregnancy/Right to choose/Pregnancy LOSS (possibly have or refer to a separate group for those who have experienced a loss or abortion care)
- ◆ Nutrition, Balanced movement, Self-Care
- ◆ Vulnerability, Strengths, Coping Skills

Session#4

Chronic Conditions and complications related to SUD

- ◆ Infections (MRSA, endocarditis, abscess, UTI)
- ◆ Hepatitis/HIV/STI screening and treatment
- ◆ Preterm Labor
- ◆ Resilience and Willingness in Recovery

COMPASSION Curriculum

Session#5

Labor and Birth: triage, antepartum and L&D

- ◆ Healthy expectations, creating welcoming and supportive environment
- ◆ Postpartum dyad recovery: newborn wellness, rooming-in models, Eat Sleep Console, COMPASSION model
- ◆ Neonatal Opioid Withdrawal Syndrome (NOWS) screening & treatment, neonatal toxicology, NICU
- ◆ Newborn feeding, choice for lactation/breastfeeding/chest-feeding
- ◆ Coping skills and support to reduce stress and to optimize healing post-birth

Session#6

Child Welfare; CPS and Family Support

- ◆ Foster a culture of compassion, dignity and safety for birthing parent, baby and family members
- ◆ Urgent and challenging conversations – tools to positively de-escalate & positively redirect
- ◆ Discuss 5S: Sobriety, Support system, Safe home, Self-care and Set for Success
- ◆ Discharge coordination/warm hand off. Family/community support/resources
- ◆ Recovery/relapse prevention skills and mindfulness



COMPASSION Curriculum

Session#7

Postpartum Recovery in the Hospital

- ◆ Recovery and Acute Pain Management: Integrative pain and multimodal treatment
- ◆ Tobacco cessation/NRT
- ◆ Mental health and wellness
- ◆ Overdose and SI prevention; Narcan
- ◆ Whole person, nutrition and self-care post-delivery

Session#8

Fourth Trimester and care across the lifespan

- ◆ Self-Compassion and Self-Love
- ◆ Nurturing your body while caring for your baby
- ◆ Compassionate Counseling on Contraception, pre-contraception health, family planning
- ◆ Post-pregnancy healing, sexual health

Community resources, treatment follow up and recovery engagement



COMPASSION Curriculum

Session#9

Whole person and family care for birthing people, infants and families impacted by SUD

- ◆ Parenting, Newborn Care and Recovery
- ◆ Ongoing treatment for addiction/MOUD; care engagement post delivery (parent and partner)
- ◆ Connection and Community (PCAP, County/state resources)
- ◆ Interpersonal Effectiveness and Safe Coping Skills

Session#10

Reproductive mental health and co-occurring psychiatric disease

- ◆ ACEs/PACEs, Domestic violence, Intimate Partner Violence (IPV), Traumatic Brain Injury (TBI)
- ◆ Maternal mortality, SI and OD prevention
- ◆ Distress Tolerance and Emotion Regulation (CBT, DBT, ACT, Emotion Focused Therapy)
- ◆ Mental health, pharmacotherapy and wellness tools



COMPASSION Virtual Curriculum

Postpartum, 4th Trimester Focus

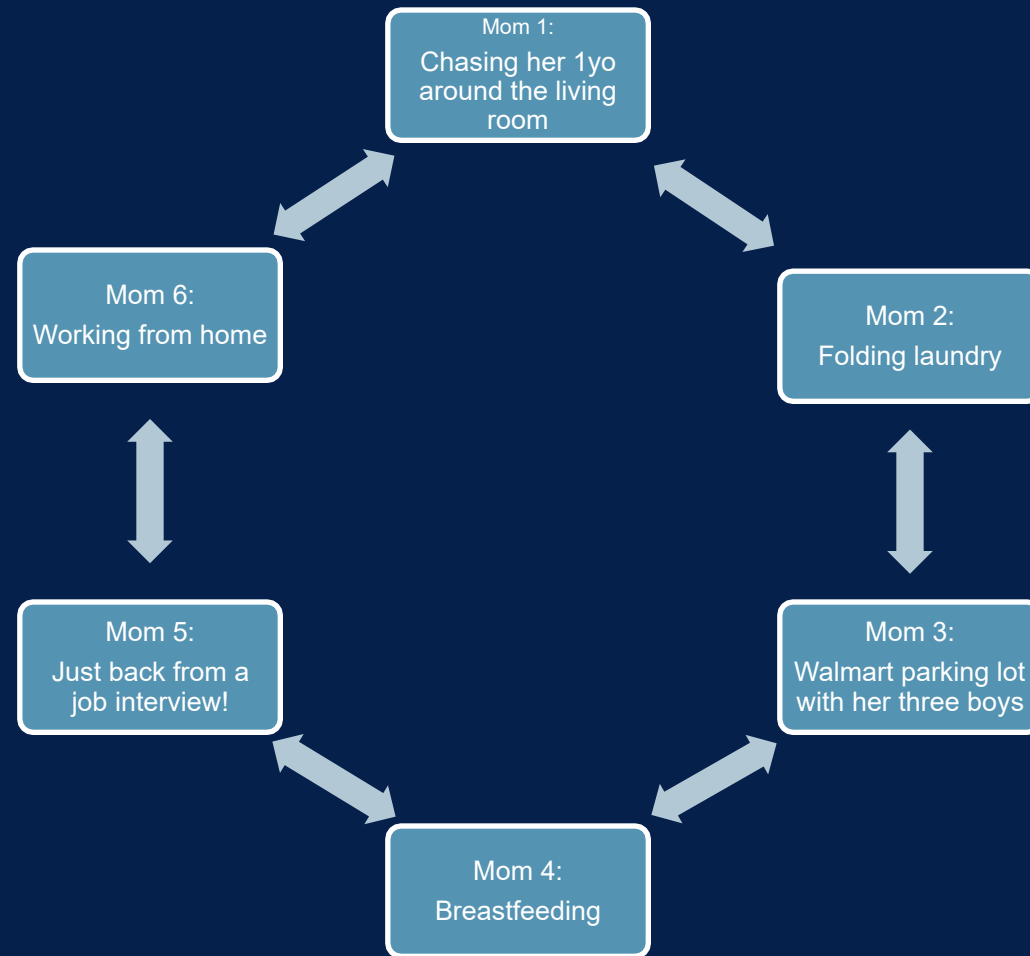
- **Access**: no wrong door service, flexibility (*Appointment scheduled with patient's input; reminders via email and MyChart*)
- **Equity/diversity**: inclusive, and empowering care for all patients (all culture, all backgrounds, any setting)
- **Equality**
 - *Group facilitated by a medical provider + learner (student, resident, fellow)*
 - *Compassionate and trauma-informed approach*
 - *Everyone is invited to offer “their voice” and to participate*
- **Parenting and Recovery** focus



COMPASSION Virtual Curriculum

- ◆ Introductions and Check-Ins
- ◆ Reflection and sharing
- ◆ Recovery focused topics: *relapse prevention, life/recovery skills, accountability, honesty, empowerment, kindness, self-resilience, growth mindset, humility, recovery journey*
- ◆ Parenting/mom focus topic: *self-empowerment, self-resiliency, trauma response, stress reduction, coping skills, healthy boundaries*
- ◆ Peer support and individual “voice”
- ◆ Mental health, wellness and mindfulness focus
- ◆ Closure/check out/requests for one-on-one meetings

View of a Mom Group Zoom Visit





Voices of People with Lived Experience

"The inclusivity, the connection, the acceptance and the encouragement has strengthened my goal to live and to love myself and those I have in my life."

"I am not much of a talker and am isolated, so having a space to listen to others and to reflect on what I hear is something I hold onto."

"I appreciate connecting with others, learning from them and knowing I am not alone in my struggle. And Zoom makes it convenient and safe. I am elevated in my journey."

"I know I would find it much more difficult to show up for a meeting in person than I do for our Zoom group. No commuting."



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Voices of People with Lived Experience

"This meeting is an anchor and something solid I look up to."

"I like the focus, it is a good outlet for me, and it is important for me to learn about recovery techniques, podcasts and skills that are helpful with my recovery."

"I love the opportunity to connect with the other women who have gone through the same thing; the ability to have my recovery and my medical care in one setting is special to me. I get to do both at the same time, and they are so crucial for my health and for my recovery."



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The COMPASSION Model



Outcomes and Data Collection

- ◆ Pilot in WA and MA, 5 sites, start date 7/1/22
- ◆ Provider attitudes survey: stigma, compassion, knowledge, comfort level of care, support for MOUD
- ◆ Patient satisfaction survey, qualitative assessment
- ◆ **Patient data, EMR**
 - ◆ **Birth and postpartum people with SUD**
 - ◆ **Newborn/child data**
- ◆ Evaluate at 6-12-24 months
- ◆ Expand to any health system interested in implementing

Final Takeaways/Summary

- ◆ Foster compassion, flexibility and inclusiveness
- ◆ Health literacy and health equity focus by addressing social drivers of health that can improve outcomes and people lives
- ◆ Be diverse/culturally relevant to the variety of groups of individuals served
- ◆ Meeting people where they are, care across the lifespan
- ◆ Provide opportunities to personalize and customize care to meet the needs of your patients and the needs and capacity of your practice

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