

Foot Prints



Quarterly Newsletter for Healthier Moms & Babies

Fall 2005

Healthier Moms & Babies Advisory Board Members

Dr. Daniel Biehl

Northern Indiana Neonatal
Associates

Terra Brantley

Newschannel 15

Pam Brookshire

(President) Community Action of
Northeast Indiana

Meg Distler

St. Joseph Community Health
Foundation

Alice Eshelman

Joseph Decuis Restaurant

Sr. Carole Langhauser

St. Joseph Hospital

Dr. Deborah McMahan

Fort Wayne - Allen County Dept.
of Health

Kathy Roudebush

Attorney

Rogelia Trevino

Wells Fargo Bank

Dr. Phil Tyndall

Neighborhood Health
Clinic, Inc.

Eric Whicker

Fort Wayne Medical
Education Program

Kelly Zachrich

Super Shot



Better Babies One
Baby at a Time

Summer Research Proves HMB Effectiveness

Healthier Moms and Babies' summer research student, Sheila Blakely, presented the results of her study to an audience of ____ at the Summer Research Fellowship Program dinner at the Marriott Hotel on August 3.

Sheila was one of six students chosen from the 35 student participants to orally present their findings at the dinner. Her selection was based mostly on the quality of her work and partly on her willingness to present. (The results of Sheila's study appears on page 3.)

Sheila secured Internal Review Board approval from both Parkview Hospital (??) and the Lutheran Health Network. The unforeseen step of negotiating the actual procedure for chart reviews in each of the networks altered the original timeline Sheila had established. None of nurses Sheila had recruited to help with the reviews were available once this step was completed. Sheila single handedly audited over 2000 charts for the study.

"I couldn't be more pleased with the work Sheila did," said Sally Edington. "This confirms what I had suspected all along," referring to the results. She added, "Sheila is going to make a great doctor someday!"

Sheila commented, "I will take the research experience with me through out my academic and professional careers."

Healthier Moms and Babies commends Sheila on her outstanding work which proves Healthier Moms and Babies' effectiveness.



Pinafores and Petit Fours Benefit Update!

The conservatory at Joseph Decuis was filled on Saturday, August 6 with children, parents and grandparents at Pinafores and Petit Fours. Twenty one children modeled the latest fall fashions, some of them modeling two or more outfits on an actual runway.

The delicious three course meal was served during the fashion show. Sally Edington spoke briefly about Healthier Moms and Babies' mission. The guests were invited to take carriage rides after the meal and fashion show.

As a result of Pinafores and Petit Fours, \$___ was donated to Healthier Moms and Babies. A huge thank you goes out to Alice Eshelman of Joseph Decuis and Lisa Talaga of Sunshine Children's Wear for all their hard work in planning and executing this very special event. See picture page 4?

NURSER'S CORNER

Weight and Pregnancy

Being overweight or underweight both pose problems during pregnancy, but for different reasons.

Underweight moms are at risk for not providing adequate nutrition to their baby. They need to consume enough calories to bring their own body up to normal and to supply enough calories for the baby's growth. Being underweight is often the result of long-standing poor nutrition or of some illness. Both of these problems can lead to iron deficiency anemia, reduced resistance to disease, and fatigue. Underweight mothers are more likely than usual to deliver low-birth weight babies. A concentrated formula such as an instant breakfast drink may be used to supply more calories. This formula should NOT be a high-protein drink which would be too hard on the kidneys.

Obesity may be caused by a metabolic problem, but more often it is the result of excessive caloric consumption. Obesity is a problem during pregnancy because it strains the circulatory system, increases the risk of developing gestational diabetes, and increases the likelihood of having a large baby and thus needing a cesarean birth. Obese women tend to have longer pregnancies and postmature babies. Weight reduction diets are not recommended during pregnancy.

Both underweight and overweight expectant mothers require nutritional counseling to achieve a healthy baby.

Louise Magoon, RN, MSN
Project Nurse



Coordinator's

MESSAGE



Last summer my son Ben worked on an organic farm. The farmer allowed him to use an empty field to grow the crop of Ben's choice, as long as it didn't duplicate anything the farmer was growing himself and selling at market. Ben had accounted for temperature, sunlight and rainfall when he chose his seeds, but had underestimated the power of the wind on the Central Illinois plain. Ben's dad and I visited him about a month into the growing season, and I was surprised that a few plants had gone to seed before they had actually bloomed.

When I asked Ben about it, he said, "Sometimes when plants are threatened, they reproduce before they're mature".

That thought came back to me often over the last year. *They reproduce before they're mature.*

As you'll see elsewhere in this newsletter, being underweight is a risk factor for premature labor. Teenagers are at risk for poor outcomes. Although the rate of teen pregnancy has been decreasing, we can assure you, there are plenty of pregnant teens. About the time you get this is in the mail, school nurses will be calling us to work with their pregnant students.

When they're threatened.... Some pregnant students don't have expectations of getting As and Bs on their report cards, or having a long list of activities after their name in the year book. Sometimes the activity that caused the pregnancy fills the void that's empty of love, of hope, of skills or talents or accomplishments or goals.

But as you will also see in this issue, we **know** Healthier Moms and Babies makes a difference. We know that even if one of our babies *is* born early, his or her stay in the Neonatal Intensive Care Unit, where medical care can cost thousands of dollars a day, is on average **11 days less** than a baby not served by Healthier Moms and Babies. And of course, we also try to fill the voids.

We're working on our plans for 2006. At this point we need about \$80,000 to meet our goal of serving 25 more patients than this year. Please think about what you can do to fill the void between "when they're threatened" and "better babies, one baby at a time."



Sally Edington, LSW
Project Coordinator

Patient Profile

When Monique became pregnant with her second child, her Healthy Families worker was concerned about her. She was very thin and getting thinner. She referred Monique to Healthier Moms and Babies so she would get more information about pregnancy. Monique had had a baby when she was 16, but she also has a learning disability; so the health education Louise provided Monique was very helpful. Soon she was gaining weight again. In addition, Louise discovered that in the intergenerational household

Monique and her six year old son Jaden share with her mother and an aunt, second hand smoke abounded from the older women. Although neither Louise nor Monique could reduce their

smoking, Louise worked with Monique on ways to reduce her exposure to it. Louise also learned that Monique did not enjoy reading. Louise took great care to verbally review all health education materials, noting the information Monique might need to refer to later. When an ultrasound revealed Monique's baby was another boy, she was disappointed. She told Louise how much she wanted a girl, and even pondered the thought of a subsequent baby in hopes of having a girl.

However, when baby Maurice was born in June weighing a hefty eight pounds, two ounces, Monique was overcome. She told Louise she's "gonna leave that girl where she is!"

Amazingly, Monique had gained over 25 pounds during the pregnancy, despite her worrisome start. Louise has gone the extra

mile a time or two with other family members. When the aunt was diagnosed with high cholesterol, Louise gave her health education materials on the subject. As little Jaden excitedly prepared for school, Louise praised the family for the bubbly, well behaved, and eager to learn child that he is and has encouraged them to help preserve those qualities in him.

At Louise's last visit, Monique had a 'burning question'. Her grandmother had told her keeping the baby warm and in layers was very important, but Monique had heard putting layers on a baby in the summer wasn't recommended. "What do you think?" she asked Louise. Louise told her to avoid overheating the baby (a risk factor for Sudden Infant Death Syndrome) and to dress the baby as you would yourself. "That's what I thought!"

That's what we're there for!

Fewer Days in NICU for HMB Babies

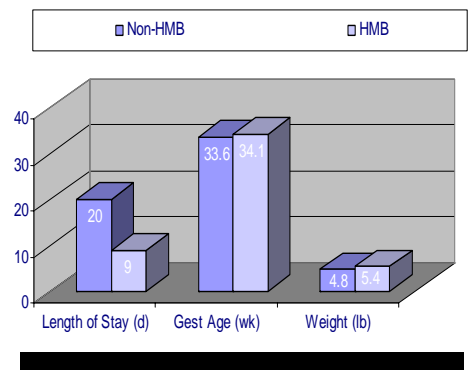
Sheila Blakely, our summer research student, audited over 2000 charts of babies admitted to the Neonatal Intensive Care Unit in the five Allen County hospitals during 2003 and 2004. She eliminated from her study babies who were not Allen County residents (since Healthier Moms and Babies could not have served them), those who were born after 37 weeks (so were not preterm) and those who were admitted to the NICU because of birth anomalies, birth trauma or sepsis, conditions that Healthier Moms and Babies could not have prevented. She then divided the remaining charts into single and abirths or multiples, also those served by

Healthier Moms and Babies and those who were not.

Twins were eliminated from the study, since Healthier Moms and Babies had no twins admitted to the NICU during that time frame. Among triplets, there was no significant difference between the HMB babies and the general population.

However, among singletons, the babies served by Healthier Moms and Babies stayed in the NICU an average of **11 days** less than those not served by the project. This results in a significant savings to their families, the medical providers and the community, not to mention stress to their families.

2003-2004 Preterm
Allen County NICU Singletons



HEALTHIER MOMS AND BABIES
Rooms 213—215 Plaza Office Building
700 Broadway
Fort Wayne IN 46802-1402

Presorted
Standard
US Postage Paid
Ft. Wayne IN
Permit #324

CHANGE SERVICE REQUESTED

Gracias Carmen!

It is with much sadness that we say good bye and thank you to interpreter Carmen Palacios. Carmen, a native of Puerto Rico, has been interpreting for Healthier Moms for the last four years. She leaves us to provide daycare for her grandchildren full time.

Although Louise, our staff nurse, is bilingual in English and Spanish, we hope by the time you receive this newsletter to have found a new interpreter for Healthier Moms and Babies.

Mission Statement

is a perinatal outreach project whose goal is to improve the outcome of pregnancy and reduce infant mortality by providing health education and case management to at-risk families.

HMB RECEIVES NEW OFFICE FURNITURE

Healthier Moms & Babies recently received furniture from a local business which wishes to remain anonymous. HMB is very grateful for the furniture. A big thank you also goes to Memcor, Inc. for their help in moving the furniture to our offices.



New meeting table and chairs!



New office desks!