

SAVE THE DATE

APRIL 2, 2008 –16th Annual Conference Co-Sponsored by: Cornell University Cooperative Extension, Hudson Valley Student Support Services Center, Maternal-Infant Services Network of Orange, Sullivan & Ulster Counties, The Alcoholism and Drug Abuse Council of Orange County.

MAKING HEALTHFUL DECISIONS FOR MINDFUL LIVING

Wednesday April 2, 2008

8:00 am – 3:30 pm

The Holiday Inn

2511 Route 9, Fishkill, NY

This conference will acquaint participants with the most current information regarding mindful living, what it is, why it needs to be addressed, who's affected, and how. Participants will learn what the research has to say about the effects of multi-tasking, overscheduling, and environmental influences on children, youth, and families.

Registration: \$65.00. Includes continental breakfast, lunch, and resource packet – Final registration date: March 14

Questions? Call: Linda Byster, 845-677-8223, Ext. 109 or e-mail luh1@cornell.edu

MAY 6, 2008 - 15TH ANNUAL MID-HUDSON LACTATION CONSORTIUM CONFERENCE

Featuring: Catherine Watson Genna, BS, IBCLC

Author of Supporting Sucking Skills in Breastfeeding Infants

Topics: How Milk is Made, The Non-Latching Infant: The First 48 Hours and Beyond
Research Update: Ultrasound Study of Tongue-Tie and Sucking Skills

Glenda Dickerson, TN, MS, IBCLC

President, USLCA Board of Directors

Topics: Filling Your LC Toolbox: Making Communication Work for You,
Filling Your LC Toolbox: Being a Change Agent

ANTHONY'S PIER 9 -- NEW WINDSOR, NY

INFO: MHLDM@MISN-NY.ORG - WWW.MISN.ORG - 845-928-7448 EXT. 15

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We are interested in providing you with a newsletter that is relevant and of interest to you. Please contact us with perinatal topics you would like to see addressed.

For a copy of our newsletter or to be placed on our mailing list contact us by phone or e-mail.

Please see below the NYMC neonatal web site address to locate other issues of The Perinatal Gazette:

<http://www.nymc.edu/neonatology>



The Regional Perinatal Center
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At Westchester Medical Center
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The Perinatal Gazette

Newsletter of the Regional Perinatal Center Maria Fareri Children's Hospital at Westchester Medical Center



Volume 8, Issue 2

March 2008

CenteringPregnancy® in the Lower Hudson Valley

By Jeanne Murphy, CNM, MSN

CenteringPregnancy® is an innovative model of prenatal care, providing all aspects of care in a group setting (8-10 women) led by two facilitators and has been implemented in over 200 sites nationwide as well as in Canada, Australia and South Africa. The study "Group Prenatal Care and Perinatal Outcomes: a Randomized Controlled Trial" (Obstetrics and Gynecology 110:2; August 2007 pp 330-339), as reported in the last issue of Perinatal Gazette, demonstrated remarkable improvements in outcomes for young women enrolled in group prenatal care, including a 33% reduction in preterm birth rate overall, and a 41% reduction in preterm births for African-American women. CenteringPregnancy® sites in the Lower Hudson Valley and greater New York City area include: Vassar Brothers Medical Center, Montefiore Medical Center Family Care, and South Bronx Health Center for Children and Families.

Currently, the research team at Yale University, directed by Jeannette Ickovics, PhD, has teamed up with Clinical Directors Network in New York City and Centering Healthcare Institute in Cheshire, CT, to study CenteringPregnancy®'s effectiveness in a large study of young women in the greater New York City area. In the study, a specially designed CenteringPregnancy® "Plus" model adds extensive STI and HIV prevention interventions to the basic Centering model of group prenatal care, building on women's motivation for a healthy pregnancy and willingness

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Nursing Staff Education Can Improve Adherence with Central Line Hub Care Protocol

Background: Central Line-associated bloodstream infections (CLABSI) increase morbidity, mortality, LOS and healthcare costs. Educational programs to promote best practices for central line (CL) care can reduce sepsis. Adherence to healthcare protocols declines over time, which may increase infections. We have previously shown sustained decrease in CLABSI 9 months after introduction of new CL hub care protocol (2/06). But infection rates increased after the 9 months. We hypothesized that there was decline in adherence with CL hub care protocol.

Objective: To assess adherence with CL hub care protocol and effectiveness of education.

Design/Methods: CL hub care protocol has 9 distinct steps which focus on establishing sterile fields and disinfection with chlorhexidine. Nursing adherence with CL hub care protocol was observed by blinded observers three days/week and scored using Observer Check List. Education was conducted with DVD presentation. Adherence with each of the 9 steps of protocol was marked as Yes or No and given a score of 1 or 0, respectively. Observations for each step were expressed as % Yes of total observations. Overall total adherence score was generated, summing all Yes scores. Adherence differences before and after education were analyzed using X² for each protocol step and unpaired t-test for the total score (p<0.05).

Results: 24 and 26 nurses were randomly observed during CL hub care before and after education, respectively. Significant improvement in adherence was noted post-education in 6 out of the 9 protocol steps (p<0.05). The total adherence score was significantly improved, 14±7 vs 23±3 (Mean±SD)(p<0.05). CLABSI rate decreased after education by 55% from 8 to 3.6/1000.

Conclusions: DVD education had significant impact on nurses' adherence with CL hub care protocol, but periodic re-education campaigns may be necessary to maintain adherence and to promote improvement. In order to achieve complete compliance with each step of protocol, the reasons for non-compliance should be investigated.

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to change behaviors during pregnancy. This five-year project, which is funded by the National Institute of Mental Health, aims to reduce risk for HIV and other sexually transmitted infections, and improve birth outcomes and health behaviors during and after pregnancy among adolescents (aged 14-21) receiving prenatal care in Community Health Centers (CHCs) and community hospitals. Fourteen sites will be offered training and support to provide the CP+ model of group prenatal care.

Sites that provide care to a large number of adolescent girls have been approached to participate in the study (i.e. eligibility criteria of at least a hundred 14- 21 year old pregnant girls seen at the site annually). At present there are 6 sites and 1 pilot site on board. The pilot site is Montefiore Family Health Center and the 6 sites are Sunset Park Family Health Center, Flushing Hospital Medical Center, Urban Health Plan, 2 MICs (MHRA) and Morris Heights Health Center. These 6 sites were then randomized to an Intervention Arm and a Delayed Intervention Arm. Sites which are in the Intervention Arm will start up CP+ first. Delayed Intervention Arm sites will continue with traditional care until recruitment is complete, after which they will then be provided with identical training and resources as the Intervention Arm to start CP+. One hundred pregnant adolescents from each site will be followed to assess outcomes. Training for the intervention sites has been completed (a total of 34 healthcare staff were trained). OBGYN administrative staff is to attend the first day of training and providers and healthcare staff who will be delivering CP+ care are to attend two days of training. Training generally requires attendance by a multidisciplinary team to ensure buy-in at all levels. Group prenatal care has started successfully in all 3 sites randomized to the Intervention Arm. The study team hypothesizes that sites will successfully adopt CP+, and that it will result in significant reductions in HIV-related risk and improvements in perinatal outcomes.

To contact the author: jmurphy@centeringpregnancy.org

For more information about the CenteringPregnancy® Plus Project, contact:

Maria Abraham, MD, MPH
Project Manager, CP+ Project
Clinical Directors Network, Inc. (CDN)
5 West 37th Street, 10th Floor
New York, NY 10018
212-382-0699 ext. 224

For information about CenteringPregnancy® group prenatal care, contact:

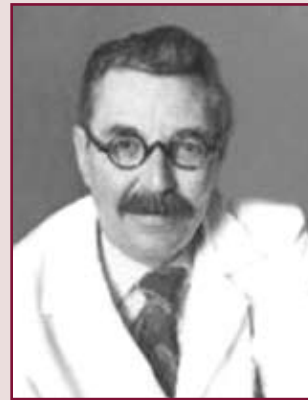
Centering Healthcare Institute
558 Maple Avenue
Cheshire, CT 06410



WE ARE PLEASED TO ANNOUNCE...

Dr. Frank Manning has joined the department of OB/GYN at Westchester Medical Center Hospital. Dr. Manning is a highly regarded figure in perinatal medicine who has a career distinguished by defining the use of biophysical profiles and in fetal diagnosis.

Dr. Manning will be seeing patients for Perinatology consultations, 1st & 2nd trimester genetic screening, fetal anatomic surveys and Cvs (Chorionic Villus Sampling).

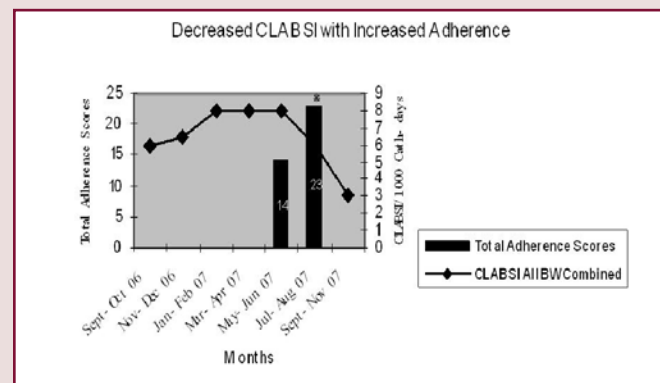


Frank Manning

Dr. Manning's office
is located at:
19 Bradhurst Ave.
Suite 2700
Valhalla, NY 10595
914-593-8950

Continued from pg. 1 – Nursing Staff Education

The educational DVD for CL hub care and the check list for compliance monitoring are available upon request. Please contact Dr. Boriana Parvez at: boriana_parvez@nymc.edu.



Sulaiman Sannoh, MD¹, Hassan Khan², Maria Khan², Barbara Clones, RN¹ and Boriana Parvez, MD¹. ¹RNICU, MFCH WMC, Valhalla, NY, United States and ²SUNY, Binghamton, NY, United States.

Lower Hudson Valley Perinatal Network (LHVPN)

The Lower Hudson Valley Perinatal Network (LHVPN) is very pleased to announce that **Heather Brumberg, MD, MPH**, and lead author on behalf of the LHVPN's "Healthy From Birth For Life" project (<http://www.lhvpn.net/hfbfl.shtml>), has received the **Research Award** presented by the National Perinatal Association at its 2007 Annual Clinical Conference that was held in New Orleans, LA. The award was for her team's abstract entitled, "**Youth Knowledge of Unhealthy Lifestyle Choices and Obesity Vary by Gender and Behavior.**" The abstract presented the results of the market research that was conducted as part of this Social Health Marketing project. In addition to Dr. Brumberg, the Healthy From Birth For Life project team connected with this level of the project consists of Bonnie Reyna, MPH, Project Manager, and Cheryl Hunter-Grant, Executive Director (LHVPN), Dorothy Faulkner, PhD, and V. Allen, MPH (New York Medical College School of Public Health).

The LHVPN had four abstracts accepted for poster presentations at the 2007 NPA conference.

- **The Efficacy of Employing the Great American Smokeout Model When Adapted for Perinatal Mood Disorders as 'Community Health Education Day'**

(<http://www.lhvpn.netched.shtml>) Rebeca Moretto, BS, CHES; Cheryl Hunter-Grant, LMSW; Heather L. Brumberg, MD, MPH, FAAP

- **The Efficacy of an Educational Program Addressing Newborn Abandonment**

(<http://www.lhvpn.netmeetingspre.shtml>, see 4/19/05 conference) Bonnie Reyna, MPH; Cheryl Hunter-Grant, LMSW; Paul Visintainer, PhD; Heather Brumberg, MD, MPH

- **Does the Efficacy of a Regional Perinatal Forum Conference as a Public Health Educational Instrument Change Over Time?** (<http://www.lhvpn.net/meetingspreshtml>, see 10/19/05 and 11/1/06 conferences) Bonnie Reyna, MPH; Donna Dozor, RN, MS; Cheryl Hunter-Grant, LMSW; Susan Marchwinski, RNC, MS; Clare Nugent, RN; Paul Visintainer, PhD; Heather L. Brumberg, MD, MPH, FAAP

We continue to work to "ensure every pregnancy is healthy and wanted, and all women and families receive the support and services they need in a respectful environment."

SAVE THE DATE

The 31st Annual Meeting of the New York Perinatal Society will take place on Monday, May 19, 2008, from 4:30 pm to 9:00 pm. The keynote speaker will be Benjamin P. Sachs, MD, The Doty Distinguished Professor, Senior Vice President of Tulane University & Dean of the School of Medicine, who will talk about "Team Training: Improving Patient Safety and Reducing Litigation." For more information, please contact Dr. Sergio G. Golombek, NYPs President, at Sergio_golombek@nymc.edu, or Christonia Joseph, Secretary, at josepc02@med.nyu.edu.

SOUND SHORE MEDICAL CENTER

Congratulations to Drs. Patricia A. Devine and Kevin L. Meacham as new Acting Co-Chairs of Maternity Services at Sound Shore Medical Center.

Sound Shore Medical Center (SSMC) in New Rochelle is a NYS Department of Health designated Level III Perinatal hospital, providing services for complex, at-risk obstetrical patients and Neonatal Intensive Care for medically fragile newborns.

SSMC's maternity department features a dedicated Antepartum Testing Laboratory – *designated a center of excellence in First Trimester Screening* – for fetal surveillance. It also provides private, semi private, as well as deluxe amenities-rich suites, specially trained nurses, and dedicated staff. Functioning under the direction of recently named acting co-chairs: Patricia A. Devine, MD, and Kevin L. Meacham, MD, Sound Shore's maternity services expertly provide for the needs of mom and newborn, alike.



Dr. Devine received her medical degree from Mt. Sinai School of Medicine and is board certified in Obstetrics and Gynecology as well as Maternal-Fetal Medicine. She is clinical associate professor at New York Medical College.



Dr. Meacham received his medical degree from New York Medical College. He is past president of the Sound Shore Medical Center Medical Board and Westchester OG/GYN Society. He is board certified in Obstetrics and Gynecology and is in private practice in Larchmont.

Maternal-Infant Services Network of Orange, Sullivan, & Ulster Counties, INC.

March 25 - Epilepsy and Pregnancy, Kingston Hospital

March 27 - Newburgh APPS Community Council Meeting, Newburgh

March 28 & 29 - Youth Conference, Orange Community College, Middletown

April 2 - Making Healthful Decisions Conference, Fishkill Holiday Inn

April 12 - Parenting Celebration, Port Jervis Middle School

April 18 - Perinatal Mood Disorders Training, Sullivan County Community College

May 2 - Perinatal Mood Disorders Training, Orange County

May 3 - Women's Health Expo, Tech City, Kingston

May 6 - Mid-Hudson Lactation Consortium Annual Conference, Anthony's Pier 9

For more information, please contact MISN at 845-928-7448