

Transcript of Media for Pregnancy-postpartum support

Kate Johnson, clinical supervisor for Digital Care at OSF HealthCare

"It provides check-in questions, routine questions, like 'Are they having any signs of infection, UTI symptoms? Are they struggling with breastfeeding; having any depression symptoms?' And if they answer in any kind of an alarming way, that lets our nurses know right away ... sends them an alert, and we're able to contact those patients via telephone and triage if we need to." (:26)

Johnson says women will get new education messages each week throughout their pregnancy and postpartum.

"I think the education that we provide those moms during their pregnancy is awesome because it's getting them ready to deliver their baby. So, helping them think about things like how they want to feed their baby, birth plan, pain management for their delivery, things of that nature." (:16)

Pregnant women in the program will get a depression screening after leaving the hospital and before their first follow up appointment.

"So, we will be screening her right upon enrollment into the postpartum loop. And then we'll do a two- or three-week check-in to make sure emotions are doing okay. There is such a huge change in emotions postpartum with the changes in your hormones and bringing a baby home plus the sleep deprivation. So, we want to be there to support them in that initial six weeks before they see their provider." (:25)

Women are screened for social needs such as food and transportation and the program makes connections for them.

"I think what we're seeing mostly is patients who are struggling with transportation to get to their actual OB provider appointments, so we are able to align transportation for them in most cases. Just this past weekend, we had a patient that had no car but needed a prescription. So, we aligned her with a pharmacy that delivered those medications directly to her door." (:19)