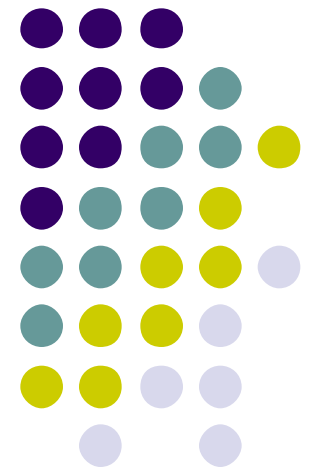


# A Model for the Development of Childbirth Education Classes in High-Risk Neighborhoods

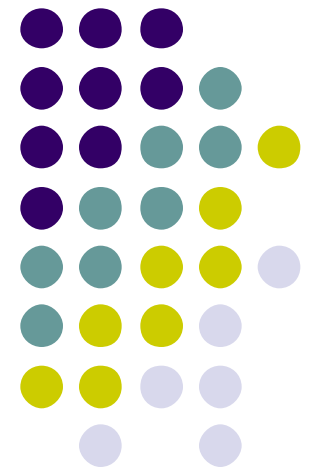
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Apryl Pagliaro, BS  
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Anitra Anderson, CLC



# Background

*“I had never known about how to care for a child, I wanted learn everything about pregnancy and birth because I don’t have my family to tell me anything.”*



# Childbirth Education (CBE)



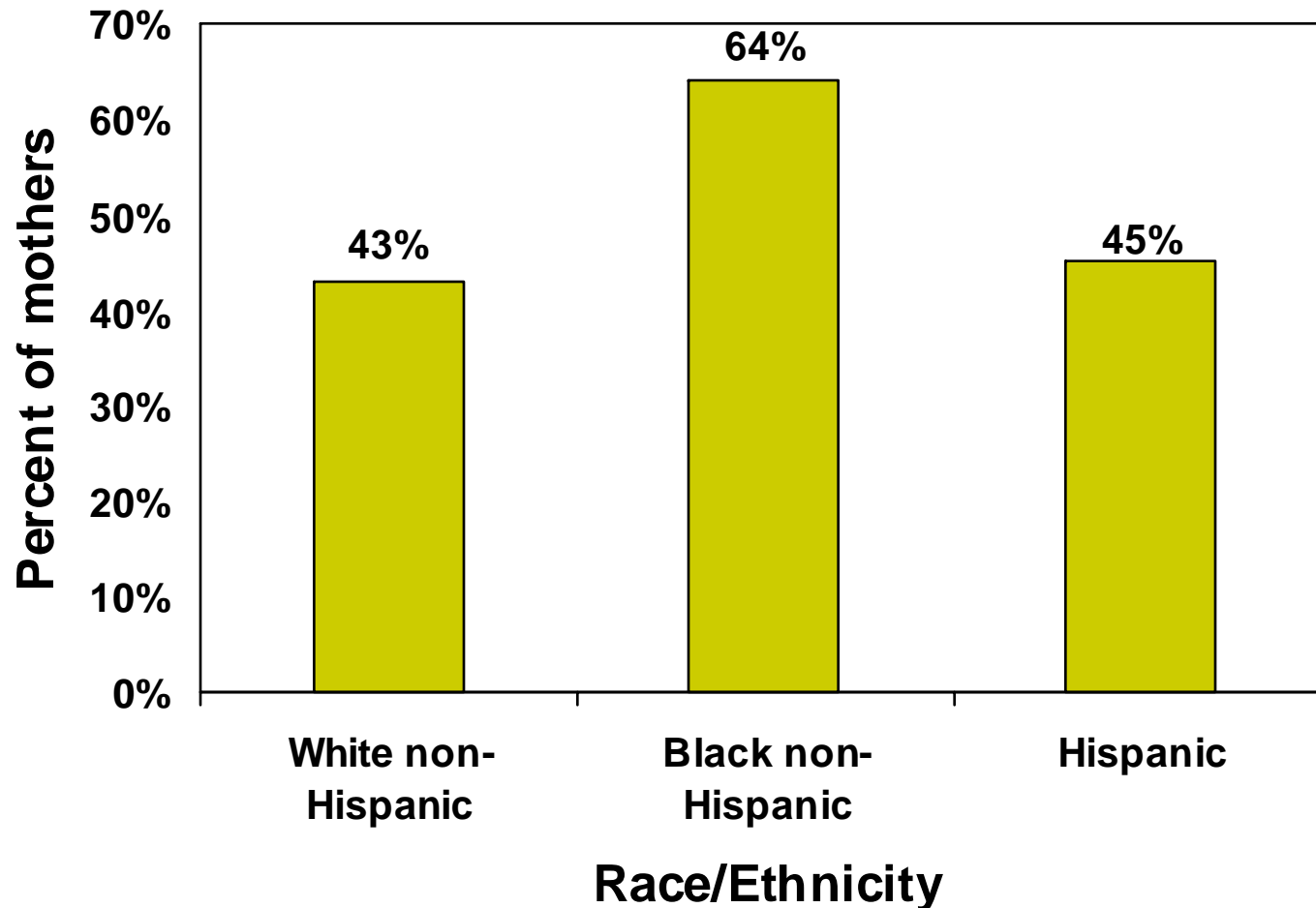
- Underlying purpose

- To provide prenatal preparation for pregnancy, labor, and birth [11]

- Outcomes of childbirth education

- Positive birth outcomes, including reduction of cesarean births [1,12]
- Increase confidence in ability to cope with labor and childbirth [1,12]
- Increase breastfeeding rates [1,12]
- Decrease unnecessary postpartum hospital visits [12]
- Offer an opportunity for social support during pregnancy [1,12]

# Percent of Multiparous Mothers Never Attended a CBE by Race/Ethnicity, U.S., 2005



Note: Nationally 25% of mothers (56% first time; 9% experienced) reported taking a CBE class in 2005.  
Source: *Listening to Mothers II*.

# Childbirth Education at Boston Medical Center

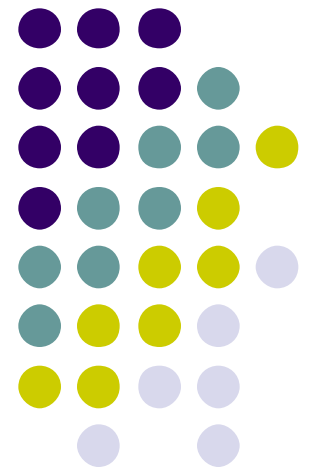


- Low attendance levels overall – especially from women living in high-risk neighborhoods
- Identified reasons for low rate of attendance
  - Inconvenience
  - Lack of cultural competence
  - Class content

*“[I don’t attend], because I don’t know if they have them in the area where I live. I might go if they were offered near me.”*

# Methods

*“I would like to have more emotional support, with other mothers who are going through the same thing. Having more information about community resources, so that if I have any type of problem, I know who to turn to.”*





# Literature Review

- Limited past research on efforts to extend childbirth education classes to mothers in high risk neighborhoods.
- Focus populations tended to be white non-Hispanic middle-class women. [1,9]
- Methods utilized by other organizations to implement change were focus groups, surveys, and class evaluations. [9]



# Personal Interviews

- Prenatal (n=42)
- Postpartum (n=21)
- Interviews conducted at community health centers and in hospital clinic
- Use of Birth Sisters (douglas) as interviewers



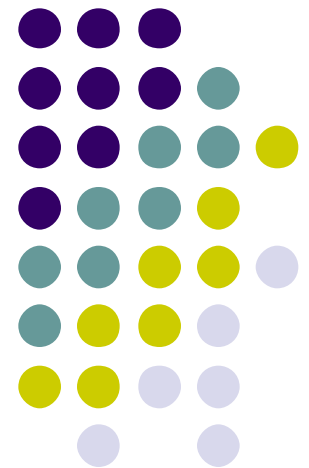


# Interviewers – Birth Sisters

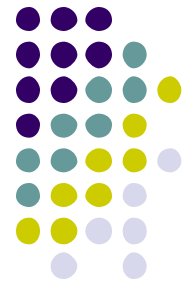
- Trained on interview techniques
- Tested out surveys
- Matched up with clinics depending on languages spoken

# Results

*“I would like to know what services are out there for pregnant women and it would be good to know what is actually happening to my body.”*



# Ethnic backgrounds of sample (n=63) compared to total births at Boston Medical Center, 2006



	Sample	2006 Births
Hispanic	37%	34%
African-American	22%	38%
Haitian	16%	5%
Cape Verde	14%	2%
White non-Hispanic /Caucasian	5%	11%

Sources: Boston Medical Center Obstetrical Statistics (1/1/2006 – 12/31/2006)

# Languages Spoken by Sample

(n=63)



- Spanish (35%)
- English (32%)
- Haitian/Creole (11%)
- Cape Verde/Creole (8%)
- Other (13%)

# Age range (years) of Sample

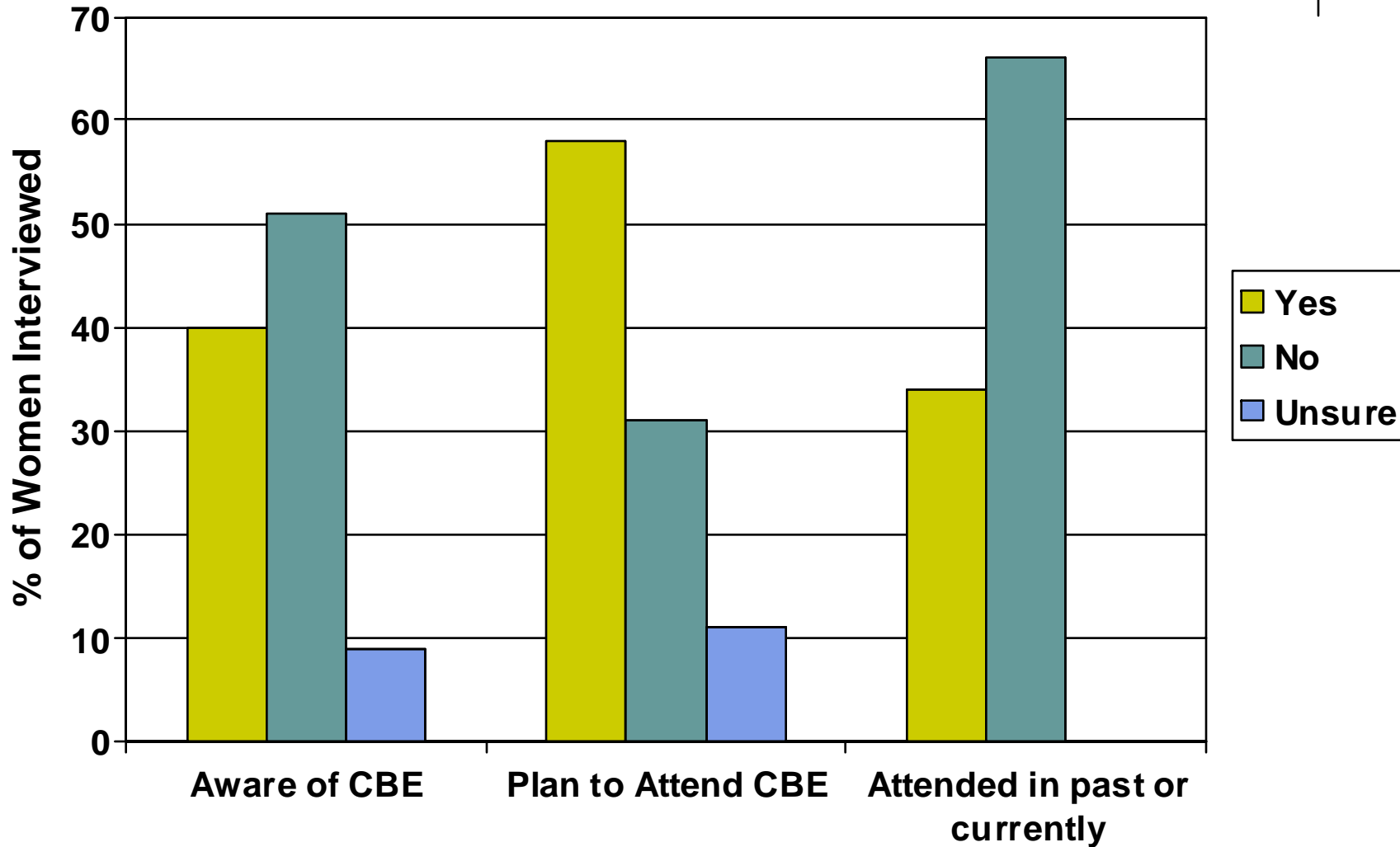
(n=63)



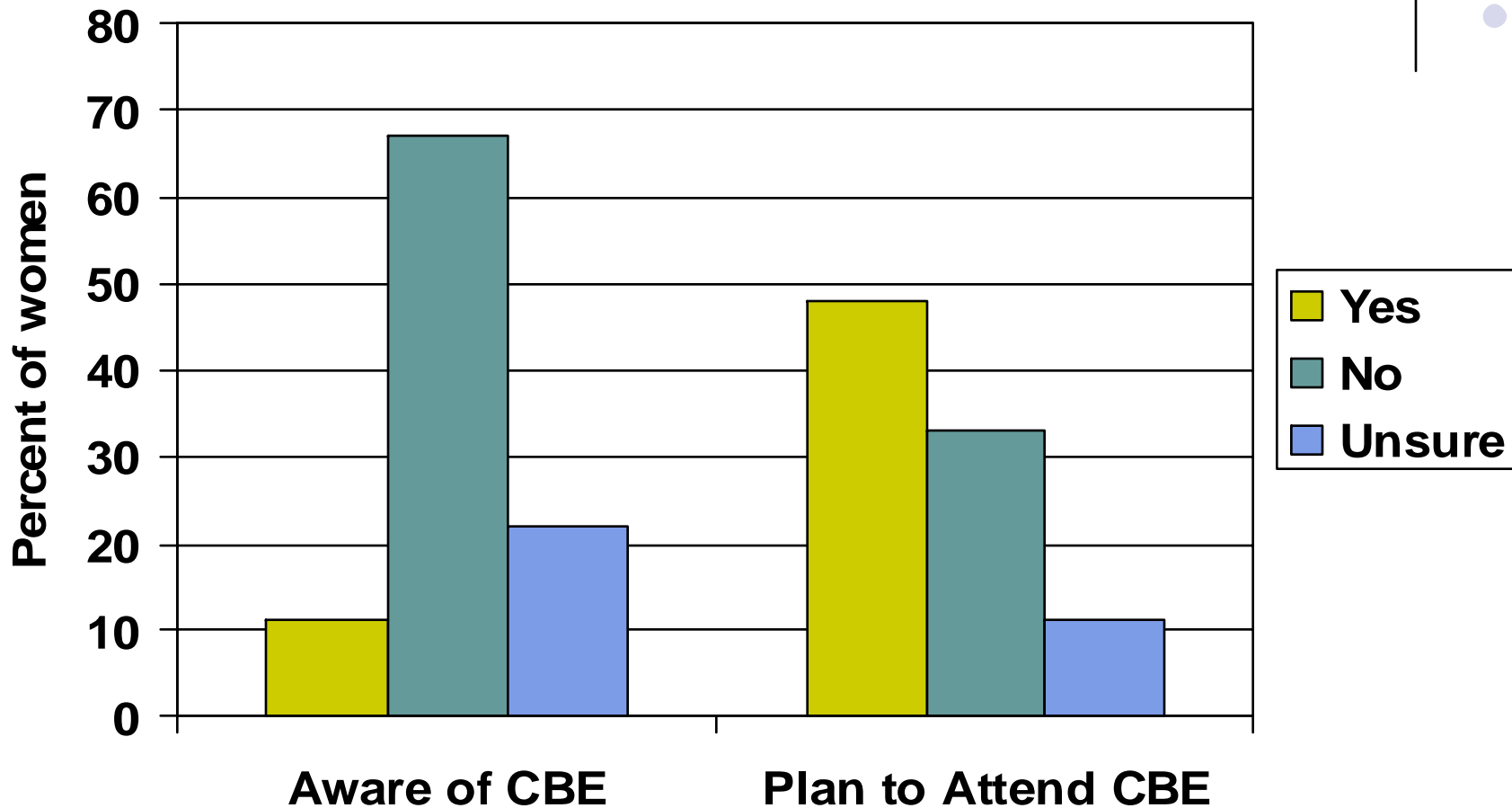
- Less than 19 (13%)
- 19 – 24 (31%)
- 25 – 34 (43%)
- 35 – 40 (13%)

*“[The class] was just for teens, there were no grown adults there.”*

# Figure 1. Percent of women interviewed who were aware, planned to attend, or attended CBE classes



**Figure 2. Percent of women who are not currently or previously enrolled, who are aware of or plan to attend CBE classes**



*“No, I haven't heard much about them, just that they are in English, a language I cannot speak so I don't show any interest.”*

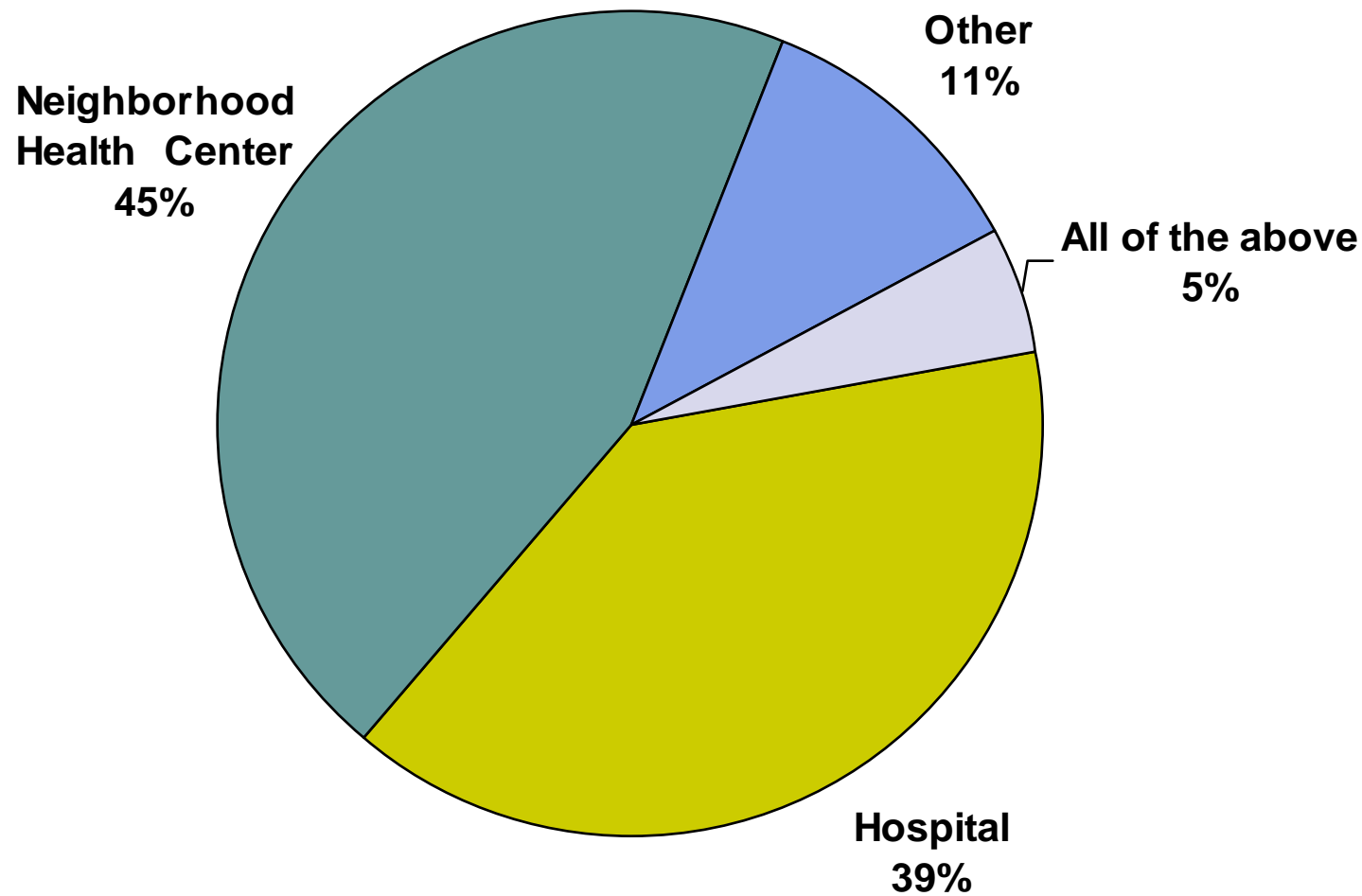


# Other Questions

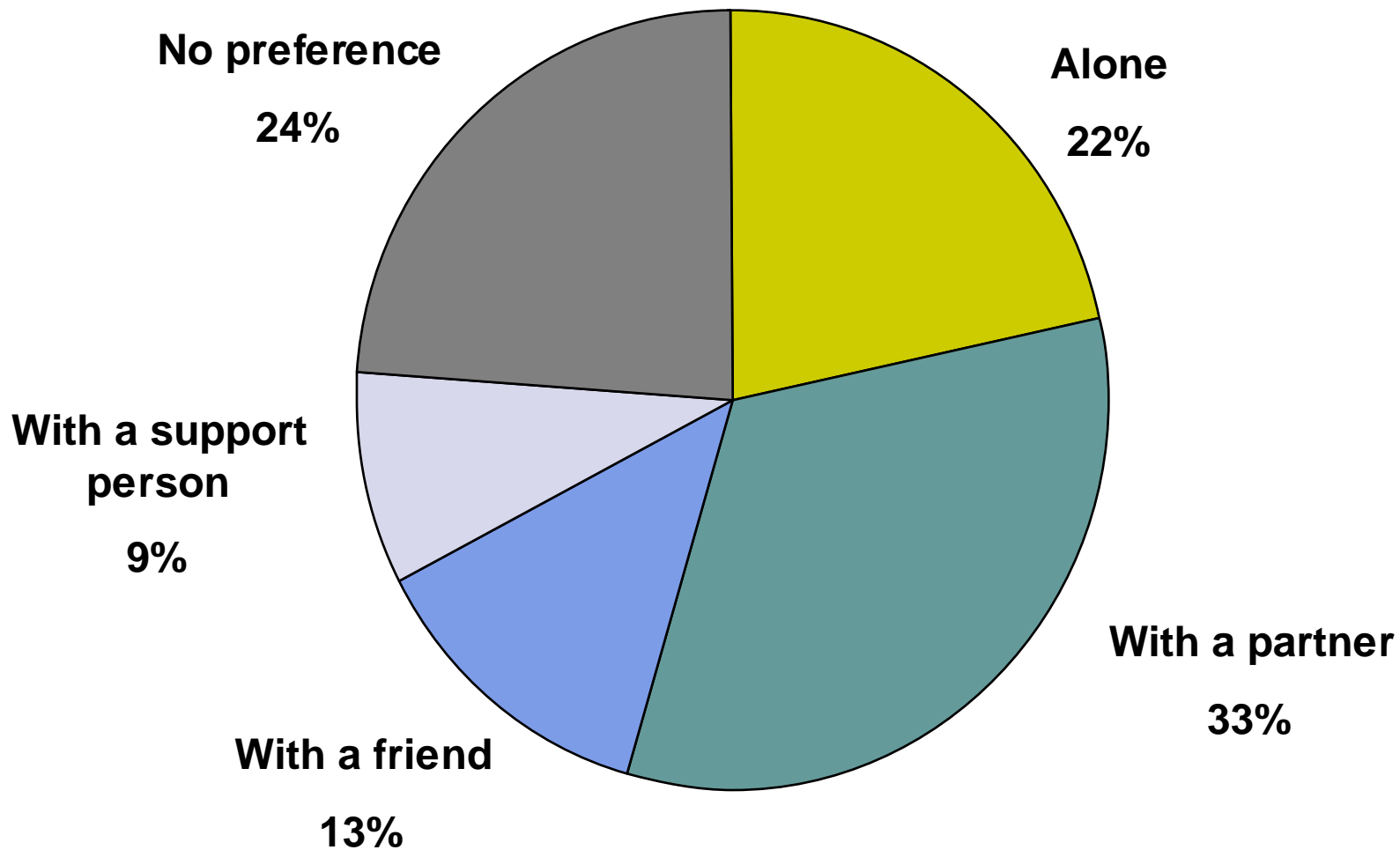
- Learning styles
- Location of classes
- Language
- Teacher qualities
- Who to attend class with
- How to be informed
- Registration



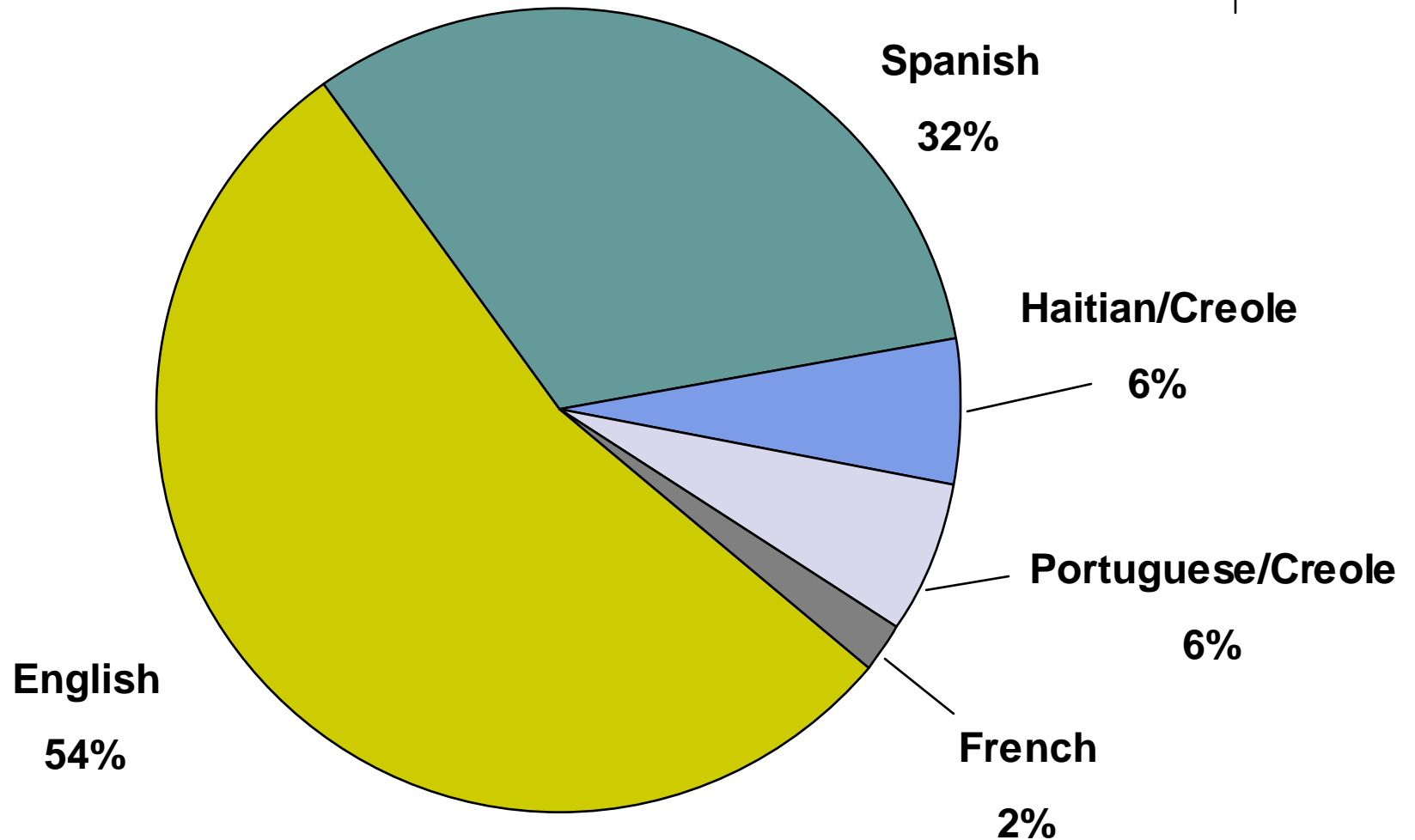
# Where would you like your classes to be held?



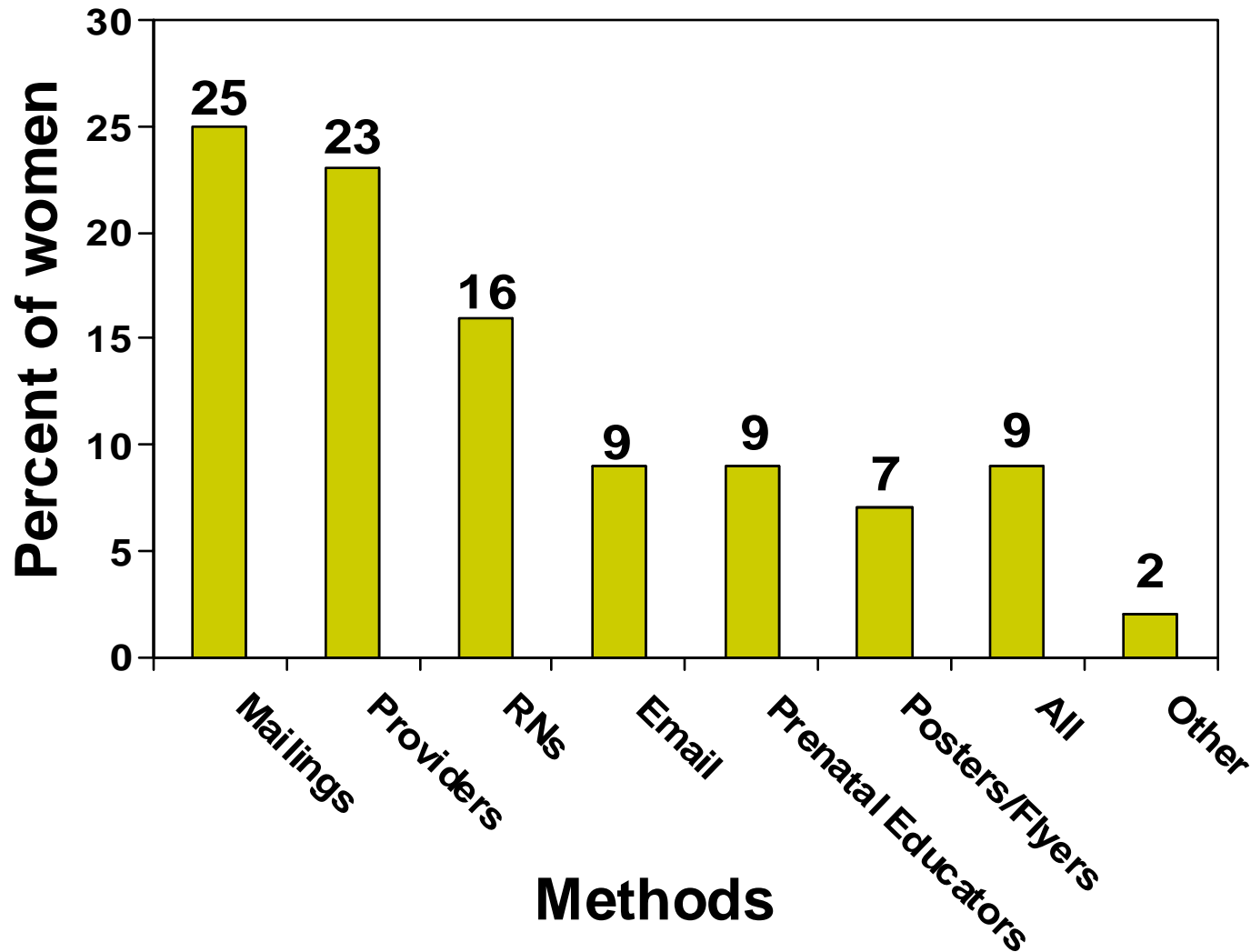
# Who would you feel most comfortable attending class with?



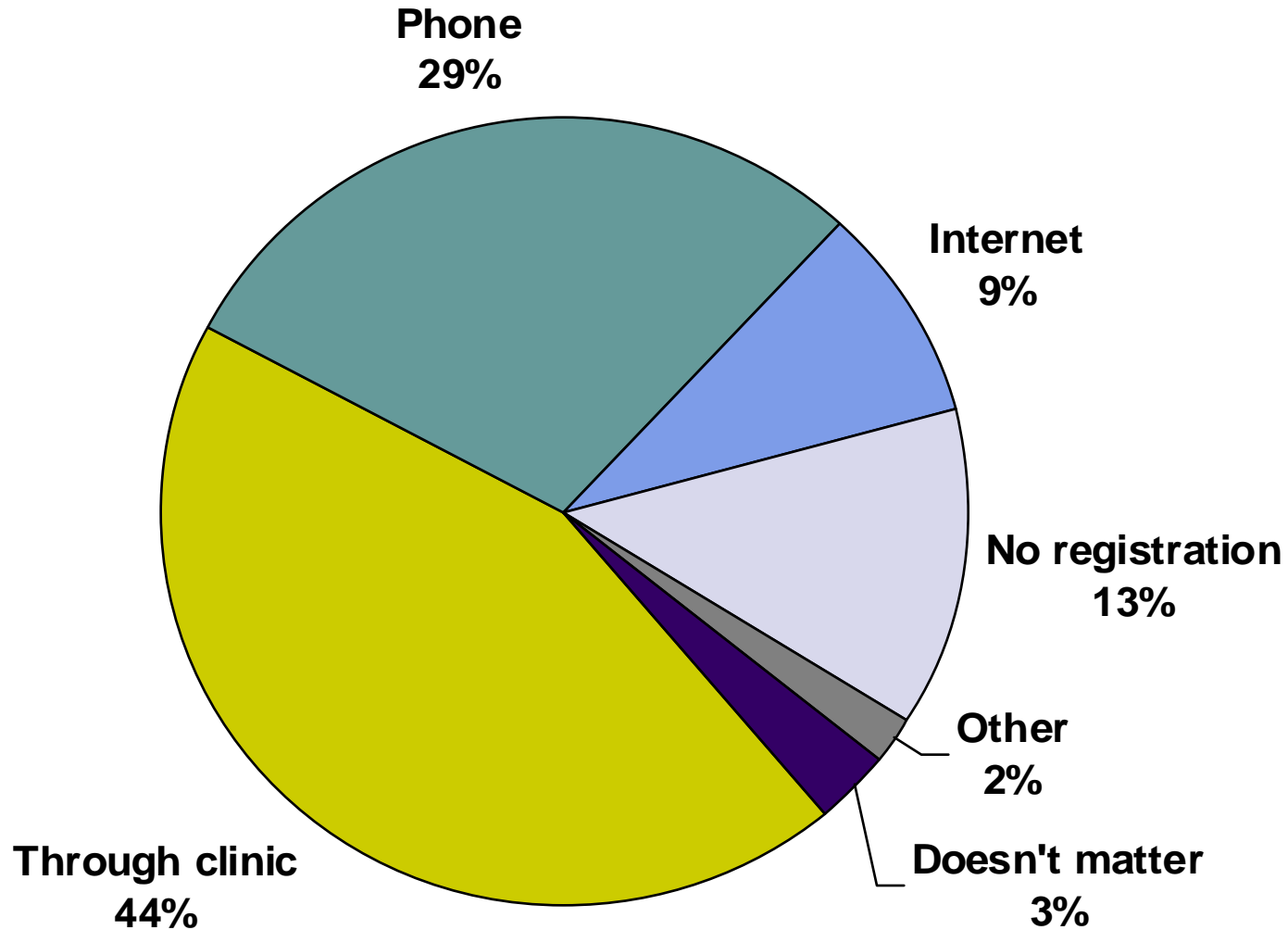
# What language would you prefer your classes in?



# How would you like to be informed of upcoming classes?



# How would it be easiest for you to register for prenatal classes?



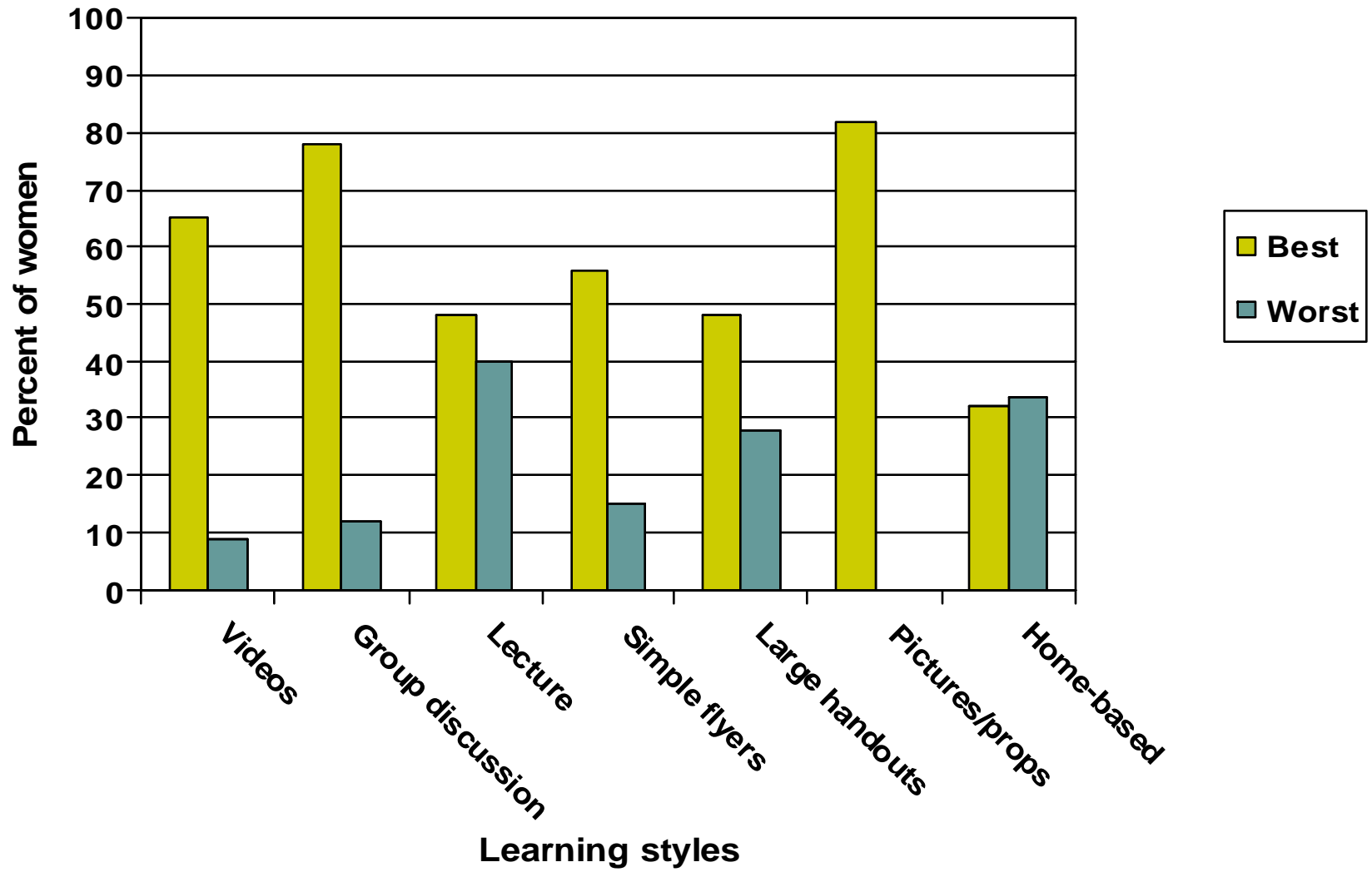
# What are some qualities you would like the person teaching the class to have?



- Experienced
- Has a child
- Understanding
- Willing to answer questions
- Supportive
- Speaks my language

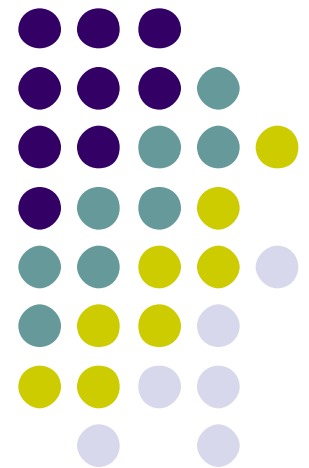
*“[I’d like to have] someone from my own culture as a teacher.”*

# Please rate the learning styles pertaining to how you most like to learn.



# Conclusion

*“Learning about the process of birth and learning how to care for a baby. When I had my other baby, I had my family to help me with him, but now I’m alone and I don’t have anyone to help me and teach me.”*







# Conclusion

- What are we doing with the information obtained?
- Significance to the MCH community?

# References



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# Thank You!

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