

Family Planning Quality Improvement Projects in Healthy Start Communities

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Presenter Disclosures

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The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No relationships to disclose

Abt Associates conducts research and provides technical assistance on a wide range of issues in social, economic, and health policy, international development, and business research.

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Healthy Start Interconception Care Learning Community (ICC LC)



Overview of Presentation

- What is the Healthy Start Learning Community?
- Adapting the Quality Improvement Model
- Community-based strategies to reduce unplanned pregnancy during the interconception period



Healthy Start Interconception Care Learning Community (ICC LC)



What is the Healthy Start Learning Community?

- The Healthy Start Interconception Care Learning Community (ICC LC) was developed by the Maternal Child Health Bureau (MCHB) to:

- Improve the quality of Healthy Start interconception care (ICC) components
- Address gaps in the provision of ICC in Healthy Start
- Develop a toolkit to guide maternal and child health programs with their ICC activities



Healthy Start Interconception Care Learning Community (ICC LC)



The ICC LC includes:

- Learning community members
 - All Healthy Start grantees teams (100+)
 - Expert Work Group (20 members)
 - Abt Associates and Johnson Group Consulting
 - MCHB-HRSA Healthy Start staff
- Healthy Start Grantee Teams
 - Includes Healthy Start staff, community consortia, and consumers
 - Adds partners from primary care, mental health, public health, WIC, family planning, etc.



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Why interconception care focus?

- Interconception period is up to 24 months after index pregnancy for low income women.
- ICC is a required component for all Healthy Start projects
- Content of ICC had not been operationalized for women in Healthy Start
 - Work with infants and toddlers better defined.
 - Opportunity for HS grantees to implement evidence-based practice.



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Adapting the “Model for Improvement” to Implement ICC LC Change Projects



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Institute for Healthcare Improvement (IHI) Process

Prework: Introductory webinars and exercises (4)

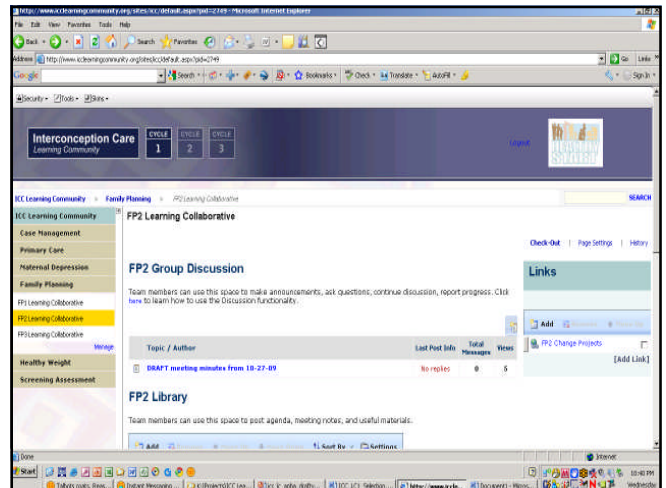
- Review of evidence
- Overview of Learning Collaborative structure and process
- Readiness Assessment
- Review of QI principles and processes
- **2-day In-Person Learning Sessions (3 over 3 years)**
 - 5 members per team (550 people)
 - Peer-to-peer learning; All Teach All Learn
- **Expert Work Group of Content and QI experts**

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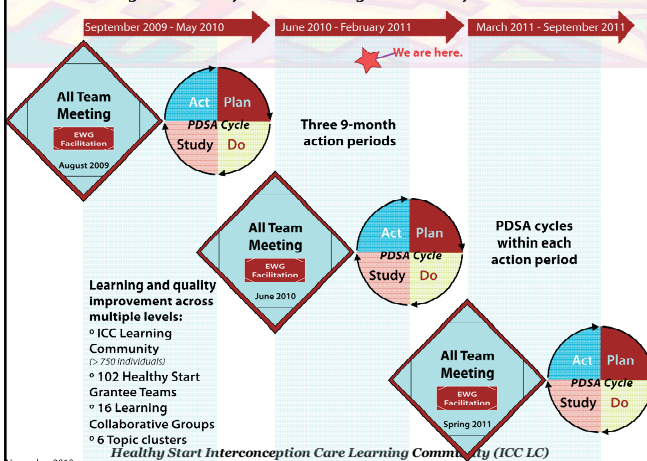
Institute for Healthcare Improvement Process

- **Action Period (9 months) brings together teams with similar aims and PDSA cycles**
 - 102 Healthy Start projects organized into 15 Learning Collaboratives
 - Learning Collaboratives of 6-8 teams working on similar change projects have bimonthly teleconferences
 - Learning Collaboratives report monthly on common measures
- **Ongoing Webinars**
- **ICC Website (private) serves as a knowledge base and facilitates communication**

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Design of Healthy Start Learning Community: Overview



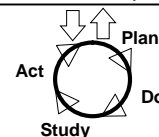
The Model for Improvement

The Improvement Guide, 1996 Jossey-Bass

What are we trying to accomplish?

How will we know that a change is Improvement?

What changes can we make that will result in Improvement?

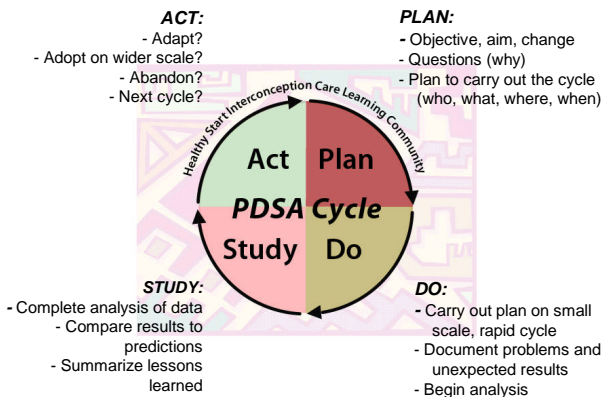


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PDSA Cycle for Learning and Improvement



Topics for Change Projects

- Based on review of evidence on interconception care
- Capitalize on existing work by Healthy Start projects (as reflected in evaluation projects)
- MCHB wanted the Healthy Start grantees to have choice/flexibility



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Framework for ICC LC Change

	Strengthening Linkages and Partnerships	Advance use of evidence-based tools and data collection	Improve Healthy Start staff skills and protocols
Case Management			
ICC Screening Assessment			
Family Planning/ Reproductive Health	x	x	x
Primary Care Linkages			
Maternal Depression			
Healthy Weight			

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Community-based Strategies To Reduce Unplanned Pregnancy During The Interconception Period



Topic: Family Planning

Change concept: **Strengthen Partnerships and Linkages**

AIM: *Assure that Healthy Start ICC participant women who need family planning services and contraceptive methods are referred to family planning service providers who are responsive to their needs.*

- **CHANGE:** Develop strong working relationships with one or two family planning providers within the community who will accept Healthy Start referrals and appropriately serve Healthy Start participant women (e.g. Title X, health department, Planned Parenthood, or hospital clinics).



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Strengthening Partnerships and Linkages: Rural Example

■ Low Country, SC

- Surveyed family planning providers (Ob/Gyns) regarding their services
- Found that they were unaware of the need for family planning among Healthy Start clients
- Convened group meetings; provided education
- Continue to meet with providers in person (“professional detailing”)
- **RESULT:** Increased numbers of HS clients are now leaving the hospital post-delivery with a contraceptive method



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Strengthening Partnerships and Linkages: Urban Example

- **Improving Pregnancy Outcomes Program (IPOP)**
 - “Mystery caller” of 47 family planning providers in Los Angeles area
 - Asked questions about access for poor and uninsured women; time until next appointment, types of family planning methods offered, etc.
 - Identified 9 providers who are appropriate for referrals from Healthy Start
 - Are meeting with those providers to develop relationships



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Topic: Family Planning

Change concept: Advance use of evidence-based tools

- **AIM:** *Assure that Healthy Start ICC participant women receive/benefit from an evidence-based approach that successfully encourages participants to report their actual use of family planning services and contraceptive methods.*
- **CHANGE:** Use an evidence-based approach for collecting and responding to information about ICC participants’ actual use of family planning methods during the ICC period.



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Advance the Use of Evidence-based Protocols: Examples

- **Heart of Georgia Healthy Start**
 - Adopted a Reproductive Life Plan protocol (using existing protocols)
 - Trained case managers and home visiting staff to talk with clients about family planning on a regular basis
- **Philadelphia Healthy Start**
 - Adopted Reproductive Life Plan protocol
 - Worked with Southeastern PA Family Planning Council
 - Training case managers, community health workers, and family planning staff in use of Reproductive Life Plan



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Core Questions in Reproductive Life Plan

- Do you hope to have any or any more children?
- How many more children do you plan to have?
- How long do you plan to wait to become pregnant?
- How much space between your pregnancies?
- What do plan to do until you are ready to become pregnant?
- What can I do today to help you achieve your plan?



Source: Merry-K Moos.
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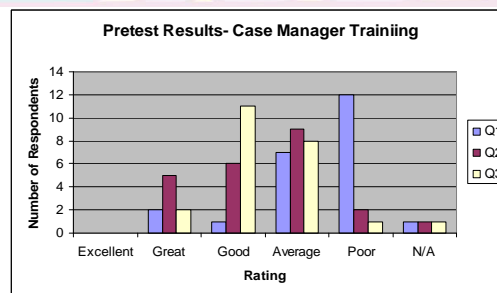
Philadelphia – Data to guide us

How familiar are you with the kinds of services offered by a family planning clinic? (n = 31)

Not At All	(0)	0%
Somewhat	(13)	42%
Very	(14)	45%
Extremely	(4)	13%
Total	(31)	100%

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Philadelphia Results



- Q1 Please rate your ability to discuss Title X and the components of a family planning visit
- Q2 Please rate your ability to review common STD's and vaginal infections
- Q3 Please rate your ability to describe contraceptive options for providing counseling support to clients

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Topic: Family Planning

Change concept: **Improve staff skills**

- **AIM:** *Assure that Healthy Start staff members have skills to intensively follow-up with ICC participant women on their use of family planning services and contraceptive methods, as desired.*
- **CHANGE:** Train staff to intensively follow-up with ICC participant women on their use of family planning services and contraceptive methods.



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Improving Staff Skills and Training: Examples

- **Detroit Healthy Start**
 - Provide state-of-the-art education and support services on family planning to non-pregnant clients
 - Trained staff on family planning methods
 - Further training on reproduction and physiology
- **Southern Oregon Healthy Start**
 - Trained community workers about family planning.
 - Assembled 150 kits with one dose of Plan B, 12 condoms and 12 Encare vaginal contraceptive inserts, instructions for use of family planning methods, educational information, and contact information for Public Health in a travel sized cosmetic bag. Designed for postpartum clients.



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Conclusions and Results to Date for the Interconception Care Learning Community



What's new about ICC LC?

- Largest federal quality improvement (QI) “learning collaborative” model with 100+ Healthy Start projects
- Applying QI model to improve non-clinical, community-based services
- Translating ICC research to practice
- Change projects not focused on operations



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Challenges

- Mandatory for all Healthy Start projects
- Teams familiar with evaluation but not rapid cycle improvement
- Definition of “evidence-based” practice is not uniform
- Limited resources for QI technical assistance



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