

Community Health Workers and Maternal Child Health Priorities in Nebraska: *Opportunities for Impact*

Nebraska Minority Health Conference April 17, 2019



Helping People Live Better Lives.

Goals of this Session

- ▶ Briefly describe the Nebraska's Title V MCH block grant
- ▶ Discuss ways CHWs can contribute to population health outcomes.
- ▶ Identify resources for data-driven, evidence-based, best practices by CHWs to improve MCH outcomes in Nebraska. (*see final slides*)
- ▶ Discuss opportunities for collaboration and improvement.



Helping People Live Better Lives.



Nebraska's Title V MCH Block Grant

- ▶ Since 1935
- ▶ Population health priorities; high impact solutions
 - SDOH
 - EQUITY
- ▶ In 2018-2019, participate with stakeholders and CHWs in development of the workforce
 - *Engage in health systems transformation*
 - *Curriculum alignment with Consensus Competencies*
 - *Financing solutions workgroup*
 - *CHW Networking events*
 - *Engage health professionals in systems and workforce change*

Why MCH?

- ▶ Life course trajectory
- ▶ Trans-generations
- ▶ Where inequality begins
- ▶ Prevent and Build Resilience

Helping People Live Better Lives.



How Risk Reduction and Health Promotion Strategies Influence Health Development

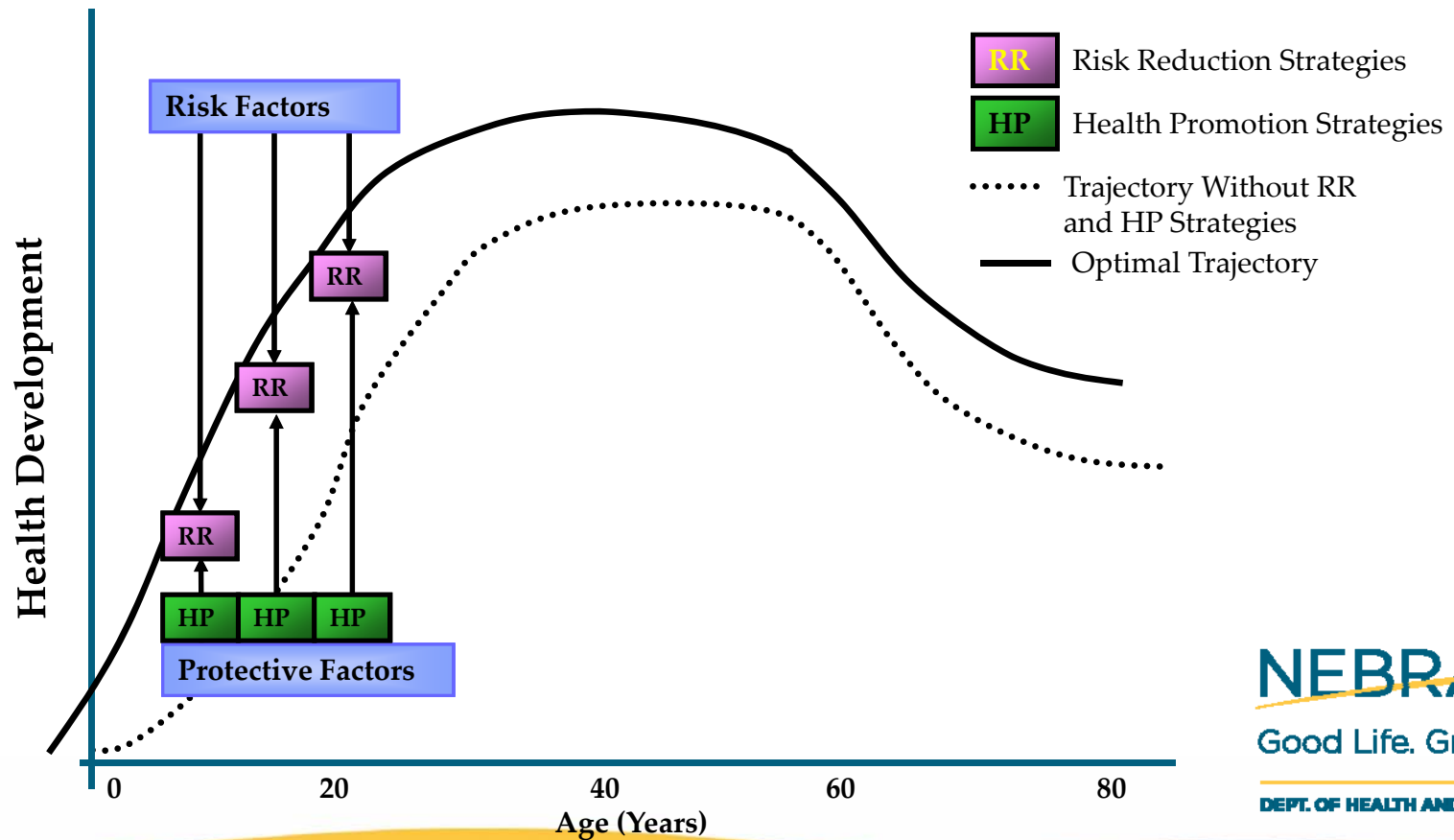


FIGURE 4: This figure illustrates how risk reduction strategies can mitigate the influence of risk factors on the developmental trajectory, and how health promotion strategies can simultaneously support and optimize the developmental trajectory. In the absence of effective risk reduction and health promotion, the developmental trajectory will be sub-optimal (dotted curve). From: Halfon, N., M. Inkelas, and M. Hochstein. 2000. The Health Development Organization: An Organizational Approach to Achieving Child Health Development. *The Milbank Quarterly* 78(3):447-497.

What are Nebraska's MCH population health priorities?

1. Improve access to and adequacy of prenatal care.
2. Reduce sexually transmitted diseases among women and youth.
3. Reduce infant mortality.
4. Increase breastfeeding.
5. Decrease infant abuse and neglect.
6. Decrease unintentional injuries among children and youth.
7. Improve access to mental and behavioral health services for children with and without special health care needs.



Nebraska

Bridging Health and Community
www.dhhs.ne.gov/MCASH-CHW

Helping People Live Better Lives.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Our Menu Today

▶ CHWs Reduce Infant Mortality

Healthy pregnancy
Oral health in all ages
Newborn screening
Safe Sleep

Car seat use
Coping with Crying
Lead Exposure

- ▶ CHWs Address SDOH and build protective factors
- ▶ Why Health Insurance is Important for Your Child
- ▶ The Mental and Behavioral Health needs of children and their caregivers



Helping People Live Better Lives.

Your lens? Questions?

Helping People Live Better Lives.

NEBRASKA
Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

What makes a healthy pregnancy?

A healthy pregnancy is one where:

- A woman begins prenatal care in the first three months of pregnancy.
- A woman has healthy nutrition and physical exercise while she is pregnant.
- The woman does not smoke, drink alcohol, or use drugs during her pregnancy.
- All of the above.

CHWs Reducing Infant Mortality

Help Pregnant Women and their Partners during pregnancy and after birth to be prepared for healthy family life:

- Prenatal care
- Basics of Infant Care
- Prepare for breastfeeding
- Parental roles; home visiting
- WIC (*Women, Infants and Children Supplemental Food Program*)
- “Safe Sleep” practices
- Car seat safety
- Make a “Crying Plan”
- Promote mental well-being

Helping People Live Better Lives.



Healthy Pregnancy Highlights

- Treat infections
- Get help if there is violence at home
- Start care early, especially if there have been problems in the past
- No smoking, alcohol and other drugs
- Very young mothers need special care
- Some, but not too much, weight gain
- Healthy food, activity, and sleep!
- Pregnant women may qualify for WIC assistance

Improving Oral Health among all age groups

- Most frequent chronic health condition of children
- Has implications for a safe pregnancy
- Impacts nutrition
- Impacts mental well-being
- Can disrupt management of chronic conditions such as diabetes
- Significant cause of pneumonia in elders
- Brush daily to remove biofilm

Newborn Screening

- ▶ Ask new mothers if they got their baby's newborn screen and hearing screening results
- ▶ Is any help needed making necessary follow up appointments?
- ▶ If they haven't received the screening results, contact their baby's health care professional.

Safe Sleep

- **Plan for:**

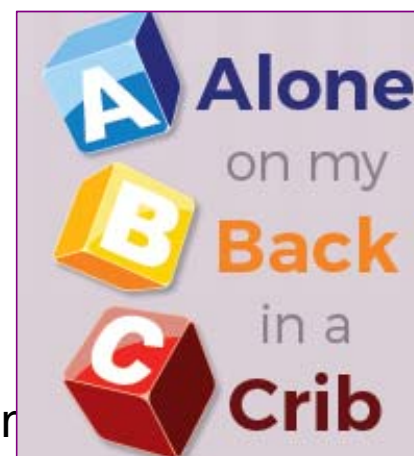
- A firm mattress that fits tightly
- A tight fitting sheet
- No pillows, bumper pads, quilts, blankets or stuffed toys
- No co-sleeping (baby in bed with parents). Baby's crib can be close to mom's bed.
- Sleeping clothes for baby that will keep baby warm without blar

- **Help parents:**

- Prepare a safe area for baby to sleep
- Feel good about following safe sleep practices
- Tell other caregivers about safe sleep practices
- Breastfeed

- **Share Resources**

<http://dhhs.ne.gov/publichealth/SIDS/Pages/Home.aspx>



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

Use a firm sleep surface, such as a mattress in a safety-approved* crib, covered by a fitted sheet.

Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.

Keep soft objects, toys, and loose bedding out of your baby's sleep area.

Do not smoke or let anyone smoke around your baby.



Make sure nothing covers the baby's head.

Always place your baby on his or her back to sleep, for naps and at night.

Dress your baby in sleep clothing, such as a one-piece sleeper, and do not use a blanket.

Baby's sleep area is next to where parents sleep.

Baby should not sleep in an adult bed, on a couch, or on a chair alone, with you, or with anyone else.

CHW
COMMUNITY
HEALTH WORKER
— Nebraska —
Bridging Health and Community
www.dhhs.ne.gov/MCASH-CHW

<https://www1.nichd.nih.gov/sts/about/environment/Pages/look.aspx>

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

What's a safe space for baby to sleep?

A safe sleep space for baby is:

- In a crib, near where parents sleep.
- Smoke free (no one is smoking anywhere near baby).
- A space without soft covers or toys, and a firm mattress.
- Baby is on his or her back to sleep.
- Baby is alone in the crib.
- All of the above.

Car Seat Safety

- Baby should be in a car seat that is right for age.
- Rear-facing until 2 years old.
- Hospitals, local public health departments, and community action agencies can help locate free or low cost car seats.
- Several car seats will be needed, changing as the child grows.
- In Nebraska, children must be in proper child safety seats until age 8.
- Children are not big enough for seat belts alone until age 12 or 60lbs.
- The car seat is not a good place for baby to sleep except when traveling in the car.
- Resource: <https://www.safekids.org/ultimate-car-seat-guide/>



NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

Why do babies need car seats?

- ❑ Babies cannot be safely held by a seat belt designed for an adult.
- ❑ It is never safe for the baby to be held in someone's arms during a car ride. In a crash, there is no way baby can be kept safe.
- ❑ Babies' bodies are not strong enough to withstand the movement of a crash. For this reason, they face backward so the seat can help absorb the force of the crash.

Abusive Head Trauma / Shaken Baby Syndrome

- Abusive Head Trauma, is commonly known as Shaken Baby Syndrome.
- Babies have large heads and weak neck muscles.
- Shaking a baby causes bruising, bleeding and swelling inside the brain.
- Shaking a baby can cause serious injuries.
- Call 911 if you think a baby has been shaken

Share Resources:

<http://dhhs.ne.gov/publichealth/MCAH/Pages/SafetyResources.aspx>

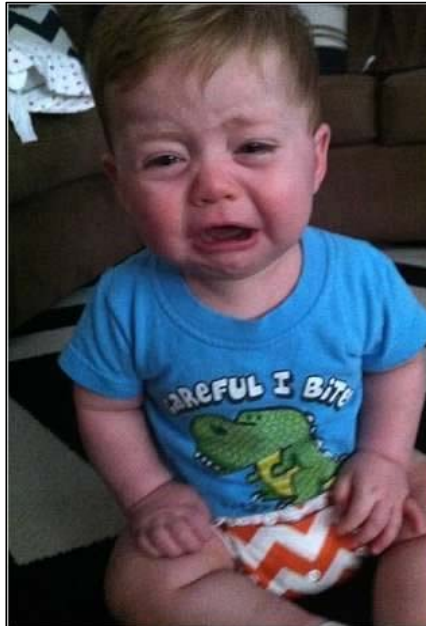


NEBRASKA
Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

Inconsolable Crying is the #1 reason caregivers Shake a Baby



NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

Helping Pe

Never, Never Shake a Baby!

Crying Plan

- **Teach parents**

- All babies cry
- In the first year of life there are times when baby will cry without any reason. Baby will not be calm and quiet, whatever you do. This occurs normally between 8 weeks and 6 months of life.
- There are good techniques to help baby calm.
- Most important is to help parents not lose their temper, feel frustrated, and harm baby due to crying.
- Help parents make a Crying Plan before baby arrives.

How to Calm a Crying Baby

- <https://www.bing.com/videos/search?q=how+to+calm+a+crying+baby&&view=detail&mid=813E8722FBF13953A239813E8722FBF13953A239&&FORM=VDRVRV>

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.

What is in a Crying Plan?

1

Choose a **C**alming Technique



- Swaddle the baby, hold baby close
- Use 'white noise' or rhythmic sounds like a vacuum cleaner or fan
- Offer a pacifier
- Sing, talk to the baby, or use a shushing noise
- Gently rock the baby or use an infant swing
- Put the baby in a car seat and take a ride in the car
- Take the baby for a walk in the stroller

2

Choose a **R**elief Method



- Put the baby in a safe place like a crib, close the door and walk away. Give yourself a break. Check back every 5 to 10 minutes until the crying stops or when you are calm
- Call a friend, relative or someone you trust for support or to give you a break
Who and Phone # _____
Who and Phone # _____
Who and Phone # _____
- Call your healthcare provider

3

Discuss **Y**our Crying Plan



- Talk with everyone who cares for your baby about the best ways to calm your baby. Ask them what they will do if they become frustrated and how they plan to cope
- Remind all caregivers they can always put the baby down in a safe place and walk away for a few minutes
- Instruct caregivers to call you before they become frustrated and ask for help. Write your name and phone number here:

Make a Crying Plan

Babies CRY



Crying is a baby's way of communicating and is a normal behavior. Sometimes babies just cry, and there is nothing you can do about it. It's not your fault. Non-stop crying is a primary trigger for shaking a baby.

Don't be caught off guard. Shaking, throwing, hitting, or hurting a baby is never O.K. What can you do to be prepared? Have a Crying Plan in place to refer to if you get frustrated with a crying baby.

Stay calm. Rule out the following reasons a baby may cry:

- Dirty diaper or diaper rash
- Hungry
- May need to burp
- Too hot or too cold or clothing too tight
- Tired
- Sick or has a fever

If you think the baby may be sick, call your healthcare provider

Make a decision to never shake your baby and have a plan in place to cope with the challenge of crying

Join the fight against Abusive Head Trauma/Shaken Baby Syndrome: **Talk with everyone who cares for your baby and make a plan for how to calm your baby and what to do if they won't stop crying.**

Nebraska Family Helpline. Any Problem. Any Time.

RAISING KIDS IS HARD. IT'S OK TO ASK FOR ADVICE.

1-888-866-8660

www.nebraskafamilyhelpline.ne.gov

NEBRASKA
Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

More information about Abusive Head Trauma is on the **Nebraska Department of Health and Human Services** website at:

dhhs.ne.gov/MomAndBaby

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Dept. of Health & Human Services (HHS) under Maternal Child Health Title V Funding. The information or content and conclusions are those of the presenters and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS, or the U.S. Government.



Helping People Live Better Lives

Make your CRYing Plan

Crying happens. To deal with crying, my plan is:

1 Choose a Calming Technique

- Swaddle the baby, hold baby close
- Use "white noise" or rhythmic sounds like a vacuum cleaner or fan
- Offer a pacifier
- Sing, talk to the baby, or use a shushing noise
- Gently rock the baby or use an infant swing
- Put the baby in a car seat and take a ride in the car
- Take the baby for a walk in the stroller

2 Choose a Relief Method

- Put the baby in a safe place like a crib, close the door and walk away. Give yourself a break. Check back every 5 to 10 minutes until the crying stops or when you are calm
 - Call a friend, relative or someone you trust for support or to give you a break
- Who and Phone # _____
- Who and Phone # _____
- Who and Phone # _____
- Call your healthcare provider

3 Discuss Your Crying Plan

- Talk with everyone who cares for your baby about the best ways to calm your baby. Ask them what they will do if they become frustrated and how they plan to cope
- Remind all caregivers they can always put the baby down in a safe place and walk away for a few minutes
- Instruct caregivers to call you before they become frustrated and ask for help. Write your name and phone number here: _____

Never, Never Shake a Baby!

RASKA

a. Great Mission.

HEALTH AND HUMAN SERVICES

Lead Screening and Lead Exposure Prevention

- *Handout*
- *Relationship with trans-generational inequities*



Helping People Live Better Lives.

Addressing SDOH

- ▶ What tools do you use?
- ▶ Examples from the field:

Helping People Live Better Lives.



Why Health Insurance is Important for Your Child

- ▶ Handout
- ▶ For discussion: what are your thoughts on health insurance enrollment?
- ▶ ***Win a prize... by giving feedback on the message at the exhibit booth!***

The Mental and Behavioral Health Needs of Children and Their Families and Caregivers

- Recognize signs of depression and mental illness
- Recognize and responding to abuse and neglect
- Build resilience
- Validate concerns
- Refer to primary care, Early Development Network, Public Schools
- Use validated and reliable screening tools accurately
- *Just in time referrals:*
 - *NE Family Helpline (888)866-8660*
 - *NE Rural Response Hotline (1-800-464-0258)*

Evidence-based practice for CHWs

- Evidence-based Home Visiting
- Diabetes Prevention Program <https://www.cdc.gov/diabetes/prevention/index.html>
- Living Well <https://www.cdc.gov/diabetes/prevention/lifestyle-program/info-hcp.html>
- Suicide Prevention
- Transitional Care Model <https://www.nursing.upenn.edu/ncth/transitional-care-model/>
- Validated and reliable screening tools, accurately used, leading to effective referrals, diagnosis, and treatment.

Screening Resources

- early development <https://www.floatinghospital.org/The-Survey-of-Wellbeing-of-Young-Children/Overview.aspx> ; <https://agesandstages.com/>
- autism <https://mchatscreen.com/>; <https://asdtoddler.fpg.unc.edu/early-identification-autism-spectrum-disorders/early-identification-module-introduction>
- maternal and youth depression [https://cope.org.au/wp-content/uploads/2017/11/ANRQ- Questionnaire.pdf](https://cope.org.au/wp-content/uploads/2017/11/ANRQ-Questionnaire.pdf)
- suicide risk <https://integration.samhsa.gov/images/res/SBQ.pdf>
- substance use <https://www.drugabuse.gov/nidamed-medical-health-professionals/screening-tools-resources/chart-screening-tools>



Helping People Live Better Lives.

Title V MCH Strategies & Trending Topics for CHWs

- ▶ Improve birth outcomes.
- ▶ Raise awareness about women's well care, including: screening for risk for STDs and interpersonal violence, mental health and stress.
- ▶ Improve safe sleep practices among infants of all populations.
- ▶ Raise awareness about physiological crying and The Crying Plan for expectant parents and caregivers.
- ▶ Raise awareness about car safety seat use for infants and children up to age 12.
- ▶ Raise awareness about teen driver safety and graduated driver laws.

Trending Topics (cont.)

- ▶ Improve screening for development and behavioral health concerns in community settings; improve referrals to primary care and behavioral health.
- ▶ Improve health insurance coverage of children and pregnant women as key to access.
- ▶ Improve equity practices, address disparities.
- ▶ Involve families and consumers.



Nebraska

Bridging Health and Community
www.dhhs.ne.gov/MCASH-CHW

Helping People Live Better Lives.

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Feedback on this Session



Helping People Live Better Lives.

Resources

‣ Health Development graph (slide 5):

- *FIGURE 4: This figure illustrates how risk reduction strategies can mitigate the influence of risk factors on the developmental trajectory, and how health promotion strategies can simultaneously support and optimize the developmental trajectory. In the absence of effective risk reduction and health promotion, the developmental trajectory will be sub-optimal (dotted curve). From: Halfon, N., M. Inkelas, and M. Hochstein. 2000. The Health Development Organization: An Organizational Approach to Achieving Child Health Development. The Milbank Quarterly 78(3):447-497.*

‣ Healthy Pregnancy

- <http://dhhs.ne.gov/Pages/Maternal-and-Infant-Health.aspx>

‣ Abusive Head Trauma

- <http://dhhs.ne.gov/Pages/Abusive-Head-Trauma-Campaign-Toolbox.aspx>

‣ Safe Sleep

- <http://dhhs.ne.gov/Pages/Nebraska-Safe-Babies-Hospitals.aspx>

Resources

- ▶ Lead screening
 - <http://dhhs.ne.gov/Pages/Lead-Poisoning-FAQ.aspx>
 - <https://ephtracking.cdc.gov/showChildhoodLeadPoisoning.action>
- ▶ Maternal Infant Early Childhood Home Visiting
 - National <https://mchb.hrsa.gov/maternal-child-health-initiatives/home-visiting-overview>
 - Nebraska: <http://dhhs.ne.gov/Pages/Maternal-Infant-Early-Childhood-Home-Visiting.aspx>
- ▶ Mental and behavioral health issues
 - QPR Suicide Prevention <https://qprinstitute.com/>
 - EDN Early Development Network <https://edn.ne.gov/cms/>
 - *NE Family Helpline (888)866-8660*
 - *NE Rural Response Hotline (1-800-464-0258)*

Thank you!

Kathy Karsting, RN, MPH, Program Manager
Maternal Child Adolescent Health
Division of Public Health

Kathy.karsting@Nebraska.gov

<http://dhhs.ne.gov/Pages/MCASH-CHW.aspx>



Bridging Health and Community
www.dhhs.ne.gov/MCASH-CHW



@NEDHHS

dhhs.ne.gov

NEBRASKA

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

Helping People Live Better Lives.