

Community for Antepartum Patients

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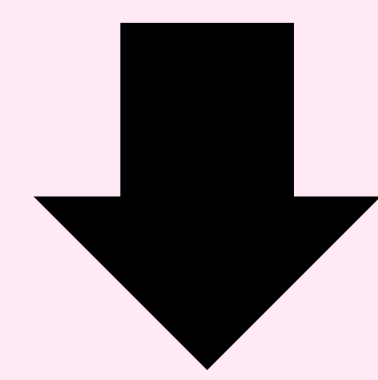
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Health Policy & Innovation



Current Issues:

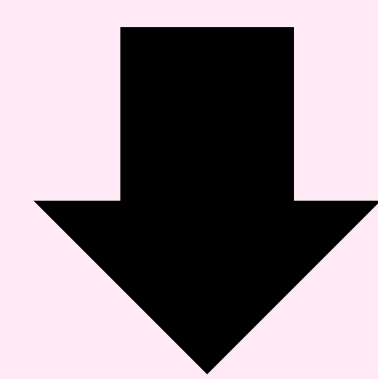
Low health literacy and high rates of preterm birth in BIPOC communities in the United States.



Preterm birth is **48%** higher in Black communities.

A pilot study showed that Black women were positively affected by Centering Model session when given to them inpatient in Duke Hospital.

Respondents reported that they developed a **community** from these sessions.

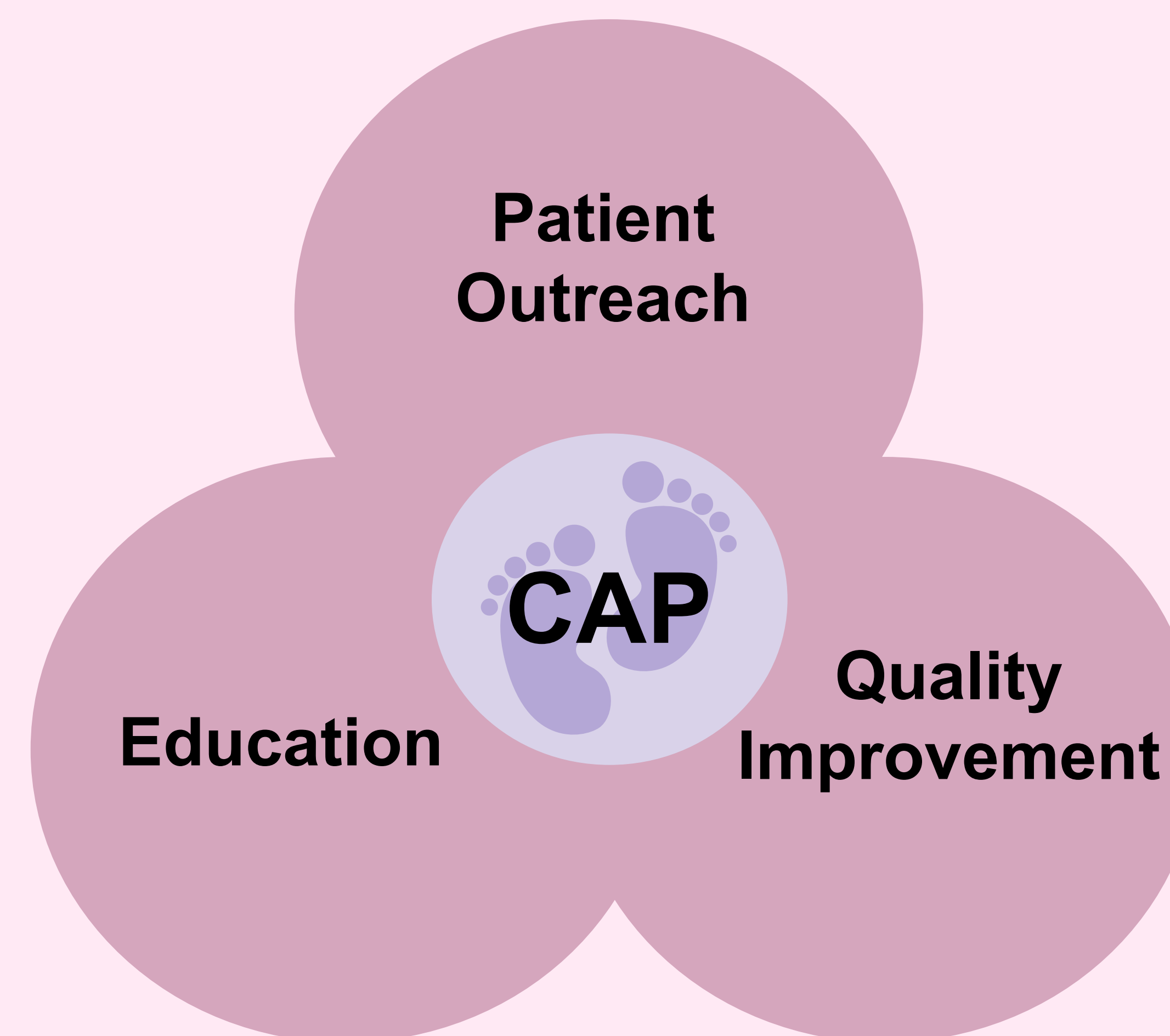


Community for Antepartum Patients (CAP)

CAP was designed with the intention to create a space for community and support for inpatient antepartum patients within Duke Hospitals. Weekly sessions are hosted where patients get a chance to meet providers within the health system, ask questions, and seek support from a group of people in a similar position as them. The team that facilitates the weekly sessions is comprised of medical students and undergraduate students. To better train the undergraduate participants, a new pregnancy education course has been taught in conjunction with the facilitation of the weekly sessions.

Current Topics:

- Pelvic Floor Physical Therapy
- NICU Social Work
- Maternal-Infant Bonding
- NICU Fellow Q&A
- Patient Self-Advocacy
- Crafts & Stress Management



Undergraduate Curriculum Topics:

- Contraception
- Complications during pregnancy
- Breastfeeding
- Intrauterine Fetal Demise

Goals:

- Address reality of pregnancy vs. its portrayal in non-medical settings
- Understand disparities surrounding prenatal care
- Expand on CAP session topics

Increase Engagement:

- Understand why patients did or did not attend weekly CAP sessions

Identify:

- Gaps in CAP programming
- Strengths of current model as expressed by patients

Patient Testimony: "This class felt like a breath of fresh air and I'm so glad it's available for patients that will be here long term. It will give patients something to look forward to."

Future Goals and Directions

Understand

factors that motivate or prevent patient attendance of CAP sessions

Modify

CAP sessions to encourage **higher attendance** using survey feedback

Expand

CAP sessions by adding **new specialists** and **new topics** requested by patients

Educate

undergraduate students using **updated curriculum** from pilot year feedback

Future Session Topic Ideas

Pregnancy Pilates

Meet a Doula

