

2021



Healthy Mom, Healthy Family Overview Algorithm

ASK

Ask birth mothers 18 years or older that opt-in about depression & anxiety symptoms, tobacco and multivitamin use and family planning.

ADVISE

Educate mom about desired healthy behaviors and respond to maternal mental health needs.

Advise mom about risks of untreated postpartum depression and anxiety.

Advise mom to quit using tobacco products.

Advise mom on why it is important to take a multivitamin with folic acid.

Advise mom about healthy 18 month birth spacing.

ASSESS & ASSIST

Identify readiness for change and assist.

Assess mom's need for care and advise on options of care.

Assess mom's readiness to change.

- How important is quitting tobacco?
- How confident is she about quitting?
- Is mom willing to quit?

Assess mom's willingness to take a multivitamin and provide her a sample.

Assess mom's future plans and discuss family planning and birth control options.

Discuss options for care and referral

Provide educational material

Document positive screens in child's electronic health record (EHR)

ARRANGE

Arrange for mom to follow up with Quitline, PCP, OB/GYN, family planning center or specialist to receive interconception care via a referral or screening note.

Healthy Mom, Healthy Family Workflow

