PRACTICE INFORMATION PACKET

WAVE 3: DECEMBER 2022 THROUGH JANUARY 2024
Thank you for your interest in the Healthy Mom, Healthy Family (HMHF) Learning Collaborative! For specific information about the project requirements, please review this recruitment packet, which includes a checklist to help you understand the requirements and a link to enroll your practice in the learning collaborative. Should you have any questions, please do not hesitate to contact any member of the project team (listed below).

We look forward to partnering with you to help create healthier moms and families in Ohio!

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Healthy Mom, Healthy Family Project Goal and Outcomes

Global Aim: Promote interconception care to identify maternal risk through assessments during well-child visits to help mothers improve interconception health.

Target Population: Birth mothers aged 18 and older at well child visits for infants birth to 18 months of age.

Interventions: Screening for risk factors of maternal depression, smoke exposure, multivitamin use, and birth spacing/family planning; addressing identified risks with families through provision of resources and referrals to promote positive behaviors

Quality Improvement Outcomes:
1. Increase % of women who screened positive that received education by 20%
2. Increase % of women who screened positive that received multivitamin samples by 20%
3. Increase % of women who screened positive that received referral and/or screening note by 15%

Healthy Mom, Healthy Family Wave 3 Enrollment and Benefits

• HMHF is enrolling practices for a 3rd Wave launching in January 2023
• Participants can receive the following benefits through the Healthy Mom, Healthy Family program:
  • 50 Points ABP MOC Part IV Credit
  • $1,000 cash incentive
  • Multivitamins and books to share for FREE with patients
  • Support and coaching from the Ohio AAP Team
• To learn more or enroll today:
  • Contact Hayley Southworth at hsouthworth@ohioaap.org
  • Visit: https://ohioaap.org/hmhfregistration
**Project Mission**

The Healthy Mom, Healthy Family Interconception Care (ICC) Project is a Quality Improvement Project (QI) that improves care for birth mothers after delivery when they accompany their children to well-child visits, enhancing access to a health care provider particularly for those who may not otherwise seek care. The IMPLICIT (Interventions to Minimize Preterm and Low Birth Weight through Continuous Improvement Techniques) ICC model aims to improve maternal health and future birth outcomes by screening mothers during their infant’s well-child visits from birth to 18 months of age to provide assessment and brief counseling. This project is operated by the Ohio Chapter, American Academy of Pediatrics and the Government Resource Center (GRC) of the Ohio Colleges of Medicine, through the support of the Ohio Department of Health.

**Background**

The Ohio Infant Mortality Annual Report reveals Ohio’s infant mortality rate is significantly higher than the national average. In 2018, the infant mortality rate in Ohio was 13.9 deaths/1,000 live births for Black infants and 6.9 deaths/1,000 live births for all races. In comparison, the infant mortality rate in the United States was 5.7 deaths/1,000 live births for all races in that same year. Data as far back as 2009 show no significant change in the infant mortality rate for Black infants in Ohio. Risk factors among 2018 infant deaths in Ohio revealed 42% of infants were conceived less than 18 months after a prior birth; 20% of mothers smoked during their first trimester of pregnancy; and 40% of mothers did not have first-trimester prenatal care. Among women with Medicaid, 26% and 36% reported pre-pregnancy depression and anxiety, respectively. The effect of these high-risk health behaviors and access to care on future pregnancies urges the need to provide medical care for women of childbearing age during the interconception period.

**Action**

By the time a woman begins prenatal care, it is often too late to modify many of the high-risk health behaviors associated with poor birth outcomes. Studies have shown mothers regularly attend their child’s health care visits and are highly receptive to health advice at well-child visits. By focusing on interconception health through screenings and interventions for birth mothers during well child visits 0-18 months, this QIP aims to address health behaviors and access to care that affect maternal and infant health in Ohio. The change package equips pediatricians and other primary care providers with the resources to promote interconception care and streamline processes to help mothers improve interconception health.
Important Dates for Wave 3 - Healthy Mom, Healthy Family Learning Collaborative

- **Registration Deadline: December 16, 2022**

- **Practice Registration Survey: January 13, 2023**
  - One practice survey should be completed per practice as part of the registration
  - The survey can be found at this link: [https://www.surveymonkey.com/r/HMHFW3Reg](https://www.surveymonkey.com/r/HMHFW3Reg)

- **Practice Kick-Off Meeting (One-on-one with each practice): December 2022/January 2023**
  - The HMHF Learning Collaborative requires an initial meeting with your project team, during which you will review questions and activities for kick-off prior to the Learning Session
  - These meetings may be virtual or in person depending on scheduling and team preference
  - Meetings should last about 30 minutes and be scheduled in December and January

- **Pre-Work Webinar (Groups of practices): January 2023**
  - A group pre-work training will be held via webinar to review data collection process and project resources
  - 3 training options will be provided; participants should join one of these 45 minute webinars

- **Individual Pre-Survey: January 27, 2023**
  - Each participating team member should complete the survey as part of baseline data collection
  - The survey can be found at this link: [https://go.osu.edu/hmhfw3presurvey](https://go.osu.edu/hmhfw3presurvey)

- **Learning Session: January 2023**
  - The HMHF Learning Session will be held via a 1 hour webinar in January 2023; the exact date and time will be shared soon.
  - As many members of the project team should attend as possible, particularly the lead physician and administrative team member

- **Data Collection:** Data will be collected at practices from February 2023 to January 2024

- **Action Period Webinars: February 2023 – January 2024**
  - Monthly Action Period Webinars will be held the 3rd Wednesday monthly from 12:15 – 1:00 pm

- **Data Due Dates: March 2023 – February 2024**
  - Data sheets will be scanned daily or weekly depending on practice preference
  - All monthly data due by approximately the 3rd of the following month
  - Data will be collected from February 2023 to January 2024

- **PDSA Cycle Worksheet Submission: February 2023 – January 2024**
  - Teams will submit 4 PDSA cycle worksheets showing their tests of change during the project
  - PDSA worksheets will be due in the months of February, May, August, and November
  - Training on using PDSAs will be provided

- **Part IV MOC Attestation: December 2023**
  - Practices seeking Part IV MOC credit will be assisted in completing attestation of Meaningful Participation to claim credit by December 1, 2023
  - 50 points of ABP MOC Part IV (or the equivalent credit for other disciplines) will be available
**HEALTHY MOM, HEALTHY FAMILY (IMPLICIT ICC)**
**LEARNING COLLABORATIVE**

**Participant Letter of Commitment***

This agreement serves to communicate that health system leadership and identified clinics commit to participate in the Healthy Mom, Healthy Family (HMHF) quality improvement (QI) project focused on interconception care during routine well child visits. Please see the defined activities of the project below.

Each participating clinic of the HMHF QI Project will complete the following activities:

1. Nominate a clinical lead and QI team.
2. Create and support organizational processes around interconception care and the four focus topics including tobacco use, multivitamin use, family planning and mental health.
3. Where appropriate, make practice enhancements to improve interconception care in new mothers.
4. Complete plan-do-study-act cycles and optional QI coaching to address processes related to interconception care.
5. Submit monthly QI data via submission of data collection sheets or electronic forms in REDCap.
6. Participate in one hour monthly calls with peers to review best practices and aggregate data.

By signing this letter, it is understood that the appropriate leadership and clinical staff understand and are committed to participating in the Healthy Mom, Healthy Family QI project activities for the 12 month duration in collaboration with the Ohio Department of Health, the Ohio Colleges of Medicine Government Resource Center, and the Ohio Chapter, American Academy of Pediatrics.

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*Signature: _____________________________

*Title: ________________________________

*Date: ________________________________

*Please note this agreement is not legally binding.*