

Promoting Healthy Beginnings

Fall 2009 Volume VI Issue 1

A newsletter for
health and human
service providers
published by:

Mohawk Valley Perinatal Network, Inc.

209 Elizabeth Street 2nd Floor

Utica, NY 13501

Phone: 315.732.4657

Fax: 315.732.5640

E-mail: info@newfamily.org

Web: www.newfamily.org

If you would like to contribute to our newsletter as a writer or with suggestions for future articles, please call, fax or e-mail the office.

Update

Mohawk Valley Perinatal Network Community Baby Showers and Boot Camp for New Dads sessions will be offered in additional locations this year due to a partnership with Family Nurturing Center and funding from the Maternity and Early Childhood Foundation. A session will be held on October 15th at our usual location at St. Luke's Hospital Alan Calder Wing, and another session will be held at Evelyn's House in Utica on October 29th. Look for additional sessions at St. Luke's and in Rome, Utica and Herkimer this year. Call our office to register parents for the sessions.

Mohawk Valley Perinatal Network's 9th Annual Nursing Student Conference will be held November 13th at SUNYIT. This year's topic is Domestic Violence. The full day conference will include a lecture and the "In Her Shoes" experiential activity facilitated by YWCA of the Mohawk Valley. As always, nursing students and faculty in our target area attend for free. Can't attend the fall conference? Look for notice of the second session, offered in April 2010.

Thanks to our partnership with Faxton-St. Luke's Dental Residency Program and the Preventive Dentistry grant, oral health during pregnancy and for infants is one of our most popular consumer presentation topics. Catholic Charities and local Childbirth Educators have requested multiple presentations for their participants, with rave reviews.

Mohawk Valley Perinatal Network will host our Annual Meeting on November 5th. Attendees will receive an overview of Perinatal Network programming in 2008-2009, as well as a presentation on the Baby Friendly Hospital Initiative. All interested community partners are welcome to attend.

Look for us at Health Insurance Information Days at a pharmacy near you from October 26th to 30th. Mohawk Valley Perinatal Network Facilitated Enrollment staff will be available to share information and answer questions about state-sponsored health insurance programs Child Health Plus, Family Health Plus and Medicaid. Not sure if your local pharmacy is registered? Call Lynne at 315-732-4657 extension 224.

You can also look for us at the following upcoming events:

- October 24th: MYCCCC Kids Activity Day at Herkimer BOCES
- November 3rd: Leonardsville Community Health Event
- November 16th—19th: Faxton-St. Luke's Employee Information Days

Please remember that **ALL** children in NYS are eligible for health insurance through Child Health Plus. Monthly premiums are based on family income. Adults in certain income groups may also be eligible for Medicaid or Family Health Plus. Call Mohawk Valley Perinatal Network Facilitated Enrollment staff for more information on health insurance for adults and children.

Our Mission: *To improve birth outcomes and maternal, child and family health.*

Topics in Perinatal Health

Oral Health Care Recommendations for Pregnant Women

Source: Oral Health Care during Pregnancy and Early Childhood - Practice Guidelines, New York State Department of Health, August 2006

The New York State Department of Health convened an expert panel of health care professionals who reviewed literature, identified existing interventions, practices and guidelines, assessed issues of concern, and ultimately developed the following guidelines with the intent of bringing about changes in the health care delivery system and improving the overall standard of care for pregnant women.

These recommendations and guidelines are intended to reinforce the recommendations of the National Center for Education in Maternal and Child Health, the American Dental Association, the American Academy of Pediatric Dentistry, The American Academy of Periodontology, and the American Academy of Pediatrics.

These guidelines, while proposing separate recommendations for prenatal, oral health and child health specialists, are framed around a team approach to care giving.

ROLE OF PRENATAL CARE PROVIDER

Pregnancy is a “teachable moment” when women are motivated to change behaviors that have been associated with poor pregnancy outcomes. The prenatal care team can be very influential in encouraging women to maintain a high level of oral hygiene, to visit an oral health professional, and to promote completion of all needed treatment during the pregnancy. Oral health care services should be integrated with prenatal services for all pregnant women. The prenatal care provider is encouraged to:

- Assess problems with teeth and gums and make appropriate referral to an oral health professional.
- Encourage all women at the first prenatal visit to schedule an oral health examination if one has not been performed in the last six months, or if a new condition has occurred.
- Encourage all women to adhere to the oral health professional’s recommendations regarding appropriate follow-up.
- Document in the prenatal care plan whether the patient is already under the care of an oral health professional or a referral is made.
- Facilitate treatment by providing written consultation for the oral health referral (available from the Perinatal Network).
- Develop a list of referral sources in the community who will provide services to pregnant women.
- Share appropriate clinical information with oral health professional.
- Answer questions that the oral health professional may ask.
- Educate pregnant women about care that will improve their oral health.
- Assist pregnant women in dealing with nausea and vomiting.

WHAT SHOULD HAPPEN AT THE PRENATAL VISIT?

At the first prenatal visit, the prenatal care provider should conduct an assessment to identify patients who require immediate oral health care and make appropriate referrals. This assessment should include interviewing the patient regarding problems in the mouth, previous dental visits and the availability of a dental provider.

To Support MVPN....

You can support Mohawk Valley Perinatal Network programs and services for consumers and providers in Oneida, Herkimer and Madison Counties through a donation to our organization. MVPN is a nonprofit, tax-exempt organization. Donations are deductible for income tax purposes in the United States to the extent allowable by law.

Please make checks payable to "Mohawk Valley Perinatal Network, Inc." and mail donations to:

209 Elizabeth Street, 2nd Floor
Utica, NY 13501

Topics in Perinatal Health

Oral Health Care Recommendations for Pregnant Women continued....

Interview

The following two interview questions are recommended for incorporation into the initial prenatal visit:

1. Do you have bleeding gums, toothache, cavities, loose teeth, teeth that do not look right or other problems in your mouth?

If the woman answers yes, the prenatal care provider should: Refer the patient to a dentist; Stress the importance of a dental visit within one month; Assist the pregnant woman in accessing dental care, as needed.

If the woman answers no to the above question, the prenatal care provider should ask the following question:

2. Have you had a dental visit in the last six months?

If the woman answers yes, the prenatal care provider should encourage her to keep the next appointment, which may occur during pregnancy, and reassure her that dental care during pregnancy is safe and essential. Counsel her that delaying treatment may result in significant risk to her and indirectly to the fetus. If the woman answers no, the prenatal care provider should encourage the pregnant woman to make a dental appointment as soon as possible, preferably before 20 weeks of gestation.

Education

The prenatal care provider should educate the pregnant woman about the importance of her oral health, not only for her overall health, but also for the oral health of her children and possibly to improve the outcome of her current pregnancy.

Advise the pregnant woman that:

- Dental care is safe and effective during pregnancy. Oral health care should be coordinated among prenatal and oral health care providers.
- First trimester diagnosis and treatment, including needed dental x-rays, can be undertaken safely to diagnose disease processes that need immediate treatment.
- Needed treatment can be provided throughout pregnancy; however, the time period between the 14th and 20th week is ideal.
- Elective care can be deferred until after delivery.
- Delay in obtaining necessary treatment could result in significant risk to her and indirectly to the fetus.

Save the Date

October 18th: Regional Perinatal Symposium

Sheraton Syracuse University Hotel and Conference Center
\$130 Physicians; \$80 Nurses and other health professionals

October 30th: CNY Regional Perinatal Forum

11:00 am to 3:00 pm; Crouse Hospital Marley Education Center
Educational topics include Novel H1N1 Influenza, safe sleep programs, and non-indicated C-section and induction less than 39 weeks. Lunch provided.

November 5th: Mohawk Valley Perinatal Network Annual Meeting

9:00 am to 11:00 am; Radisson Hotel, Utica
Educational presentation on Baby Friendly Hospital Initiative. \$20 includes breakfast buffet.

November 13th: Mohawk Valley Perinatal Network Nursing Student Conference - Domestic Violence

SUNYIT Kunsela Hall. Free for nursing students and faculty in Oneida and Herkimer Counties, \$20 for other community partners. Lunch provided.

Grants

Sign up for **Grants Action News** through
New York State Assembly Speaker Sheldon
Silver:

Grants Action News
LOB 945-A
Albany, NY 12248

grants@assembly.state.ny.us

Find federal grants at **www.grants.gov**

Find New York State Department of Health
grants at **www.health.state.ny.us/funding**

Find grant opportunities from New York
State Office of Children and Family Services
at **www.ocfs.state.ny.us/main/bcm**



209 Elizabeth Street
2nd Floor
Utica, NY 13501

NONPROFIT ORG
U.S. POSTAGE PAID
UTICA, NY
PERMIT NO. 64

Return Service Requested

One of 16 Perinatal Networks funded by the NYS
Department of Health, Division of Family Health

MVPN Staff

Diana Y. Haldenwang,
Executive Director
Theresa Gorgas,
Director of Finance
and Administration
Emmie Comstock,
Perinatal Program
Associate
Lynne Gates,
Facilitated Enrollment
Coordinator
MaryAnn Geer,
Facilitated Enrollment
Co-coordinator
Noreen Wiater,
Project Facilitator
Cheryl Perkins,
Facilitated Enroller
Sue Heitz,
Traveling Enroller
Marjorie Coleman,
Data Manager
Magda Chodkowska,
Clerical Support
Assistant

MVPN Board of Directors

Karen Casab, Vice Chair
Colleen Cavallo
Ruth Concepcion
Barb Galvin
Judy Hatfield
Mary Kline
Mary Knoth, Chair
Denise Moller, Treasurer
Ildiko Monahan
Sue Niedzielski
Jennifer O'Toole
Annette Phillips
Bev Plante
Beth Rice, Secretary
Lisa Shaw
Phyllis Spinner
Carole Torok-
Huxtable
Rosemary Vennero
Irene Willett

H1N1 Update ***from New York State Department of Health***

A pregnant woman who gets any type of flu is at risk for serious complications and hospitalization. Pregnant women who are otherwise healthy have had severe illness from the new H1N1 flu. This has occurred nationally, as well as in New York State. In comparison to the general population, a greater proportion of pregnant women infected with the new H1N1 flu have been hospitalized. In addition, severe illness and death have occurred in pregnant women. Six percent of confirmed deaths related to the new H1N1 flu have been in pregnant women, while only about 1 percent of the general population is pregnant.

Pregnant women should receive the new H1N1 flu vaccine as well as the seasonal flu vaccine. Vaccination is the single best way for pregnant women to protect against the flu. Pregnant women should get the "flu shot." The other type of flu vaccine – nasal-spray vaccine – is not currently approved for use in pregnant women. Influenza vaccines have not been shown to cause harm to a pregnant woman or her baby. The seasonal flu shot, which previously has proven safe for pregnant women, and the new H1N1 flu vaccine were made using the same process.

New York State Department of Health is strongly encouraging all prenatal care providers to provide H1N1 Influenza vaccine to pregnant women in their offices to allow women better access to the vaccine. If for some reason a provider is unable to offer the vaccine in the medical office, a plan for referral to the primary care provider or the local health department should be in place.