



## HIGH RISK PREGNANCY PROGRAM

Healthy Arrivals is a specialized case management program whose goal is to prevent preterm labor by guiding the at-risk mother throughout her pregnancy. The Healthy Arrivals program is voluntary; each pregnant mother decides whether or not to participate. To be enrolled in the program, each pregnant mother must be evaluated by a perinatal nurse during the first trimester.

The risk assessment places each mother into one of three categories. Each category has a pre-defined level of ongoing guidance based on the level of risk. The Healthy Arrivals program combines assessment, risk identification, referrals, and targeted intervention to achieve the optimal outcome for both mother and baby.

*S*ometimes the symptoms of preterm labor are so subtle that an expectant mom may not recognize the problem.

Our experienced and highly-trained nurses can identify the warning signs of pre-term labor, monitor the mother, and address the problem before premature birth becomes difficult to prevent.

Each pregnant mother must be assessed during the first trimester to enter the Healthy Arrivals program. We screen for conditions that may put this pregnancy at risk: complications during previous pregnancies, high blood pressure, diabetes, high/low BMI, alcohol and tobacco use, and more.

Moms identified as **Moderate Risk** (Level I) are at risk of a symptomatic medical/obstetrical condition. These moms receive:

- Prenatal and postpartum educational materials
- Telephone calls from our licensed nurse to assess progress throughout her pregnancy
- Encouragement to contact physician if risk changes or complications occur
- Postpartum call 4-6 weeks after delivery to reinforce medical follow up and immunization timelines for baby
- Peace of mind from knowing a nurse is available to address her concerns

Moms identified as **High Risk** (Level II) are at significant risk of a symptomatic medical/obstetrical condition. These moms receive:

- Initial in-depth assessment by a licensed nurse to develop a follow-up plan
- Prenatal and postpartum educational materials
- Frequent telephone calls to monitor progress reassess risk factors
- Specific risk educational materials based on this pregnancy
- Encouragement to contact her physician when risk changes or complications occur
- Case management, including prenatal education, coordination of care with mother/family, community resources, ancillary provider and personal physician
- Postpartum call 4-6 weeks after delivery to reinforce medical follow up and immunization timelines for baby

### Healthy Arrivals Program Goals

- Optimal mother/baby outcome
- Provision of quality, cost-effective care
- Patient empowerment through self-care and self-responsibility
- Ongoing risk assessment
- Appropriate utilization of benefits and resources
- Decreased incidence of premature births
- Decreased incidence of fetal/maternal morbidity/mortality
- Preservation of the pregnancy
- Vaginal delivery whenever possible

A specially trained nurse guides each at-risk mom through her pregnancy. Our nurse teaches the patient about signs and symptoms of pre-term labor, proper nutrition, activity levels, and ways to stay comfortable and healthy.