

# Transition to a Multidisciplinary Primary Care Maternal Child Health Program

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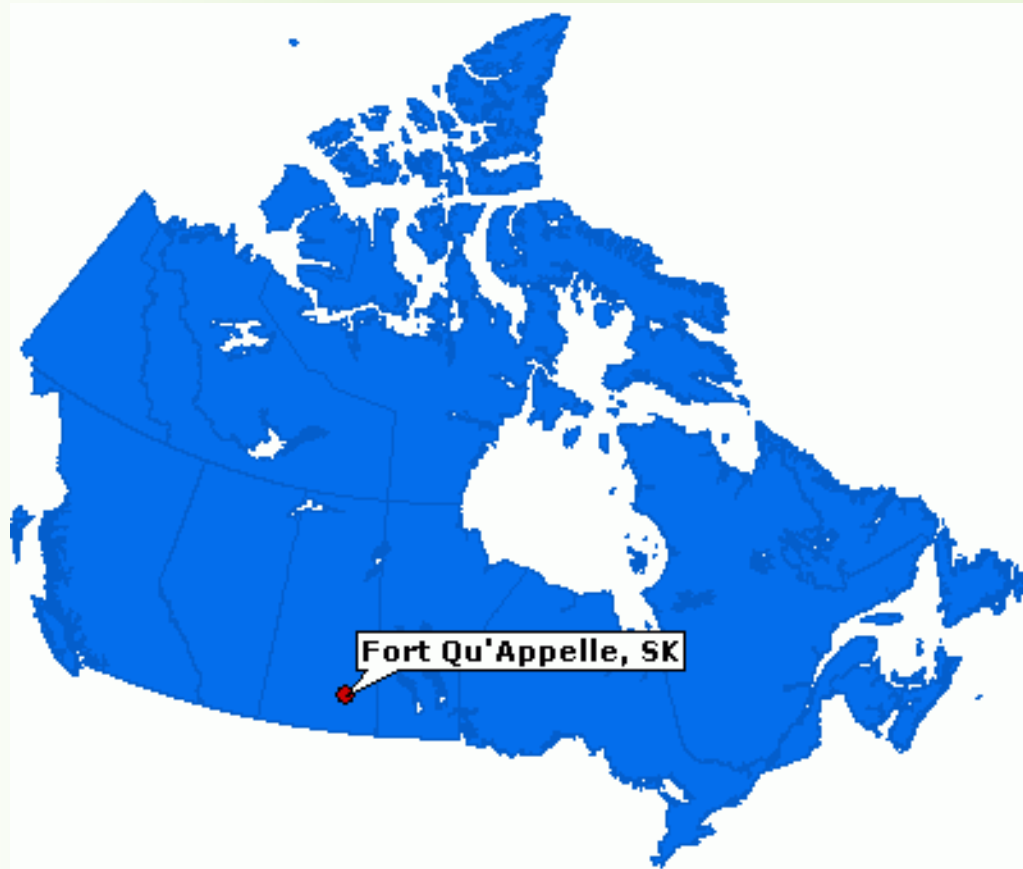
**June 9 & 10, 2010**



# Location

- **Fort Qu'Appelle, SK.**

- town of approx. 2000 residents, 4 rural municipalities, and 9 First Nation communities.  
approx. 65 km NE from Regina



# First Nations' Health Services, File Hills Qu'Appelle Tribal Council

- 11 FHQ First Nations in the Treaty Four Territory

**Carry the Kettle**

**Muscowpetung**

**Okanese**

**Peepeekisis**

**Standing Buffalo**

**Little Black Bear**

**Nekaneet**

**Pasqua**

**Piapot**

**Star Blanket**

**Wood Mountain**

- Goals:

- Communicate consistently on all matters affecting mutual client needs
- Deliver well planned and implemented health services
- Pro-actively undertake health promotion and education
- Participate in networking and sharing activities to support human resource development, program advancement and strategic learning



# All Nations' Healing Hospital

- **Houses:**

- A 14-bed acute care facility
- A 24-hour Emergency department
- An Outpatient treatment area
- Laboratory & diagnostic services
- The Women's Health Centre
- Tele-health services
- First Nation Health Services
- The White Raven Healing Centre
- The Cultural Program
- Physiotherapy and Podiatry
- Ultrasound



# All Nations' Healing Hospital

- **Uses a holistic, integrated approach in delivering:**
  - acute health care
  - community health programs
  - clinical counseling services
- **Is one of the first health care facilities in Canada owned and operated by First Nation governments**
- **Is located on reserve**
- **Mission: The All Nations' Healing Hospital is committed to high quality, integrated and coordinated care, assisting patients to achieve optimal health and wellness.**



# Background

- **In 2006, File Hills Qu'Appelle Tribal Council (FHQTC) conducted a review of reproductive and maternal child health care services**
  - **inadequate communication, referral, care management, information sharing and case management processes for a clientele and population group who are deemed 'at risk' for a number of health and socio-economic reasons**
  - **many of the maternal child health services were either not being adequately accessed by First Nation women or were not responsive to their health care needs**



# Overview

- **ANHH received \$1.3 Million from the Aboriginal Health Transition Fund Through Saskatchewan Health. *Proposal developed in partnership with the Regina Qu'Appelle Health Region.***
- **One component of a comprehensive approach to coordinate, integrate and improve the care to women and children in the Fort Qu'Appelle area, particularly First Nations**
- **Builds on existing services, including local physician services, the Women's Health Center and the First Nations Maternal Child Health Program**



# Project Key Components

- ***Develop and implement a locally provided and sustainable* maternity service which is *culturally responsive* to the needs of Aboriginal women**
- **develop an interdisciplinary primary maternity care model**
- **bring together a multidisciplinary clinical team to provide a comprehensive range of maternity services**
- **provide effective integrated care approaches, strengthening partnerships and communication among multiple jurisdictions**
- **support the delivery of low risk maternity care services, including birthing within the All Nations' Healing Hospital**





# Project Participants

- **All Nations' Healing Hospital in partnership with the Regina Qu'Appelle Health Region inclusive of:**
- **File Hills Qu'Appelle Tribal Council and Health Services**
- **Fort Qu'Appelle Family Physicians**
- **Department of Obstetrics and Gynaecology, RQHR**
- **Multidisciplinary Primary Care Maternal Child Program Steering Committee**



# Women's Health Centre

- **Opened in 2007**
- **Two full-time, one half-time Nurse Practitioner**
- **One full-time Midwife**
- **One full-time Women's Helper**
- **Services provided**
  - **Well women care**
  - **Pre and postnatal care**
  - **Counseling and prescribing birth control**
  - **Testing and treatment for STIs**
  - **Cervical screening**
  - **Liaison/referral with other health care professionals – including care of physical, mental, emotional, spiritual and cultural needs**
  - **Well women outreach clinics to First Nation Communities**
  - **Health promotion and health education**



# Utilization Rates

- **To date over 2000 women have received services from WHC**
- **April 2009 – March 2010**
  - **Over 3000 appointments – increase of 43% from 2008/09**
  - **700 new patients**
  - **753 pap tests completed – increase of 32%**
  - **117 new prenatal women – increase of 41%**



# Successes

- **Improved access locally for prenatal clients through the Women's Health Center**
- **Improved continuity of care from prenatal to postnatal**
- **Referral processes established with OB/GYN specialists and family physicians through WHC for pre/post natal clients for shared care, for labor and delivery, and for complications in pregnancy**
- **Support and expertise from Regina Qu'Appelle Health Region department of OBS/GYN related to risk management (MORE/OB Program)**



# Successes

- **Partnering with RQHR expertise for implementation of non-stress testing at ANHH**
- **Upgrading of clinical skills of nursing and medical staff**
  - **NRP Certification**
  - **Intrapartum nursing course**
- **Staffing of Women's Helper to assist women in accessing traditional healing and cultural practices**
- **Close linkages with parent mentors in the FHQTC communities for referral and support**



# Successes

- **Increased integration of technology**
  - PDAs
  - PIP
  - client database
- **Clients carry their own paper records, which allows for information accessible wherever client presents for care**
- **Partnership with RQHR on initiation of Ultrasound services at ANHH which allows for improved access to obstetrical U/S closer to home**



# Successes

- **Outreach clinics to communities**
- **‘Centering Pregnancy’ – group prenatal circles for women to support and learn from one another**
- **‘Sister’s Circle’ and Parent’s Support Group**
- **Provide preceptorship for student clinical placements from nursing, medicine and midwifery programs**
- **Psychologist services contracted**
- **Moving on midwifery privileging in RQHR**
- **Evaluation of the project is underway**



# Evaluation

- **Preliminary results**
  - **Female care providers**
  - **“staff was not rushed”**
  - **“I felt listened to”**
  - **Improved access to care**
  - **Appreciate support groups**
  - **Inadequate space**
  - **Additional staff**
  - **Requests for additional programming eg. Diabetes awareness, parent/child support, youth programming, healthy eating, gang prevention, yoga classes, ob/gyn services, deliveries, ultrasound**





# Challenges

- **Human resource issues –physician and midwife shortages, although adequate nursing staffing**
- **Role delineation with increased workload of all professionals presents challenges in the timing of moving forward, as we have to move forward at a pace that is manageable and sustainable**
- **Continue to meet expanding needs of clients**
- **Manage client and community requests/needs that are outside our scope of service**



# Challenges

- **Physical space issues at ANHH for expanding to include birthing services**
- **Organizing of meetings with partners to share information and provide direction for the project**
- **Sustainability of services past the AHTF project**



*“It had been many years since I had a Pap test. When I got there the staff welcomed me and made me feel very comfortable. My NP sat down with me to discuss my health issues and questions. It was like a discussion with my close friend. I felt so welcomed and was able to freely discuss all my issues and there was no judgment, she just listened to me and offered suggestions to what I can do to assist myself in my health.”*



*“A friend told me about the Women’s Health Centre two weeks ago. I was a broken woman. I went to the WHC and had the most thorough exam ever. The NP spent 1 ½ hours with me and I found her knowledgeable and caring. She taught me a lot I didn’t know through this experience. The Women’s Helper helped me start on my healing journey. She referred and assisted me to see the traditional healers and I have not been the same since. They helped me find inner peace. I feel I am in a place of calmness that has helped me to discover myself. I do not feel all alone any more. To this day I will not go anywhere else.”*



# Women's Health Center Staff

