



Community Medicine Newsletter

New VCH Health Prenatal Program information for Physicians and Midwives

Dear Physicians and Midwives,

Vancouver Coastal Health (VCH) is enhancing public health services for women during pregnancy. Our goal is to have contact with all young (less than 25 years old) pregnant women as early in pregnancy as possible and to provide an easier way for women of any age who require additional support in pregnancy to reach us.

Why? BC's Healthy Start program underlines how important support for pregnant women and new families is in improving health in both the short and long term. We want to make sure both practitioners and families are aware of the public health services available in order to reach those most in need.

How? Primary care providers can refer using the new **Prenatal and Postpartum Public Health Referral Form**. VCH also has a toll-free number **1-855-550-2229** that women (or health care providers) can call to talk to a local public health nurse who will offer services based on their needs. We will be distributing the new perinatal referral form and Public Health Prenatal Program promotional materials (tear-off sheets, poster or rack card) to maternity care providers.

What? A public health nurse will contact all women whom you refer to VCH and provide them with tailored public health services focusing on maternal and infant nutrition, emotional health, healthy lifestyle (tobacco, alcohol and substance use), safety, effective parenting and immunization/communicable disease. They can also provide referral to other community programs. VCH continues to offer support in the immediate postpartum period including maternal and newborn follow-up by a public health nurse. Initial contact with the family occurs within 24-48 hours of hospital discharge.

Where? Public Health Services will be based on individual women's needs and may be delivered as:

- Individual follow-up by phone, in home, or at the public health office
- Facilitated discussion/education/support in groups (based on local availability)

What's in it for you? The improved prenatal service provides a real opportunity to make a difference in pregnancy outcomes. You will receive feedback after the assessment and during the follow-up of all your patients you refer. We will also inform you if we are unable to contact your patient. The success of the program depends on your support by referring young women early in pregnancy, and providing all women with information about our services. If you would like additional information, have feedback or would like to know how to make referrals, please contact your local health centre.

Sincerely,

A handwritten signature in black ink that reads "Brian O'Connor".

Brian A. O'Connor, MD, MHSc
Medical Health Officer
Vancouver Coastal Health, North Shore

Encl.

PRENATAL AND POSTPARTUM PUBLIC HEALTH REFERRAL
Fax # 604-983-6883

Client Aware of Referral? <input type="checkbox"/> Yes <input type="checkbox"/> No				Note - Public Health will not contact if client unaware of referral	
Client Last Name			Client First Name		
Address – Number, Street Name		Apt.	Date of Birth (dd/mm/yy)		Age
City/Town		Province	Postal Code	Marital Status	
Home Phone #	Work/Alternate Phone #		Language Spoken: Fluent in English <input type="checkbox"/> Yes <input type="checkbox"/> No		
Personal Health Number (Care Card):			Name of Primary Care Provider		

<input type="checkbox"/> Prenatal		Expected Date of Birth: G ____ T ____ P ____ A ____ L ____			
<input type="checkbox"/> Postpartum		Date of Baby's Birth:			
		Birth Weight		Current Weight	
Concerns (Check all that apply):					
<input type="checkbox"/> Mental Health	If applicable indicate EPDS			Date	Score
<input type="checkbox"/> Age	<input type="checkbox"/> Financial Stress				
<input type="checkbox"/> Breastfeeding	<input type="checkbox"/> Limited Cognitive Abilities				
<input type="checkbox"/> Alcohol Use	<input type="checkbox"/> Inadequate Housing				
<input type="checkbox"/> Substance Use	<input type="checkbox"/> Nutritional Issues				
<input type="checkbox"/> Tobacco Use	<input type="checkbox"/> Relationship Issues				
<input type="checkbox"/> Dental	<input type="checkbox"/> Lack of Support/Isolation				
If Other, Specify					
Comments:					

Referred By: Last Name _____ First Name _____ Date _____

Signature/Title _____ Phone _____ Fax _____



PRENATAL AND POSTPARTUM PUBLIC HEALTH REFERRAL

Information for Referring Partners

All women (prenatal or postpartum) who are referred to VCH will be contacted by a public health nurse and provided with appropriate public health services which may include: health education, capacity building, advocacy, care coordination and referral to additional health care and community programs.

Public Health Services focus on

- Maternal and infant nutrition including breastfeeding decision making and support
- Perinatal depression screening and support
- Healthy lifestyle choices (tobacco, alcohol and substance use)
- Transition to parenthood and effective parenting
- Infant safety
- Immunization/communicable disease

Public Health Services will be based on individual women's needs and may be delivered as:

- Individual follow up in the home, public health office or by phone
- Group based facilitated discussions/education/support (based on local availability)

All pregnant women can obtain Babies Best Chance from their local health centre.

Please complete the demographic information fields so that your client can be contacted for follow-up.

It is important to indicate that you have discussed the referral with your client, as we will only contact if the client is aware.

If you have any questions, or prefer to refer by telephone, call your local public health office (see list below).

Contact the Community Health office in the area which the woman lives

Richmond Phone 604 233 3150 Fax 604 233 3198

Vancouver Phone 604 301 2227 Fax 604 321 2947

North and West Vancouver, Bowen Island or Lions Bay
Phone 604 983 6700 Fax 604 983 6883

Squamish, Whistler or Pemberton
Phone 604 892 2293 Fax 604 892 2327

Sunshine Coast (Gibsons or Sechelt)
Phone 604 886 5600 Fax 604 886 2250

Powell River Phone 604 485 3310 Fax 604 485 3305

For more information: http://www.vch.ca/your_health/women/