

# Orange County Perinatal Council Meeting Highlights

## January 10, 2019

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### In Attendance:

Arisa Palmer, Breastfeed LA	Ronilyn Ricaforte, OCHCA CHDP
Ann Mino, CalOptima	Tamarra Jones, OCHCA Family Health
Pshyra Jones, CalOptima	Genesis Medina, OCHCA Family Health
Dr. Christine Bixby, Neonatology, CHOC	Dr. David Nunez, OCHCA Family Health
Lucy Van Otterloo, Community Perinatal Network	Maridet Ibanez, OCHCA Nutrition Services
Hoda Shawky, First 5 Orange County	Liza Scammahorn, OCHCA WIC
Mashariki Kudumu, March of Dimes	Samar McGregor, Public Health Foundation Enterprise WIC
Cristiane Napolitan, MOMS Orange County	Sara Brown, UCI
Skarlet Bui, OCHCA Behavioral Health	Dr. G. Laura Bhatnagar, Women to Women Medical Center

### Welcome and Introductions:

Tamarra Jones welcomed all in attendance and on the phone. Introductions were conducted.

### Review December 6, 2018 Meeting Highlights:

- Skarlet Bui suggested a change to the description of the OCPWP population served to read as follows: OCPWP serves expectant and new parents who are experiencing mild to moderate symptoms of anxiety and/or depression which are attributable to either the current pregnancy or recent birth of their child. Services are at no cost and are offered to individuals with and without insurance.

### Updates and Announcements:

- Lactation Consultant Education Course: A flyer was distributed for the Lactation Consultant Education Course Part 2.
- March of Dimes Annual Report Card: The 2018 Premature Birth Report Card and the 100 cities with greatest number of births fact sheet was distributed. Documents are available at: [http://www.ochealthinfo.com/phs/about/family/mcah/ocpc/ocpc\\_resources](http://www.ochealthinfo.com/phs/about/family/mcah/ocpc/ocpc_resources)
- Dr. Bhatnagar announced that she is running for vice-chair of a local planning committee.

### Review OCPC Website:

- The group discussed the following regarding the website:
  - Website is primarily used by members so the focus of the website should be information for members.
  - Information regarding how to join OCPC should be included. Staff will work on an application process.
  - There should be information on how to contact members. However, member information should not be displayed on the website.
  - Meeting data and highlights should be included on the website.
  - If possible, a section for members only will be added. This section could also allow members to review and provide feedback on draft documents.
  - Materials distributed at meetings will be added to website.
- The group also discussed a new opportunity to promote breastfeeding and provide lactation support. Members suggested the following:
  - Promoting the nine steps of breastfeeding.
  - Collaborating with the Orange County Breastfeeding Coalition.

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- Developing a survey to identify current practices that promote breastfeeding in Federally Qualified Health Centers and Community Clinics rather than inquiring about policies and procedures.
- Promoting the information currently on the MCAH website regarding breastfeeding. Information available at: <http://www.ochealthinfo.com/phs/about/family/mcah/bps>

### **Listening to Mothers Survey:**

- Three fact sheets were distributed outlining information from the Listening to Mothers in California Survey: Maternal Mental Health, Care Team and Place of Birth, and Cesarean Births.
- The group discussed the following:
  - Some information and data appears to have some bias. A deeper dive into the data may help to address perceived bias in the fact sheet. The full report is available at: <https://www.chcf.org/collection/listening-to-mothers-in-california/>
  - Information may not be appropriate for mothers but could be useful for medical providers.
  - Information can be used to identify ways to improve health outcomes and facilitate discussions.
  - Information on Maternal Mental Health can be very helpful to address mental health issues and service needs.

### **Collaborative/Committee Updates:**

- Safe Sleep: Dr. Nunez shared that there were two recent infant deaths. Dr. Bhatnagar inquired about the death review including analysis of possible narcotic use. A member also inquired about the discussion of narcotic use and breastfeeding prior to hospital discharge. The group discussed the possibility of developing a letter for hospitals. Dr. Bixby also mentioned that breastfeeding mothers should not take Tylenol 3 with Codeine. Dr. Nunez also shared information about a 2007 report on substance exposure in infancy for Orange County. A request was submitted for the OCPC to discuss how to implement a coordinated effort to reduce infant exposure. The group discussed limited resources for pregnant substance using women. The ACT program may provide support for women in need. Information can be added to the Every Woman OC website.

During the discussion, the group discussed perinatal loss and available resources for women. Members shared the following:

- Hoag has a Maternal Mental Health Clinic. Support groups are free and individuals counseling is available based on insurance or a sliding fee scale.
- Perinatal loss group is held Tuesday nights at 6:00pm at the Community Health Building (307 Placentia, Suite 105B, Newport Beach).
- There is also a Pregnancy After A Loss Support Group. The group meetings the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday from 7:00pm-8:00pm.
- For more information call the Babyline: (949) 764-BABY (2229).
- More information is available at: <https://www.hoag.org/specialties-services/womens-health/education-resources/pregnancy-infant-loss/resources/support-groups/>
- Orange County Breastfeeding Coalition (OCBF): There were no updates provided.
- Orange County Parent Wellness Program (OCPWP): There were no updates provided.

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- WIC: There were no updates provided.

**Community Health Improvement Plan (CHIP) 2017-2019:** There were no updated provided.

**Next Meeting:** The following will be included on the agenda for the next meeting:

- OCPC membership process
- Breastfeeding promotion next steps
- Substance exposure discussion