

# ARE PATIENTS WHO RECEIVED EARLY PRENATAL CARE AT A DECREASED RISK OF POOR BIRTH OUTCOMES COMPARED TO THOSE WHO RECEIVED PRENATAL CARE LATER IN PREGNANCY?

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# PURPOSE

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- The purpose of this study is to explore an intervention that could lower the rate of maternal mortality in the United States and overall decrease the risk of poor birth outcomes. This country is severely behind in comparison to other developed nations.

# SUMMARY

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- A study in the maternal and child health journal stated that prenatal care is important for the health of the mother and their baby. Additionally, it was noted that prenatal care should start in the first trimester.
  - There was a study of 333 women to track their trajectory of prenatal care. They analyzed the various reasons why some women received late prenatal care.
  - Although this study was based in Belgium, it showed that the main reasons for seeking late prenatal care was non-European origin, low income, and not having a regular obstetrician.
  - This study also found that late initiation is associated with predisposing and enabling determinants.

# SUMMARY

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- Throughout this research, it is important to look at the barriers some might face that may prevent them from receiving early prenatal care.
  - This study specifically aims to gain perspective on low income African American women because there is a clear difference between the rates of poor birth outcomes among various racial and ethnic groups in the United States.
  - The study conducted had six focus groups with 29 women and individual structured interviews with two women.
  - The study found various structural barriers to include "transportation and insurance, negative attitudes towards PNC (prenatal care), perceived poor quality of care, unintended pregnancy, and psychosocial stressors such as overall life stress and chaos".



# SUMMARY

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- A study done over an eight-year time period showed significant results in women who received inadequate prenatal care.
  - During the eight years, there were 28,729,765 births that fit the criteria for the study.
  - Risk of prematurity, stillbirth, early and late neonatal death, and infant death increased linearly with decreasing care.
  - Suggest starting public health initiatives to target groups to ensure adequate access.  
Specifically for women less than 20 years old, Black non-Hispanic women, Hispanic women, and those without high school education.

# RECOMMENDED INTERVENTIONS

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- Interventions
  - A study published by the American journal of public health showed a disparity in prenatal care advice between Black women and White non-Hispanic women that said, “Black women may be at a greater risk for not receiving information that could reduce their chances of having an adverse pregnancy outcome”.
    - As nurses, we need to make sure we are providing the same care for every patient we see.
    - Additionally, build a trusting, professional relationship with the patient that will encourage them to seek early prenatal care.
  - In Oregon, they implemented a program called the, coordinated care organization (CCO), which was “designed to improve the coordination of care for Medicaid beneficiaries”.
    - This program found a significant improvement in early initiation of prenatal care and “reduction in disparities in prenatal care by insurance type”
    - Implementing programs like this will help bridge the gap in initiating early prenatal care.

# OUTCOME

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- With these interventions in place there should be
  - More women with access to early prenatal care
  - Better education surrounding prenatal care
  - Decreased poor birth outcomes

# CLOSING

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- Early prenatal care is a pivotal factor in decreasing the risk of poor birth outcomes and there are many structural barriers and factors that would prevent someone from seeking out this important care.
- It is important to remember as nurses, that we treat every patient equally in order to build professional relationship where the patient feels welcomed and accepted.
- The United States is very behind when it comes to fetal and maternal mortality rates. We need to work towards a world where a no mother or child is lost due to the birthing process.



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