



# PERINATAL REPRODUCTIVE EDUCATION PLANNING & RESOURCES

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## PROBLEM

Existing healthcare systems do not always meet the specialized demands for Veterans regarding perinatal care. Services are scattered between the Veterans Health Administration (VHA), Community Care or not available at all. Veterans must pay out of pocket and request reimbursement for such services as lactation counseling covered under the Maternity Care benefits package.



## SOLUTION

**Perinatal Reproductive Education Planning and Resources (PREPARE)** is a multi-disciplinary approach to perinatal care that engages diverse staff members and promotes the inclusion of historically underserved populations impacted disproportionately by social determinants of health. Offering a wide array of services nurtures longevity in breastfeeding, reduction in symptoms of perinatal mood and anxiety disorders, and improvement in parental and infant health outcomes.

### PERINATAL CARE THROUGH PREPARE:



Preconception



Pregnancy




Postpartum



## WRAPAROUND PERINATAL SERVICES

Each offering is available via telehealth, improving access to Veterans where distance would have been a barrier.




### PELVIC HEALTH PHYSICAL THERAPY

- Pelvic Floor and Core Prenatal
- Post Vaginal Birth
- Post Cesarean Birth



### NUTRITION EDUCATION

- Healthy Eating for Pregnancy
- Food Safety During Pregnancy
- Postpartum Nutrition
- Nutrition for Infants and Toddlers



### MENTAL HEALTH EDUCATION & SUPPORT GROUPS

- Women's Healthy Parenting
- Strong Dads, Loving Homes
- Coping with Infant Loss
- Infertility: Grieving and Growing
- Motherhood & Mood (Inclusive of gestational, non-gestational and adoptive parents)




### WHOLE HEALTH

- Hypnosis & Childbirth
- Perinatal Yoga
- Tai Chi



### LACTATION EDUCATION & SUPPORT GROUPS

- One-on-one Lactation Consultation
- Breastfeeding/Chestfeeding
- Pumping and Storing
- Goal is a Well Fed Baby



## GOALS

- PREPARE aims to provide extensive and easily accessible perinatal specialized services to ensure Veterans achieve and maintain healthy outcomes in their reproductive journey.
- PREPARE offers in-house wraparound services that allow for continuity of care to the Veteran population.

## OUTCOMES

- PREPARE Launched in 2021
- 410 Consults to date
- Increased access for Women Veterans to receive perinatal services at VHA
- Improved health outcomes for parents receiving Perinatal services at VHA
- Increased number of Women Veterans utilizing Perinatal support programs
- Improved engagement of non-birthing parent in education and support groups

Successfully breastfeeding my 8 month old baby thanks to PREPARE. -Veteran

Our team approach provides the best channel for communication between professions and for Veterans to navigate different specialty care during and after pregnancy. -Provider

We got a lot out of it and have shared some of the information with family members and, even though it has been 4 years since our loss, we are learning how to honor our twins. -Veteran

It feels so much more comforting being surrounded by women going through this process. It makes you feel special. Helps me put my walls down to be able to receive. I'm grateful for this group. -Veteran

I like classes like this where I can have my baby in it. Makes it a lot easier. -Veteran

Developing the PREPARE program to offer perinatal services to Veterans has truly been a labor of love. My hope is that PREPARE shows them how valuable they are and that the VA supports them during this season of their lives. -Provider

It's good to be able to rely on the VA for maternity resources. Recognizing we're deserving of just as much support. I was pretty impressed when I got plugged in. -Veteran

