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## Postpartum Health and Wellness

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# Postpartum Health and Wellness

Estephanie Huerta OTD/s

Community Mentor: Brenna Rizan

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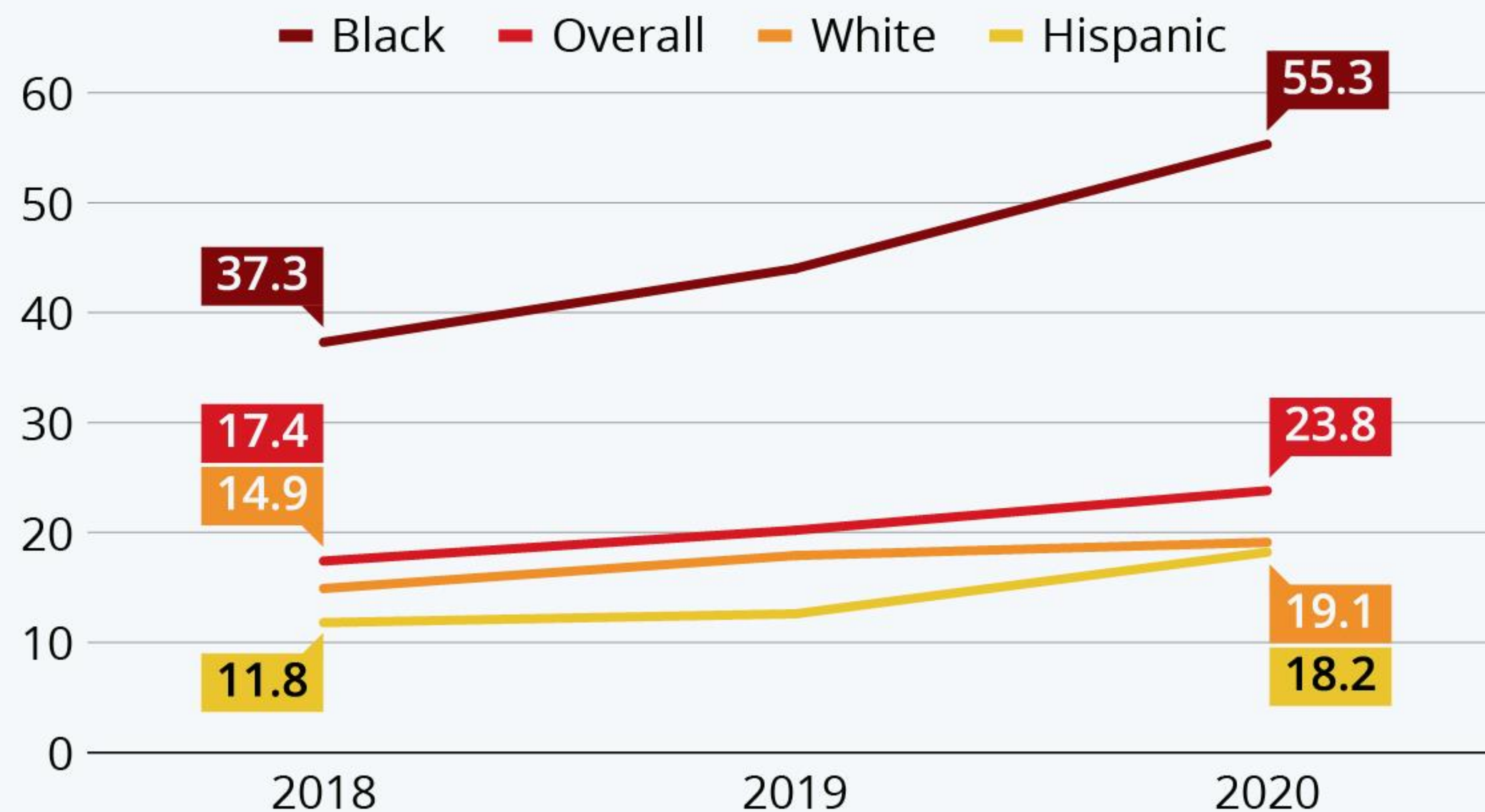
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# Background

## The Uneven Burden of U.S. Maternal Mortality

Pregnancy-related deaths in the United States per 100,000 live births (by race/ethnicity of mother)



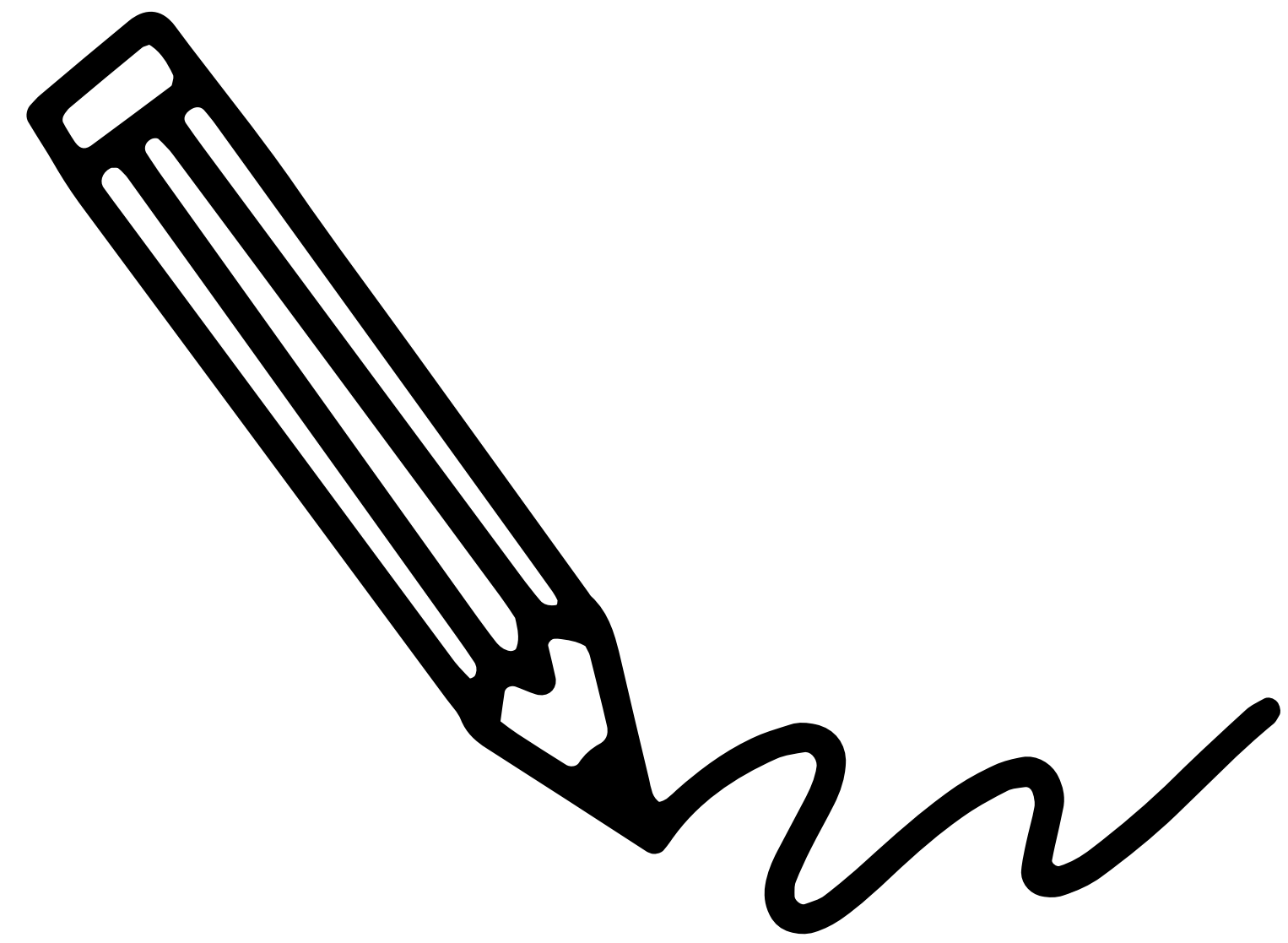
The United States is currently facing a maternal morbidity and mortality crisis, with the highest rates of any resource-rich nation.



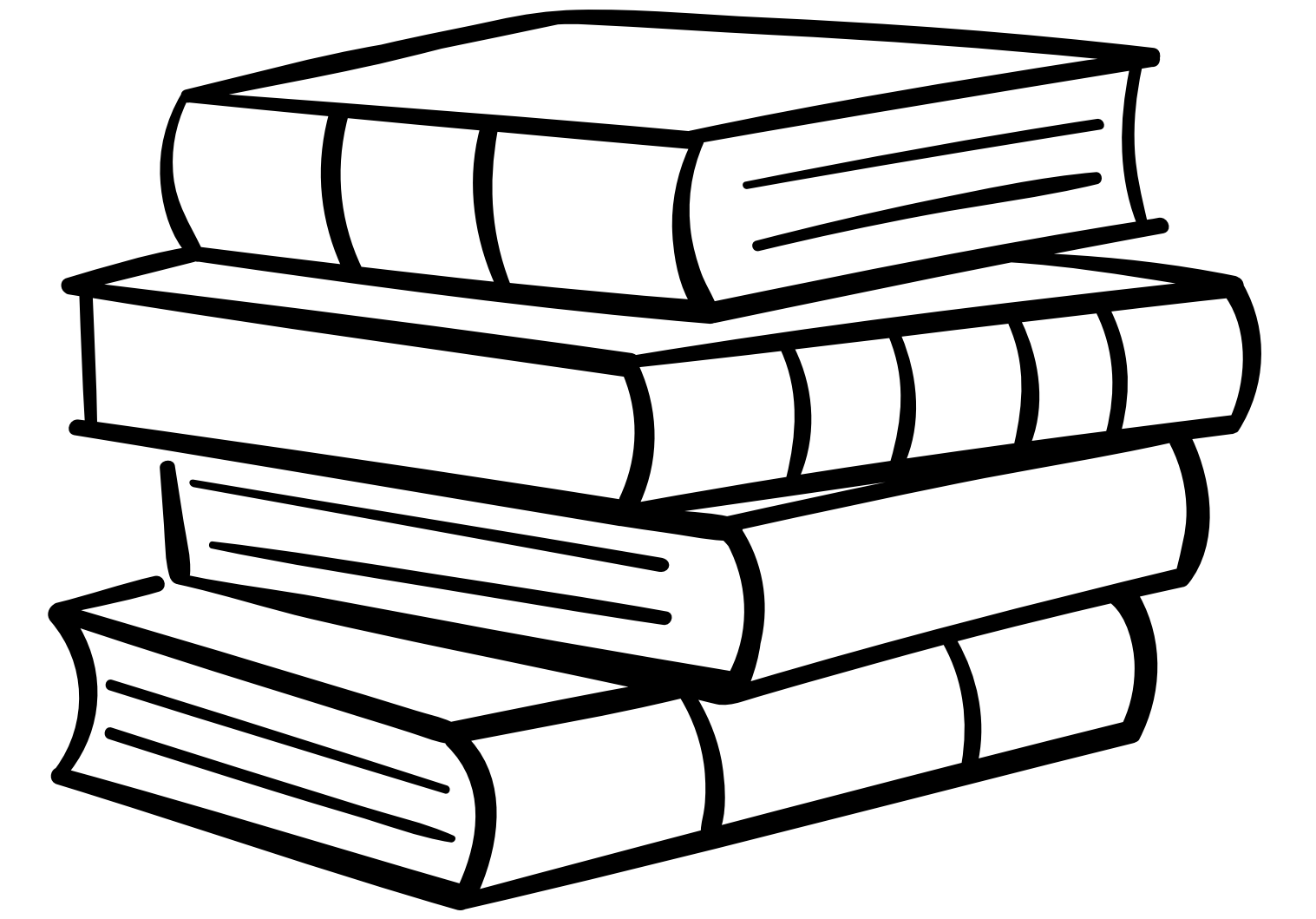
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# Literature Review



## Lack of Health Literacy

Birthing parents are having difficulty finding, understanding, and using health information and services for oneself and others.

## Lack of Proper Care

Birthing parents are having difficulty accessing healthcare due to transportation, lack of trust, and difficulty scheduling appointments.

## Implicit Bias

Birthing parents of color have felt as though they were often being dismissed after expressing concerning symptoms.



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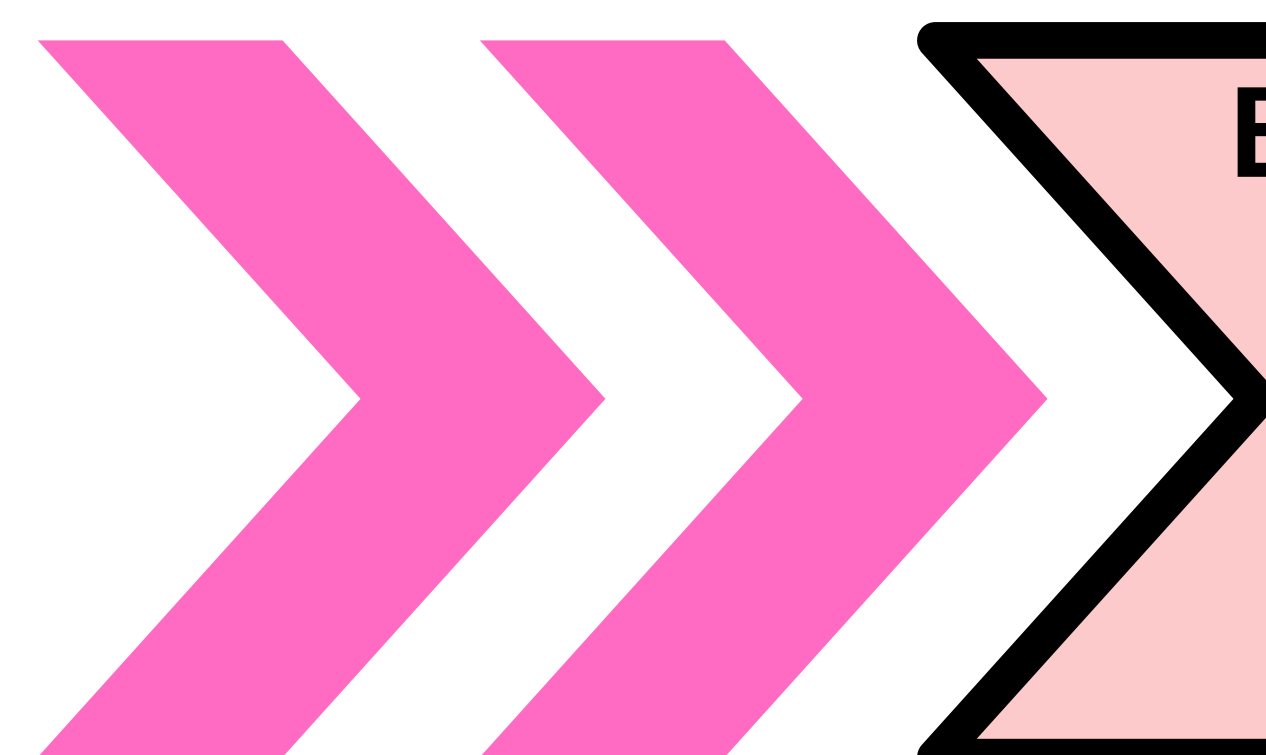




# Needs Assessment



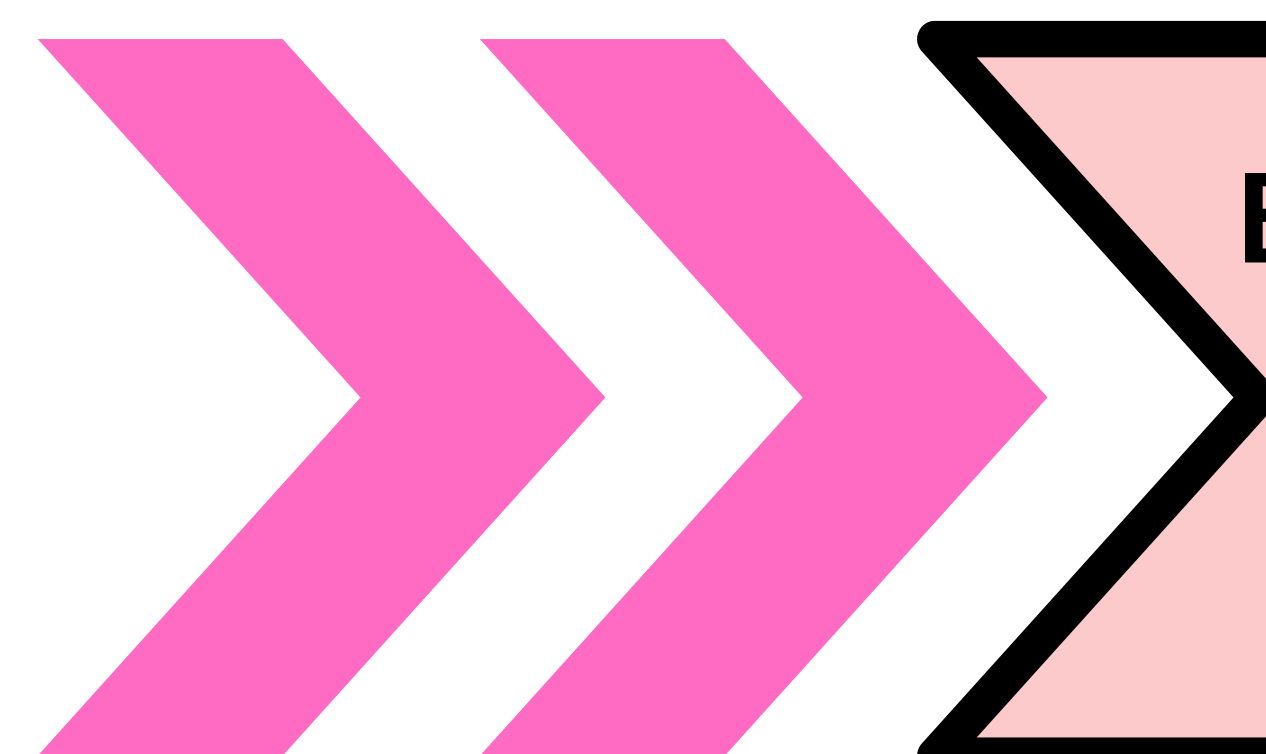
**Be Mom Aware**  
POSTPARTUM AWARENESS & SUPPORT



Be Mom Aware's goal is to reduce stigma and increase access to maternal mental health care in Black/African American and Latina communities in Sacramento through culturally responsive methods.



**BLACK WOMEN  
FOR WELLNESS**



Black Women For Wellness is committed to the health and well-being of Black women and girls through health education, empowerment and advocacy.

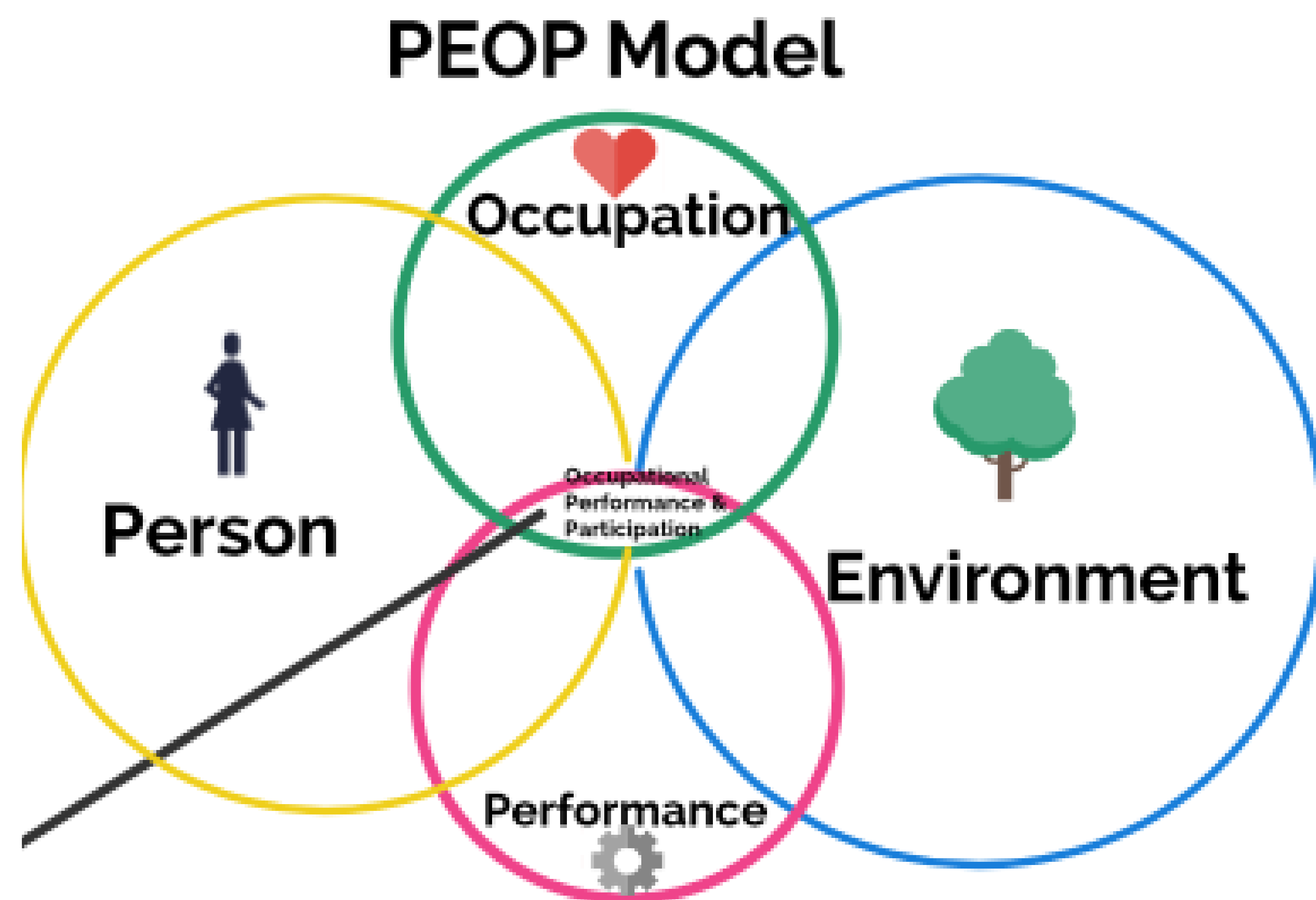


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# Guiding Theory



This model is significant in:

- Building solutions to maternal mortality due its ability to gauge how women are transitioning into their new role as a mother.
- How the environment in which they live will facilitate or create barriers to taking care of themselves physically and mentally on their postpartum recovery.



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# Program Purpose

- ▶▶▶ Raise awareness of occupational therapy's role in postpartum
- ▶▶▶ Identify external barriers birthing parents may experience
- ▶▶▶ Describe tools/strategies birthing parents can use for wellness
- ▶▶▶ Identify how OT's can assist in navigating external barriers
- ▶▶▶ Educate population of resources to overcome external barriers





# Deliverables

**Pretest/Posttest  
Survey**

**In-Service Training**

**Short Form  
Educational Video**



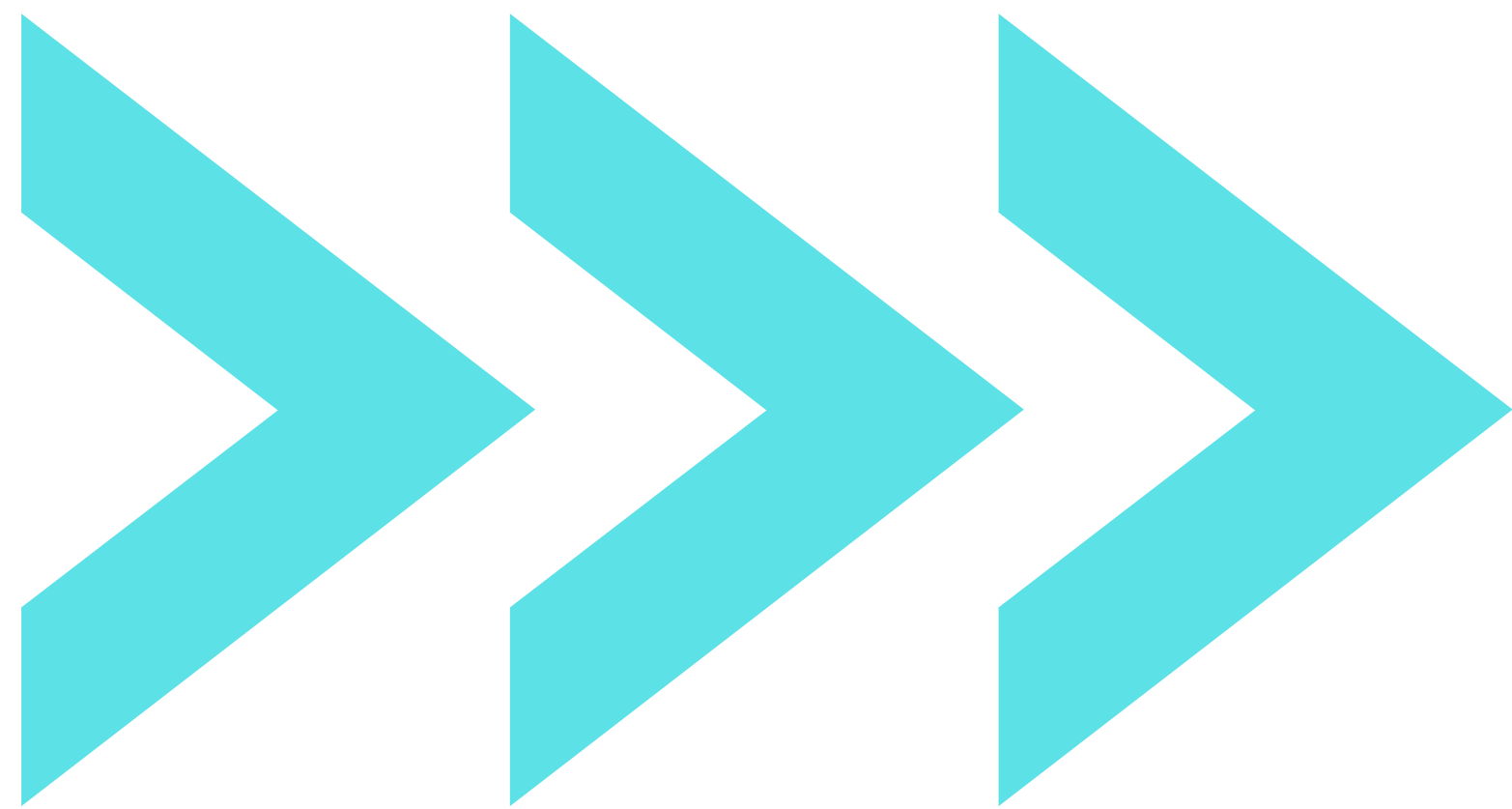
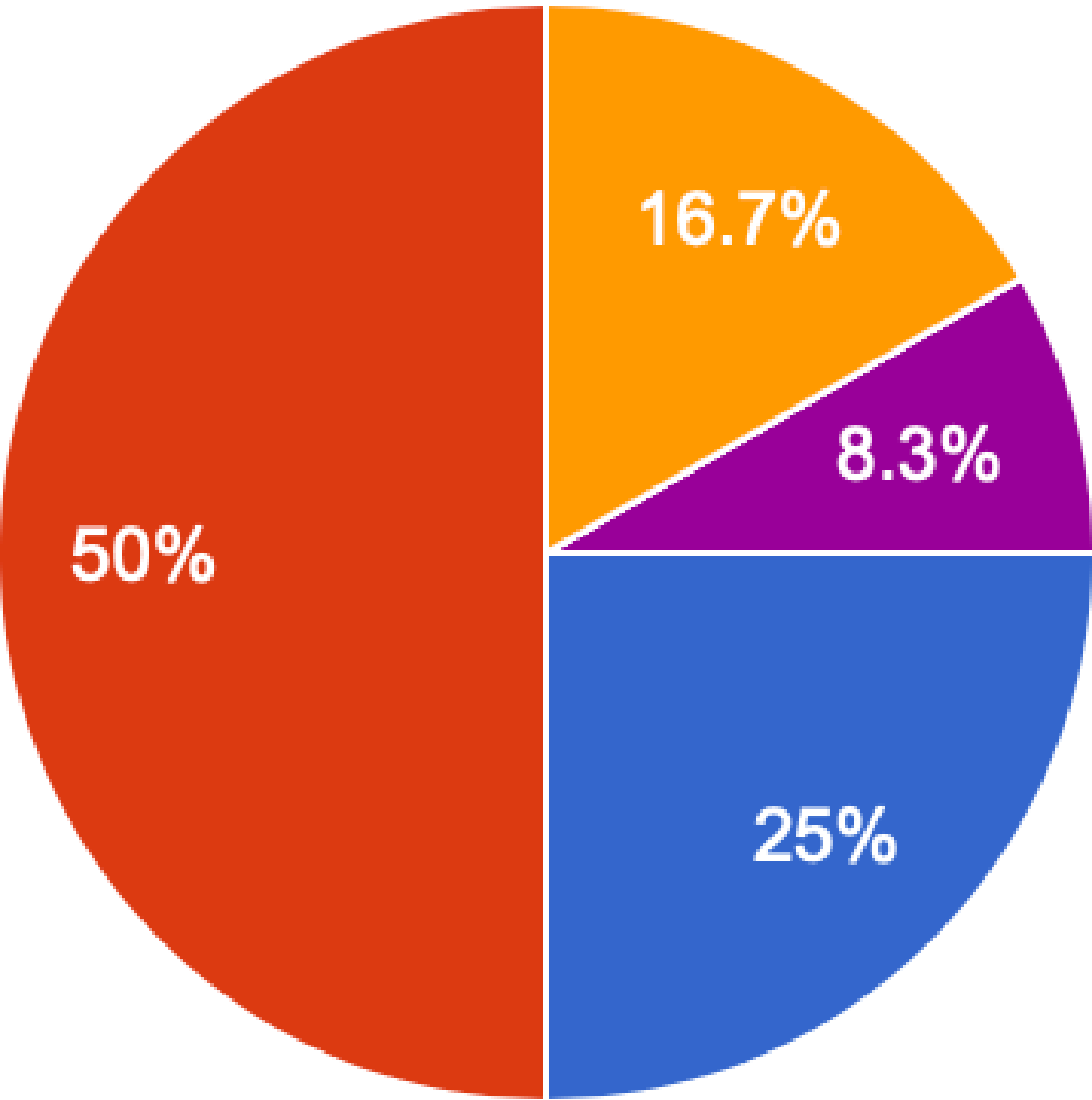
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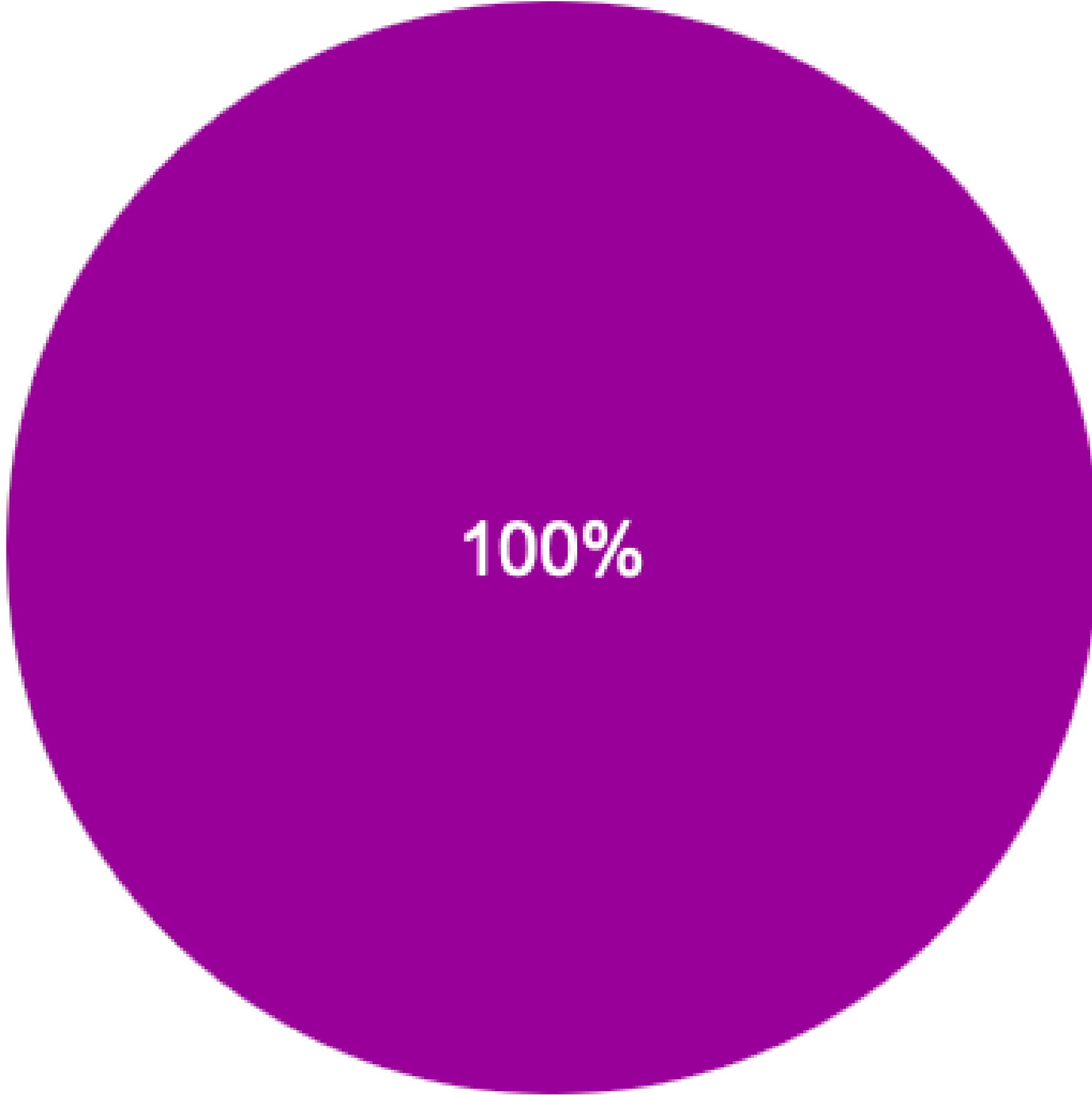


# Outcomes

How familiar are you with the concept of Occupational Therapy?



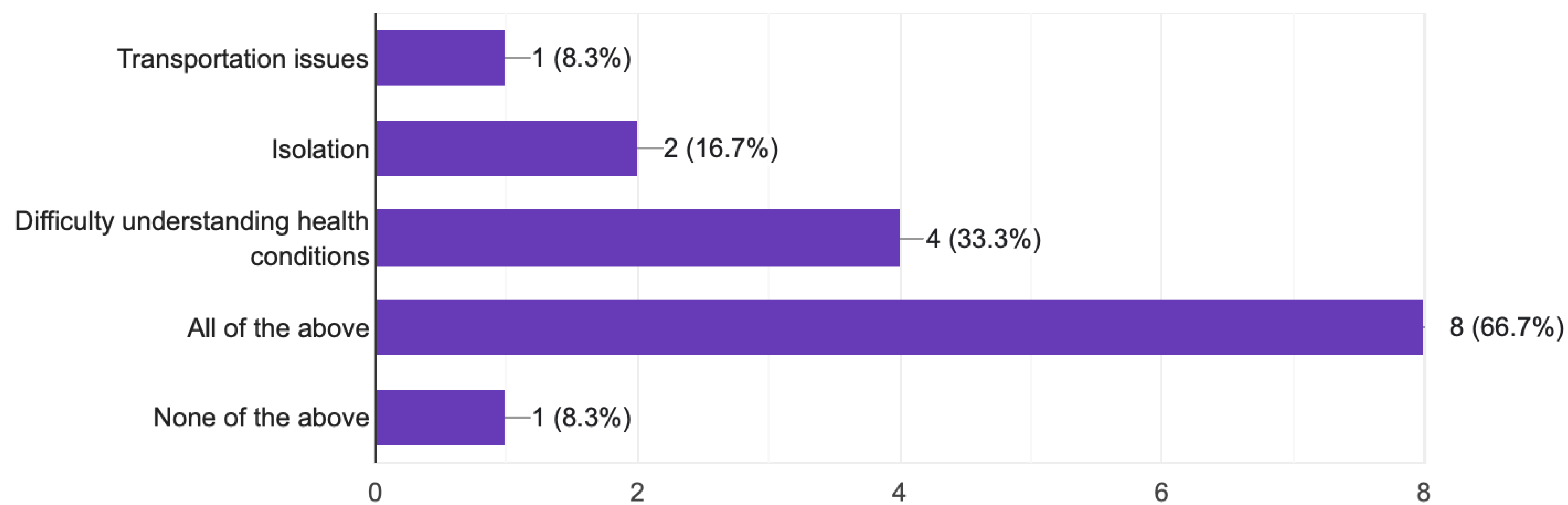
How familiar are you with Occupational Therapy's role in Postpartum care?



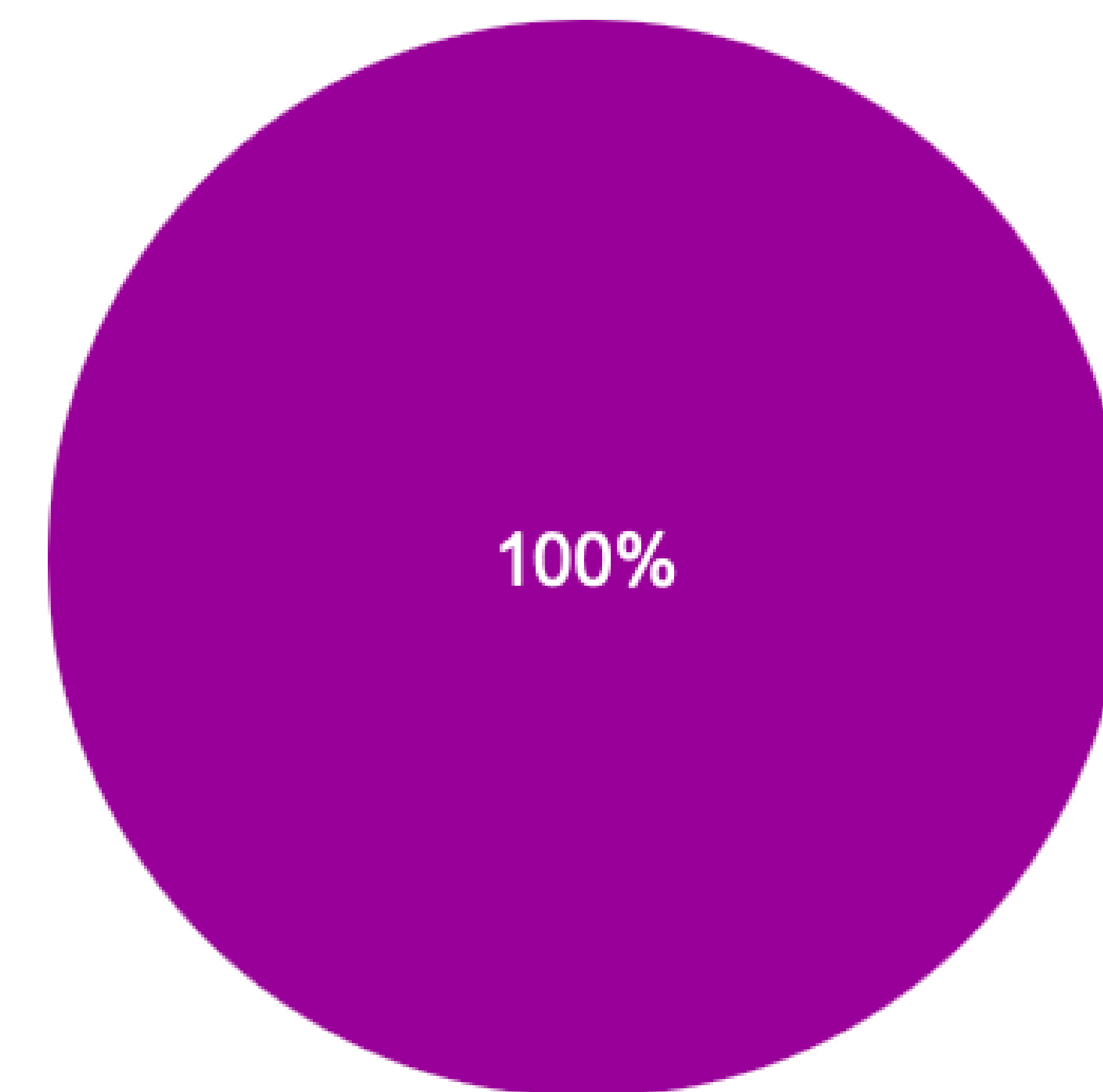


# Outcomes

Which of the following barriers have you faced in postpartum care?



How beneficial do you find the resources and tools to navigate postpartum care?





# Discussion



## What did I learn?

I learned:

- The importance of relationships in the community.
- Even though resources may be available, many people are not always aware of them.
- Every community has different needs, even if they are in the same city.



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# Impact

## For the OT profession

- Being more involved in postpartum care.
- Spreading awareness of OT's role in postpartum care



## Future impact on me as a clinician

- Be more involved in advocacy not only for my profession but the people that I am serving



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# Future Implications

## Needs of the Future

- Creating a unifying resource map for postpartum birthing parents

## Possible Carryover?

- OT's Role in postpartum care is fairly new
- Creating synergy amongst community

## Possible Future Steps

- Creating a program for healthcare providers to improve care for postpartum parents





# Acknowledgements



**Thank you to Brenna Rizan, Lexi Herman, and Kim Robinson for all thier guidance in my capstone experience.**



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