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ML MIDDLESEX-LONDON
HEALTH UNIT



Got a Plan? Day

– Striking while the iron is hot to reach an underserved population

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Today

We will share details of a workshop that we offer to high school teachers and students who are studying topics related to human reproduction, pregnancy, child development and parenting.

- Inception
- Gestation
- 2017 Curriculum
- Lessons Learned



It all started

- In 1997 a local high school teacher requested a tour of the birthing unit
- She wanted to prevent her students from getting pregnant and to show them the 'realities' of giving birth



Environment

- Supportive management!
- SJHC was a tertiary care perinatal facility and teaching centre
- The initial program was developed by Ann Jarvie, RN and Erica Zarins
- The focus was on preventing/planning a pregnancy and labour and birth. It included a 45 minute lecture and then an hour long tour of the perinatal area
- Maximum 2 classes/ session



Gestation

- Within 2 years presentations from the Neonatal Intensive Care Unit and a tour of the Regional Sexual Assault and Domestic Violence Treatment Centre were added
- In 2006 Middlesex-London Health Unit collaborated with SJHC

“You can talk about all these things, but the students don’t really get it until they can see and experience them first hand”

Carolyn, Grade 10 Parenting teacher



Having A Baby?

As Simple As 1,2,3?

- 1.Planning*
- 2.Pregnancy*
- 3.Parenting*

A day- long session for high-school students presented by the Middlesex-London Health Unit and St. Joseph's Health Care

*October 26, 2009 from 0830-1400 HRS
St Joseph's Health Care
268 Grosvenor Street
London, Ontario*

Gestation 2006-2014

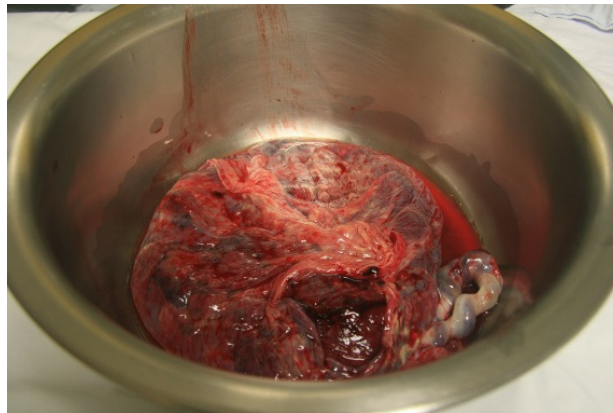


- A free program offered 4 times a year
- Approximately 100 high-school students attended each session, teachers arranged their own transportation
- The day started with an introductory session on preconceptual and prenatal health
- Students rotated through small-group discussion sessions on and site visits to:
 - the Family Birthing Centre (2 Nurses)
 - the Neonatal Intensive Care Unit (1 Nurse)
 - Healthy Relationships/ Regional Sexual Assault and Domestic Violence Treatment Centre (1 Nurse)
 - Post-Partum Issues (1 Public Health Nurse)

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	GROUP 1	GROUP 2	GROUP 3	GROUP 4
0830-0930	INTRODUCTION Preconception/Prenatal D0-104			
0930-1030	TOUR	RELATIONSHIPS SADV	NICU	POSTPARTUM ISSUES
1030-1130	RELATIONSHIPS SADV	TOUR	POSTPARTUM ISSUES	NICU
1130-1200	LUNCH Auditorium			
1200-1300	NICU	POSTPARTUM ISSUES	RELATIONSHIPS SADV	TOUR
1300-1400	POSTPARTUM ISSUES	NICU	TOUR	RELATIONSHIPS SADV
1400	EVALUATION			



Post-Event

HIV & AIDS Awareness: *What Happens In A Family?*

We collaborated with the Regional HIV AIDS Connection to provide presentations to the schools after the *Having A Baby Day* on HIV and hepatitis



Facilitators

- **Need and Impact** – Demand for the program remains high
- **Capacity** – Committed staff, including nursing students
- **Partnership and Collaboration** – Positive relationship with the hospital (e.g., easy to book rooms and store equipment)

Challenges

- Budgeting issues emerged and the MLHU agreed to pay for hospital nursing staff to assist with the day
- Staffing issues resulted in new collaborations
- Hospital Amalgamation occurred and there were some logistical changes (e.g., room bookings, staffing, protocols)
- Transportation costs for school boards

2014 Outcome Evaluation

by Chris Blain, Sexual Health Promoter, Sexual Health Promotion Team

Students

- Ranked the **labour and birth tour as their top activity of the day**
- Ranked the post-partum presentation as their least favorite activity of the day (optional held at the end of the day)
- In terms of changing the day, students wanted fewer lectures and more hands on activities to keep them fully engaged throughout the day

	GROUP 1	GROUP 2	GROUP 3
0900-0930	INTRODUCTION		
0930-1030	TOUR	RELATIONSHIPS SADV	NICU
1030-1130	RELATIONSHIPS SADV	NICU	TOUR
1130-1200	LUNCH		
1200-1300	NICU	TOUR	RELATIONSHIPS SADV
1315-1355	POST-PARTUM DISCUSSION		

Teachers

- Good use of class time and would recommend it to other teachers
- Their students were most engaged in the Labour and Birth Tour and least in the Post-partum segment
- Suggested adding on more information around teen specific pregnancy and infant care

Changing Teams and Changing The Name



**GOT A
PLAN?**

You **plan** everything else – your **pregnancy** is no different.
Get the facts and **make the plan** that's right for you.

Use the PrePregnancy Planner on our website to get started.

Ontario Public Health Association. (2014).
Shift - Enhancing the health of Ontarians: A
call to action for preconception health
promotion and care. Toronto, ON.

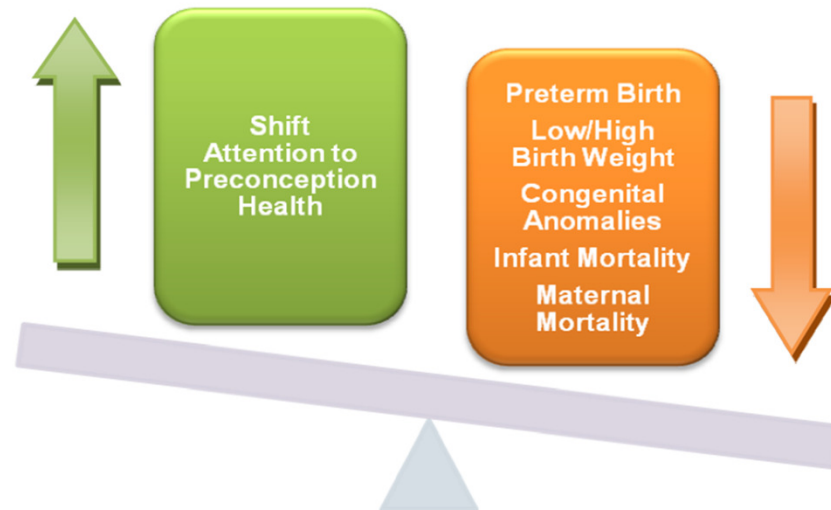
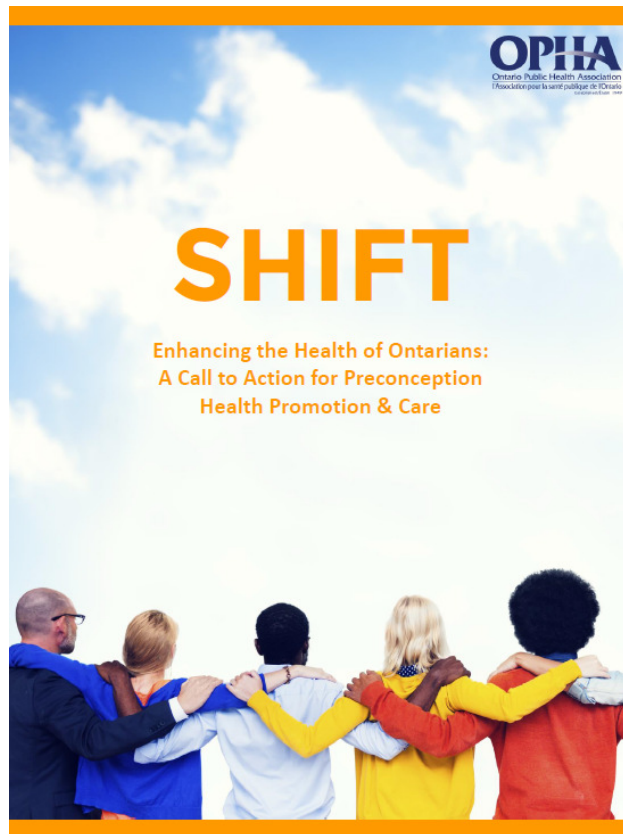


Figure 1: Preconception health impact on selective reproductive health indicators

2017 Got a Plan? Day

- The Middlesex-London Health Unit, the London Health Sciences Centre, and local community partners provide a half-day workshop for high-school students on preconception, pregnancy, and postpartum health education.
- The goal is to introduce students to a variety of topics related to reproductive health, to help realize the importance of planning for pregnancies and avoiding unplanned pregnancies.



Who, What and Where?

Who can attend:

- Teachers and high-school students (average 100 students per session).

What will be covered:

- Human reproduction, sexual health and healthy relationships
- Preconception health
- Pregnancy
- Early child development and parenting

Where:

- London Health Sciences Centre- Victoria Site



2016-2017 Schedule

Two sessions are offered in each of the fall and spring semesters.



	GROUP 1	GROUP 2	GROUP 3
9:30-9:50AM	INTRODUCTION		
10:00-10:50AM	TOUR-OBCU and Postpartum	Healthy Relationships	NICU
11:00-11:50AM	Healthy Relationships	NICU	TOUR- OBCU and Postpartum
12:00PM-12:30PM	LUNCH		
12:30PM-1:20PM	NICU	TOUR- OBCU and Postpartum	Healthy Relationships
1:20-1:30PM	WRAP-UP		

- October 27, 2016
- November 24, 2016
- March 30, 2017
- April 27, 2017



Teaching Resources & Sign-up

- Teachers are also strongly encouraged to spend one class period reviewing the *Got a Plan?* preconception health curriculum with students.
 - [Got a Plan? presentation](#) (PPT 14MB)
 - [Preconception health BINGO game](#) (PDF 809KB)
 - [Preconception Case Scenarios](#) (PDF 139KB)
- For Registration:
<https://www.healthunit.com/got-a-plan-day>



Evaluation 2015



- **New things** I learned about **Preconception**....
 - “Preconception means how to plan for a healthy pregnancy/baby”
 - “Pre-planning for a pregnancy makes it easier and healthier”.
 - “It is important to have essential vitamins in your body before you’re pregnant”.
 - “Don’t do drugs/drink even if there is any chance of getting pregnant”
 - “How my health prior to becoming pregnant affects a future baby”



Lessons Learned

- Need for supportive management- from all partners
- Challenge/Benefit of coordinating with community partners
- Importance of supportive administrative staff
- Increasing program strengths by building on internal relationships- drawing on staff expertise to provide engaging sessions.



Questions



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