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Maternal Health Summit. Photo credit: Ameridane Press

March 2024



Newsletter

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Rock Your Home Hospital Birth Initiative

Amanda Gilman, RN, IBCLC, owner of The Mama Coach in NH, is spearheading an innovative prenatal education project called "Rock Your Hospital Birth" to foster stronger connections between community hospitals and birthing populations. The initiative's mission aims to improve Maternal Child Health outcomes by ensuring every birthing person has access to evidence based prenatal education and community resources in pregnancy despite their location, socioeconomic status, lifestyle, or schedule. Amanda seeks collaboration with hospitals and organizations committed to enhancing maternal child health outcomes and resource sharing, and recognizing the value of offering families a modern, convenient avenue for accessing crucial information and resources to thrive in the postpartum period. The course is being developed by Amanda, a seasoned local RN, and can be tailored to meet the specific needs of community health organizations and families. For more details, visit the [course concept page \[amanda-gilman.themamacoach.com\]](https://amanda-gilman.themamacoach.com) or reach out to Amanda directly at amanda.gilman@themamacoach.com.

NH Maternal Health Summit

Recap

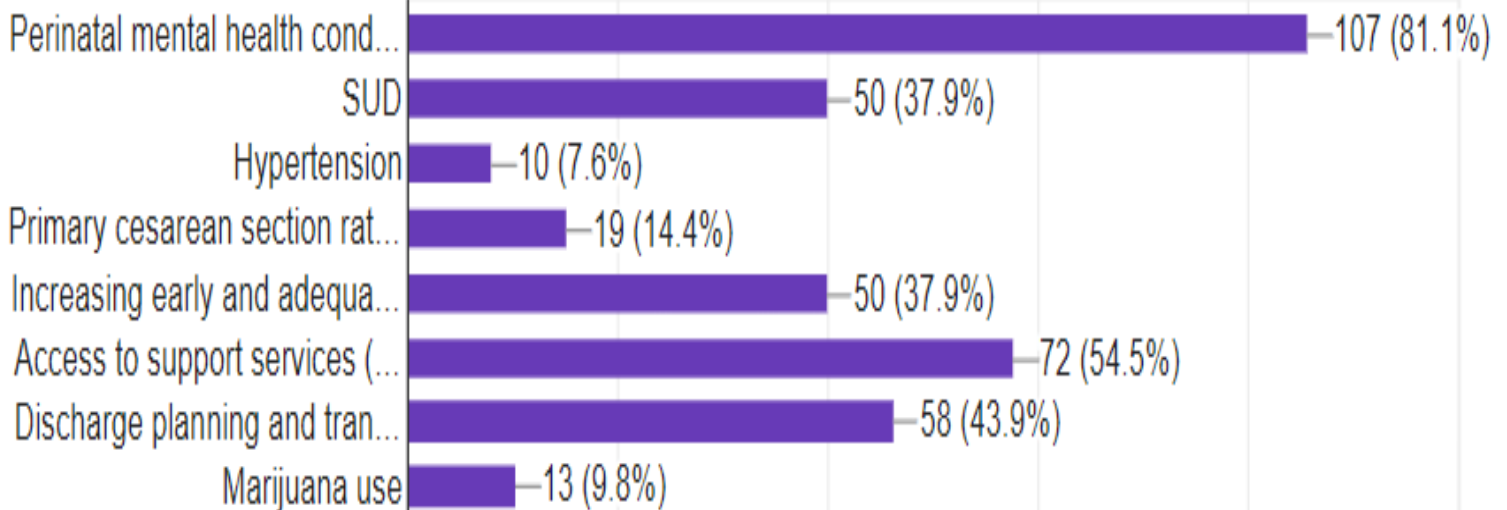
On March 4, 2024 over 200 NH maternal health partners met in Concord NH for the launch of the New Hampshire Perinatal Quality Collaborative, to discuss the NH Maternal Health Report data, and to discuss perinatal health in our communities.

The Summit saw representation from diverse perinatal partners including OBGYN and Pediatric doctors and nurses, doulas, midwives, home visiting, social services, and mental and behavioral health. Community member attendees included birthing people, leaders of grassroots initiatives, and leaders of diverse NH populations. The breakout sessions identified local perinatal concerns including navigating access to resources, confronting substance use stigma, literacy and education, transportation services, postpartum care and doula services. After reviewing the NHPQC's Mission, Vision, Goals, and Strategic plan Summit attendees suggested adding initiatives around legislative advocacy, more mental health

resources, frontline worker burnout, and discrimination, stigma, and unconscious bias resulting in inequities in standards of care. One Summit attendee commented, "A strength of the Summit was the conjoined knowledge all the faculty/speakers had, and the willingness to hear a variety of different perspectives openly and respectfully". The NHPQC hopes to continue this momentum by meeting with each community to develop support infrastructure including learning collaboratives, local maternal safety workgroups, and resource sharing initiatives. We are still actively working through your Summit feedback and will present this data further in subsequent Newsletters and regional meetings.

*The NHPQC sees itself as facilitating resource sharing throughout the state. However, resources shared in this column are not endorsed by DH Health.

Top Priorities You Would Like the NHPQC to Address



- 1). Mental health conditions
- 2). Access to support services (WIC, home visiting)
- 3). Discharge planning and transition to the community



Maternal Health Summit. Photo credit: Ameridane Press

Upcoming Maternal Health Webinars >>>

Webinar Recording Available: [Rural Maternal Health Series: Engaging with Perinatal Quality Collaboratives for Rural Hospitals - RHHub Webinar \(ruralhealthinfo.org\)](#)

4/9 2pm: [Implementing Patient Safety Bundles in Rural Hospitals](#)

4/11 12pm: NH AIM/ERASE: Utilizing the Plan of Safe and Supportive Care (POSC). [Register](#)

4/25 10am-12:30pm: Progress Through Policy: Advancing Birth Equity and Maternal Health in New

England: https://www.zoomgov.com/webinar/register/WN_vTUL4OnwRfmic_Qscd04ew [zoomgov.com]

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