

SHARED CARE

Community | Collaboration | Respect | Relationships | Creativity

What is Shared Care?

The Shared Care Committee is a joint collaborative committee of Doctors of BC and the BC Ministry of Health working to improve patients' health outcomes and their journey through the health care system. In the Comox Valley, through our Enhancing Perinatal Care work, Shared Care is family physicians, specialist physicians and midwives working together to improve health outcomes and the patient journey through the health care system. This is done by:

- Understanding the working relationship between family physicians, specialists and midwives while implementing pragmatic solutions to improve and support it.
- Developing collaborative approaches that address barriers to care
- Embracing new technologies, service models and payment methods
- Fostering patient self-management
- Reducing unnecessary burdens on patients and their families

Do you have an idea for a Shared Care quality improvement project?

Get in touch with Jacquie Kinney, Project Lead to learn more about how Shared Care can support your project.

Shared Care Contact

Jacquie Kinney, BSc, MURB
Project Lead 250 650 4452

jkinney@divisionsbc.ca
www.divisionsbc.ca/comox

Enhancing Perinatal Care in the Comox Valley: Phase 2

We are excited to be moving ahead with Phase 2 of the Enhancing Perinatal Care in the Comox Valley project! The Shared Care Committee showed their support for the work in the Comox Valley by providing funding for another 18 months of work. Last Fall we worked with the project Advisory Team, a team of care providers and community stakeholders, to confirm the direction that the next phase of work should take. The patient and provider surveys that informed Phase 1 work were re-examined for themes that were not directly addressed in Phase 1 and that remained as priorities for Phase 2 work. These themes included: prenatal and post-natal information and resources; mental health and substance use supports; marginalized and vulnerable populations. The Team has decided to move forward in two areas to address the needs of marginalized and vulnerable perinatal populations.

Group Care Pilot

Women told us, through the Phase 1 survey, that it is important to have information and support on how to care for and feed a newborn. We also learned that women felt it was important to have a place to go for support from other mothers after the birth of baby. Research has shown that women participating in collaborative, interdisciplinary maternity care were less likely to have a cesarean delivery, were more likely to have a shorter average hospital stay, and were more likely to breastfeed. Through the pilot, the Group Care Team aims to deliver an 8 session group care program with 10 to 12 women and partners through the fall and winter of 2017/2018 by providing:

- **collaborative primary maternity care** with midwives and family physicians working together while providing primary care to their own patients
- **shared group care for women and their partners** to receive prenatal and postpartum care in a group setting
- **women and family centred care** to allow women and families to identify their own strengths and build confidence in their ability to give birth and become parents, while assuming an active role in their own health care
- **evidence based prenatal and postnatal education** to deliver a standardized approach to care using known best practices

SHARED CARE: IN THE COMOX VALLEY

Community | Collaboration | Respect | Relationships | Creativity

Enhancing Mental Health Support

Research indicates that mental health struggles during the perinatal period can result in long term illness, not only for mothers but for childrens' mental, physical and attachment health. Through the scoping work for Phase 2 with the Advisory Team and revisiting the results of the patient and care provider surveys, care providers do not feel there are adequate supports to refer women experiencing mild to moderate mental health issues.

Pregnant women in the Comox Valley who experience mental health issues face various challenges in accessing appropriate care including:

- significant stigma associated with mental health issues. Women may further isolate themselves or cover up their symptoms, that can resulting in non-reporting and not accessing available resources.
- the Comox Valley is limited in the services available specifically supporting pregnant women, particularly programming and services that target the mild to moderate mental health spectrum

The Advisory Team identified the following barriers and gaps to mental health and substance use supports in the Comox Valley:

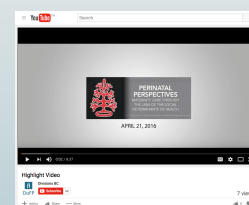
- Significant gap in number and variety of opportunities for group support for mild-moderate mental health concerns
- Substantial wait time for urgent mental health referrals/intake appointments
- increased challenges in access for women who do not have a pre-existing mental health concern pre-pregnancy
- need to streamline urgent mental health referrals to ensure that physicians and midwives are aware of what information is most important to provide to improve patient care
- improvements in communication and coordination between services and care providers
- appropriate identification of at risk moms for referral to appropriate resources

Next Steps

The Advisory Team will be meeting this month to plan for a patient journey mapping exercise that bring the patient voice forward and will help us to better meet the needs of women and families as we pursue enhancing mental health supports in the Comox Valley.

Update on Phase 1 Activities

To view the highlight video from the [Perinatal Perspectives: Maternity Care Through the Lens of the Social Determinants of Health](#) event last Spring go to the Comox Valley Division of Family Practice website www.divisionsbc.ca/comox



To read the [Evaluation Summary](#) from Phase 1 is available on the [Comox Valley Division of Family Practice website](#) go to the Comox Valley Division of Family Practice website www.divisionsbc.ca/comox



Evolution of the Pregnancy Record
The Collaborative Practice working group met this past February to review the evaluation results of the Pregnancy Journal and we are excited to introduce the second edition. If you are a Care Provider that looks after women at any point during their prenatal care please get in touch with Jacquie at jkinney@divisionsbc.ca for copies of the new Pregnancy Journal, the Pregnancy Record.



The Comox Valley Pregnancy Care Pathway

The Pathway was developed in Phase 1 for women to be able to determine the type of care they would like and to connect them with a maternity care provider through an up to date contact list of midwives and family physicians. The Pathway is accessible on the Comox Valley Division of Family Practice website and the poster version will be distributed around the Comox Valley in April. If you would like a copy of the poster, please get in touch with Jacquie at jkinney@divisionsbc.ca