

IT TAKES A VILLAGE: A PROJECT TO REACH MOTHERS IN NEED

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Background: Postpartum mood and anxiety disorders (PMAD) are a well documented complication of the perinatal period. NICU parent populations have increased rates of postpartum depression as compared to the general population. Black women have preterm babies at increased rates compared to White women, making up a large portion of the NICU parent population. Black women are also more likely than White women to die of pregnancy related complications. When death from any cause within one year of pregnancy is studied, mental health is a major contributor to maternal mortality. Race is an independent variable in predicting postpartum depressive symptoms. Minority women are more likely to have a child in the NICU, more likely to suffer from postpartum complications, including mental health challenges. Across clinical settings, women are inconsistently asked about PMAD symptoms. Minority groups are most likely to rely on their phones as their only means of internet access.

Materials/Methods: Application will have self-guided screens for postpartum depression (Edinburgh Postnatal Depression Scale, EPDS) and anxiety (Generalized Anxiety Disorder Screener, GAD-7). App will also include “Find out more” about support services at BCM and Ben Taub including social work, palliative care, child life, The Women’s Place (Baylor College of Medicine’s (BCM) center for reproductive psychiatry. There will be direct connection to the crisis line through The Women’s Place. Application will be available in English and Spanish. Will be offered to all mothers of inborn patients in the Ben Taub Hospital level 3 NICU and Texas Children’s Hospital level 3 and 4 NICUs. Mothers who qualify will be sent a text message upon admission to the NICU describing the app and with a link to download. App set to launch February 2022.

Results: Anticipated results will include the measurable outcomes: Number of downloads, Self-reported demographics, Number of EPDS and GAD-7 screens completed, Number of users that click on links to referral services, Number of referrals from the NICU to The Women’s Place before and after app implementation and Demographics of self-referrals to The Women’s Place before and after app implementation.

Conclusions: Conclusions will assess the number of referrals and contact made with mother's in need of supportive services with either a positive EPDS or GAD-7 through the app to determine effectiveness. Preliminary results expected by time of research symposium.

Images / Graph / Table



NICU Village

- The NICU Village is an App for moms just like you with a baby in the NICU
- Scan the QR code on the back of this card to check it out
- On the App you can fill out a survey to check in on how you are feeling
- There's also lots of great resources we have at the hospital you can get to from there

