



The Pediatric Prenatal Visit

Agenda Overview

- ❖ What is the “Pediatric Prenatal Visit”?
- ❖ Objectives of the Pediatric Prenatal Visit
- ❖ Types of Pediatric Prenatal Visits
- ❖ Payment for the Pediatric Prenatal Visit
- ❖ Discussion of Considerations, Challenges, and Opportunities for the Pediatric Prenatal Visit

What is a Pediatric Prenatal Visit?

What?

- A visit that can help expectant families (especially first-time parents) establish their child's medical home and build a relationship with the pediatric practice.
- It also provides an opportunity for parents and the provider to share information

Why?

- To set up babies (and their caregivers) to access timely pediatric care in a medical home during the early months of life.
- Improve the Statewide Aggregate rate of Well-Child Visits in the First 15 Months—Six or More Well-Child Visits = **37.70% (2020)***

* National benchmark = 54.92%; Source: *2021 Preventive Services Report*
<https://www.dhcs.ca.gov/Documents/MCQMD/2020-21-Preventive-Services-Report.pdf>

Objectives of the Pediatric Prenatal Visit

1. To provide a foundation on which to build a **positive family-pediatric professional partnership**, a crucial part of the patient-centered medical home.

2. To access pertinent aspects of the past obstetric and present **prenatal history**; to review family history of genetic or chromosomal disorders and to review fetal exposure to substances that may affect the infant.

3. To introduce **anticipatory guidance** about early infant care and infant safety practices.

4. To identify **psychosocial factors** (eg, perinatal depression) that may affect family function and family adjustment to the newborn (eg, social determinants of health, adverse child experiences, and promoting healthy social emotional development and resiliency).

Objectives of the Pediatric Prenatal Visit

1. To provide a foundation on which to build a **positive family-pediatric professional partnership**, a crucial part of the patient-centered medical home.

- An opportunity for the family to determine whether their relationship and their mutual philosophies will form the basis of a positive relationship.
- Introduce concept of a pediatric medical home.
- Can include other supporting adults and caregivers.
- Parents can benefit from the opportunity to share specific concerns with a knowledgeable professional.

Objectives of the Pediatric Prenatal Visit

2. To access pertinent aspects of the past obstetric and present **prenatal history**; to review family history of genetic or chromosomal disorders and to review fetal exposure to substances that may affect the infant.

- Establishes helpful background for context of pregnancy, e.g.:
 - Pregnancy complications
 - Parental depression
 - Family medical and social history

Objectives of the Pediatric Prenatal Visit

3. To introduce **anticipatory guidance** about early infant care and infant safety practices.

- Positive parenting
- Connections to Community Resources
- Delivery and Nursery Routines
- Thoughts on Feeding the Newborn Infant
- Screening
- Circumcision
- Infant Visit Routines and Care Offered at the Office, including preferred communication approaches
- Safety, particularly safe sleep and bedding
- Emotions of newborn infant
- Emotions in the parents
- Decreasing the risk of serious illness (including vaccines) and effective response to medical problems should they occur
- Resource sharing with the family (handouts, websites, etc.)

Objectives of the Pediatric Prenatal Visit

4. To identify **psychosocial factors** (eg, perinatal depression) that may affect family function and family adjustment to the newborn (eg, social determinants of health, adverse child experiences, and promoting healthy social emotional development and resiliency).

- An opportunity to discuss the expectant parents':
 - plans for feeding, circumcision, child care, work schedules, and support systems;
 - plans regarding child care and expectations about work-life balance;
 - cultural beliefs, values, and practices related to pregnancy and parenting;
 - concerns regarding tobacco, alcohol, and other drug use and exposure to environmental hazards; and
 - attitudes about and use of complementary and alternative medications and health care.

Types of Pediatric Prenatal Visits

Full Prenatal Visit

- Scheduled office visit with both expectant parents
- In-person discussion with the provider
- Nurse practitioner can play significant role
- Handouts and follow-up information shared

Brief Acquaintance Visit

- Meet and greet session, individually or in a group
- Some models include group visits at the maternity hospital as part of a prenatal class or community event for expectant parents

Basic Contact or Phone Call

- Often initiated by expectant parent
- Brief practice description given; basic patient information collected
- Invitation to make full prenatal visit appointment

RECOMMENDATION: Pediatric practices can incorporate prenatal visits into their office routine but should be flexible to meet the needs of expectant parents. A full prenatal visit is preferred.

DISCUSSION:

Considerations, Challenges, and Opportunities for Pediatric Prenatal Visits

Potential partnerships

- Pediatricians should partner with OBGYNs to optimize postpartum family care.
- Comprehensive Perinatal Services Program (CPSP)*; Black Infant Health (BIH) programs**; Other public health, WIC, & maternal home visiting programs***

Workforce questions

- **Who** within the pediatric clinical team does the pediatric prenatal visit?
- **How** are providers trained, paid, and supported for the pediatric prenatal visit?
- **What** information or data is shared with prenatal and other providers, including CBOs?

* Find contact information for Perinatal Services Coordinators (PSCs) at <https://www.cdph.ca.gov/Programs/CFH/DMCAH/CPSP/Pages/Sites.aspx> or MCAH Directors at <https://www.cdph.ca.gov/Programs/CFH/DMCAH/LocalMCAH/Pages/Sites.aspx>

** BIH services are provided in communities where over 90% of Black births occur: Alameda, Contra Costa, Fresno, Kern, Los Angeles, Riverside, Sacramento, San Bernardino, San Diego, San Francisco, San Joaquin, Santa Clara, Solano (Client-centered life planning only), Long Beach, and Pasadena; see

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/BIH/Pages/default.aspx>

*** For example, see the Directory of California WIC Agency Directors at

<https://www.calwic.org/about-us/local-wic-agencies/>; and find information for the California Home Visiting Program (CHVP) which has sites in 34 counties at

<https://www.cdph.ca.gov/Programs/CFH/DMCAH/CHVP/Pages/Sites.aspx>



DISCUSSION:

Considerations, Challenges, and Opportunities for Pediatric Prenatal Visits

DISCUSSION QUESTION:

- **What is your experience with implementing routine pediatric prenatal visits and/or what are your concerns about implementing them?**