



Ohio Better Birth Outcomes

Ohio Better Birth Outcomes (OBBO) is a clinical and quality based prevention program designed to reduce preterm birth and infant mortality in Franklin County and the state of Ohio.

OBBO unites Ohio's hospital systems in Central and South East Ohio. Together, this group is using the latest research to improve outcomes for high risk pregnant women and their children.

THE REASONS FOR OBBO

Preterm birth — birth before 37 weeks gestation — is the leading cause of death among newborns in our community. Ohio is ranked 34th among the 50 states, Puerto Rico and the District of Columbia.

A variety of social, economic, and medical/obstetrical factors contribute to preterm births. There is no one solution for the prevention of prematurity. However, there are specific actions that we know are effective in reducing preterm birth and helping achieve better birth outcomes.

OBBO PROGRAM COMPONENTS

Progesterone Promotion Project

This program educates providers about the use of supplemental progesterone in patients with a history of preterm birth. Eligible women receive weekly injections or daily suppositories beginning early in the 2nd trimester of pregnancy.

The American College of Obstetricians and Gynecologists recommends that women with a previous preterm birth due to preterm labor or preterm ruptured membranes should be offered supplemental progesterone beginning at 16 weeks of pregnancy through 36 weeks.

Home Visitation

This initiative brings together a collaboration of home visitation programs from within Franklin County in an effort to standardize home visiting interventions and education in 5 key areas: Safe Sleep, Breastfeeding, Maternal Depression screening, Intimate Partner Violence screening, and Safe Spacing. Home visiting programs participating in this initiative include:

Columbus Public Health's Maternal Infant/Child Home Visiting Programs, Help Me Grow Home Visiting at Nationwide Children's Hospital, Mount Carmel Welcome Home Program, and Nurse-Family Partnership.

Central Ohio Scheduled Births Initiative (COSBI)

The American College of Obstetricians and Gynecologists (ACOG) recommends not performing elective deliveries before 39 weeks of pregnancy. Unfortunately, this guideline is disregarded in at least 10 percent of all deliveries.

The Central Ohio Scheduled Birth Initiative (COSBI) brings together central Ohio obstetricians and hospitals to increase compliance with the ACOG recommendation so the health and future prospects of newborns are improved.

COSBI is one of the most direct and immediate OBBO programs. Rates of nonmedical preterm births have declined in central Ohio almost every month since it was initiated. COSBI is part of a statewide program by the Ohio Perinatal Quality Collaborative (OPQC) that has modeled similar results for the whole state (www.opqc.net).

Breastfeeding

This initiative is designed to increase rates of breastfeeding among new mothers in Franklin County. The approach includes education to expectant mothers during prenatal care, and providing help and resources to new mothers.

Neonatal Abstinence Program

This initiative is designed to decrease the length of stay for infants with Neonatal Abstinence Syndrome (NAS). This project provides a standardized inpatient morphine protocol for use by nurseries in Franklin County and South East Ohio.

Safe Sleep

Sleep-related infant deaths are the third leading cause of infant mortality in Franklin County. This initiative is designed to educate families and providers about safe sleep practices.

TaP

The Teen and Pregnant (TaP) clinic was opened at Nationwide Children's Hospital in January 2012 to provide prenatal care to pregnant teens in Franklin County. Ten percent of all births in Franklin County are to teen moms, and this program seeks to serve this high-risk population and improve their access to prenatal care. To date, most of the teens delivering in Franklin County have received prenatal care in facilities designed for adult women. The TaP effort is designed specifically for teens to meet the needs of this high-risk population in seeking to improve healthy birth outcomes among adolescent moms.

Moms2B

Moms2B is a nutritional intervention to address food insecurity with pregnant women, providing opportunities to improve birth outcomes and reduce infant deaths. The program includes a weekly session of education for participants.

CenteringPregnancy

In the coming year, two sites in Franklin County, TaP and OSU East, will be introducing CenteringPregnancy. CenteringPregnancy is a group prenatal care model integrating health assessment, education, and support. Women are grouped by similar gestational age and meet together learning care skills, participating in facilitated discussion, and developing a support network with other group members. Through this unique model of care, women are empowered to choose health-promoting behaviors.

THE END RESULT

The goal for OBBO is to successfully change birth outcomes in our community. This unique collaboration of public and private sectors targeting high-risk families is a model for future work on complex health and social issues.

Together, we can make a lasting difference for generations to come.

Want to learn more?

Visit www.OhioBetterBirthOutcomes.com