Family and Community Impacts of the Help Me Grow Newborn Outreach Program in Skagit County

Erin York Bannon, DNP-FNP |University of Washington, Class of 2025
Liz Cooksey, RN, BSN | Newborn Outreach Nurse
Lyndie Simmonds | Thriving Children and Families Supervisor Health
Jennifer Sass-Walton, RN, BSN | Community Health Manager, Skagit County Public Health

UNIVERSITY *of* WASHINGTON

Background and Significance

- **The postpartum period is a vulnerable time for parents, infants, and families.**
- **About 30% of maternal deaths occur postpartum, and 17 out of every 1,000 infants born worldwide die within the first month after birth.**
- **The Help Me Grow Newborn Outreach Program (HMG NOP) was developed as a pilot project in May of 2024.**

What is the HMG Newborn Outreach Program?

- **The Newborn Outreach Nurse meets with postpartum families at the Family Birth Center at Skagit Valley Hospital, provides brief educational interventions, connects families to community resources, and provides a welcome bag**



The HMG NOP has served over 300 families

Purpose Statement

- Develop an evaluation process for the Help Me Grow Skagit Newborn Outreach Program (HMG NOP).
- Data from this evaluation will support the continuation of programs and partnerships that enhance maternal and child health in Skagit County

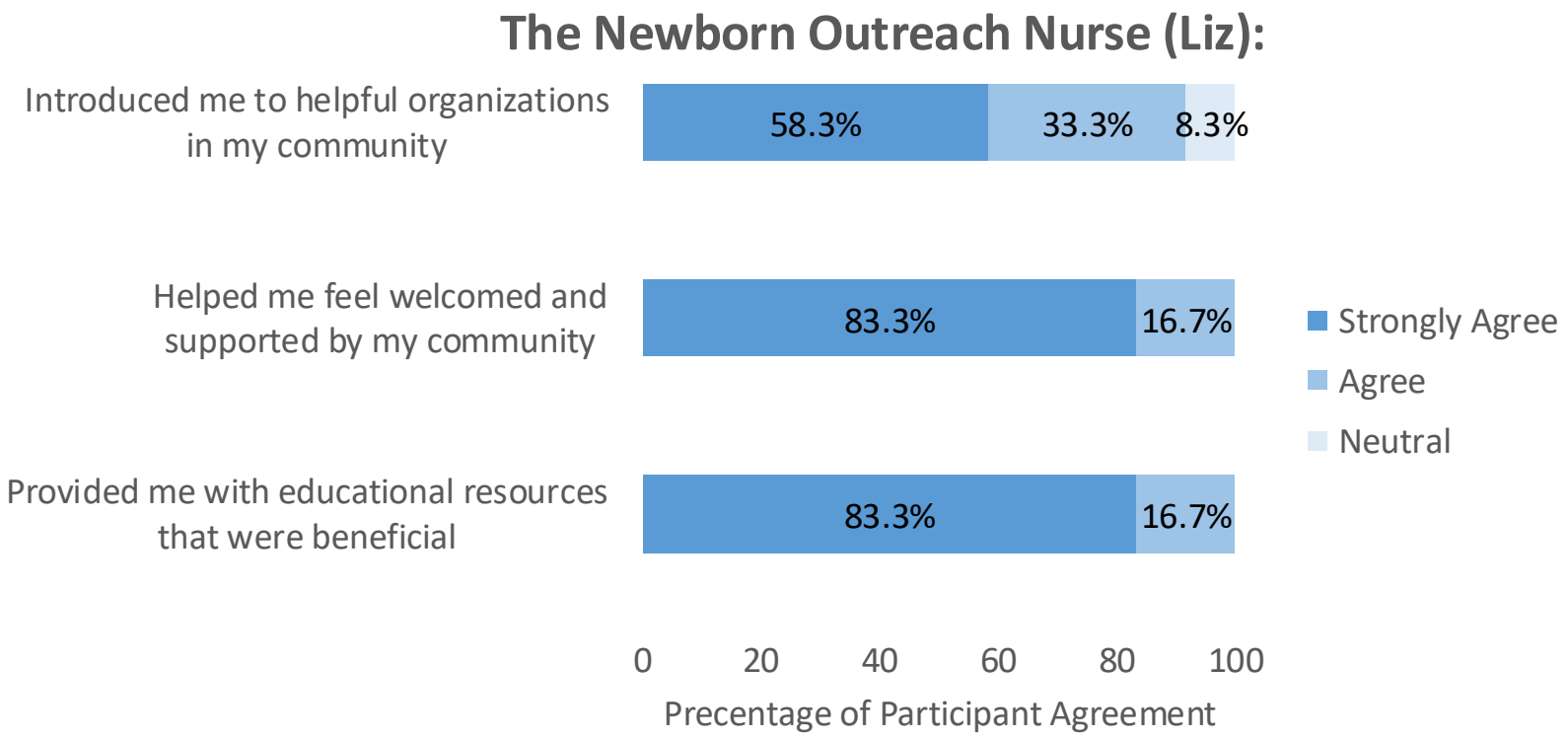
Objectives

- **Identify the benefits of postpartum community support networks on the overall health of mothers, infants, and families during the first three months postpartum.**
  - **Completed via a literature review and evidence appraisal.**

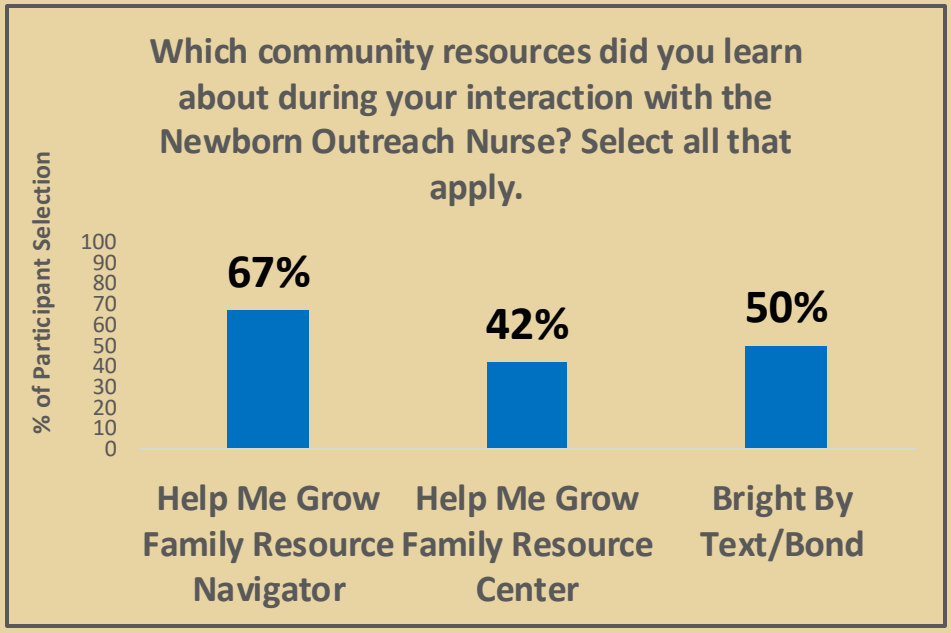
- **Evaluate both patient and hospital staff experiences with the HMG NOP. Identify areas for improvement and implementation.**
  - **Survey A (patients)**
  - **Survey B (hospital staff)**
  - **Hospital Staff Interviews**

Outcomes from Survey A

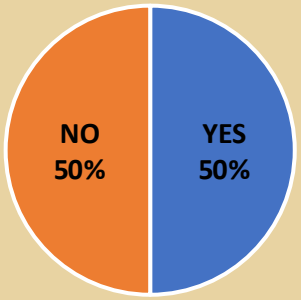
Design: 5 questions + comment section
N = 12 survey responses
Response rate = 12/45 = 27%



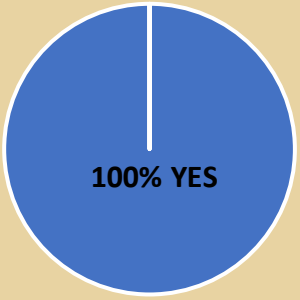
Survey A Continued



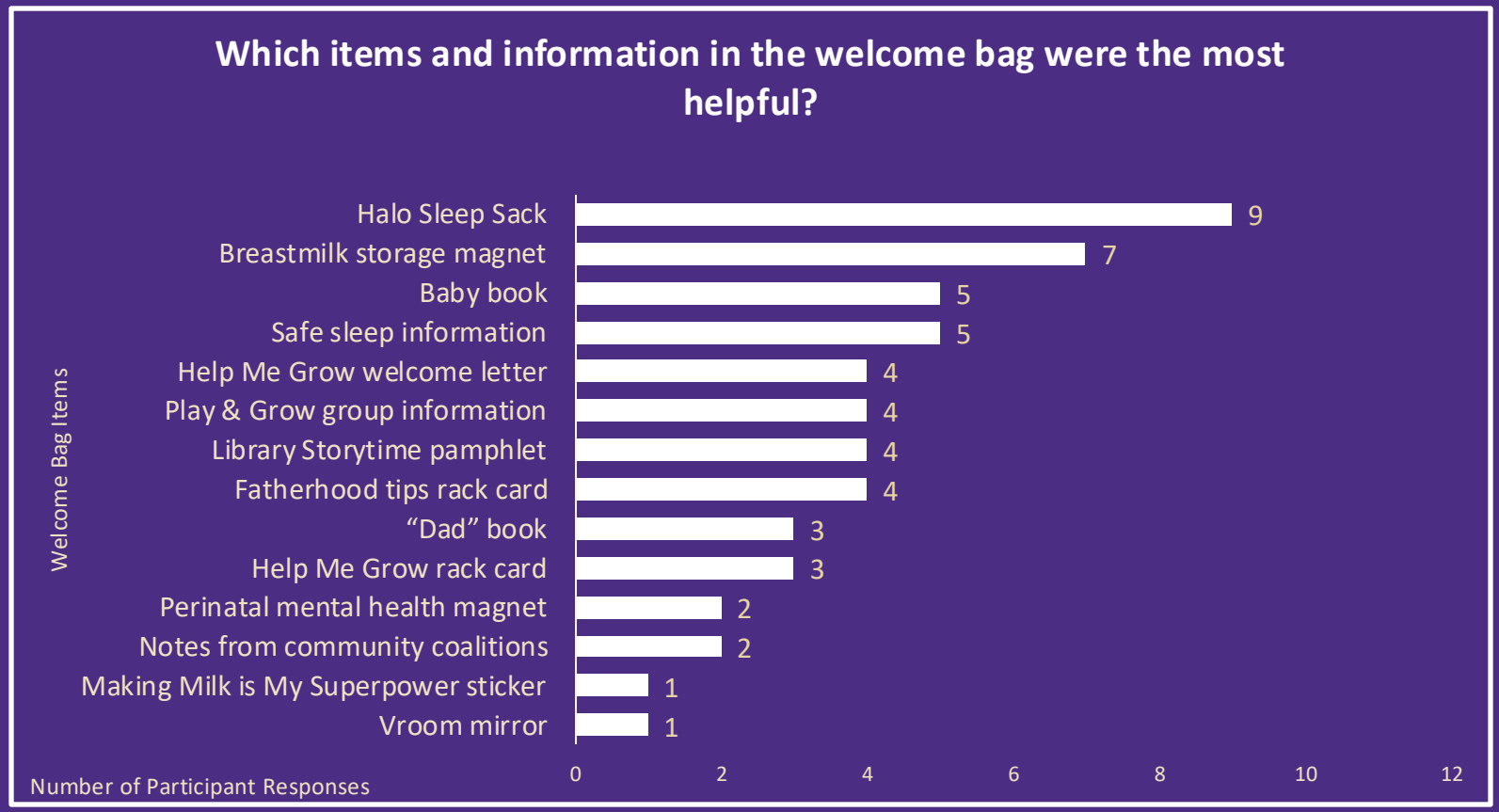
Have you connected with any services or supports as a result of the information shared by the Newborn Outreach Nurse?



Have you attended or do you plan to attend a postpartum visit with your healthcare provider?

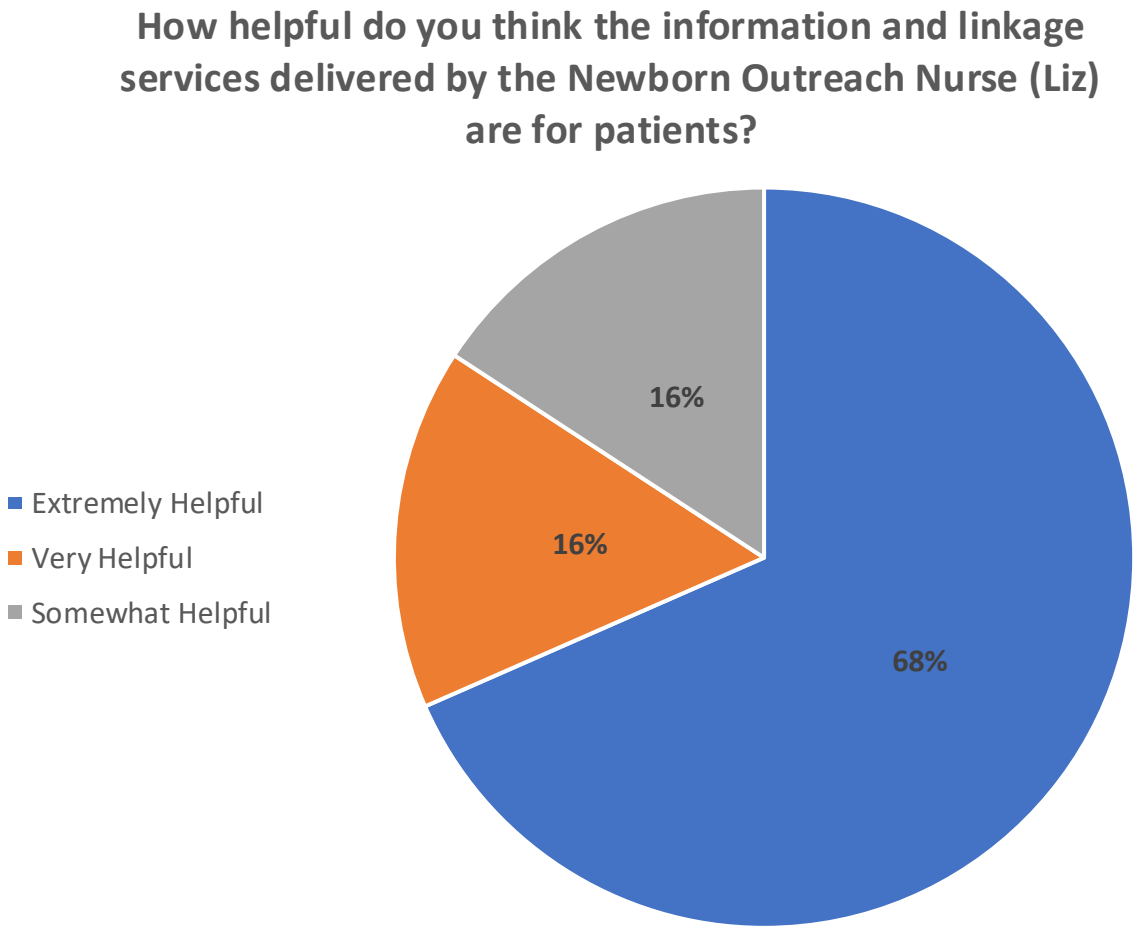


Survey A Continued

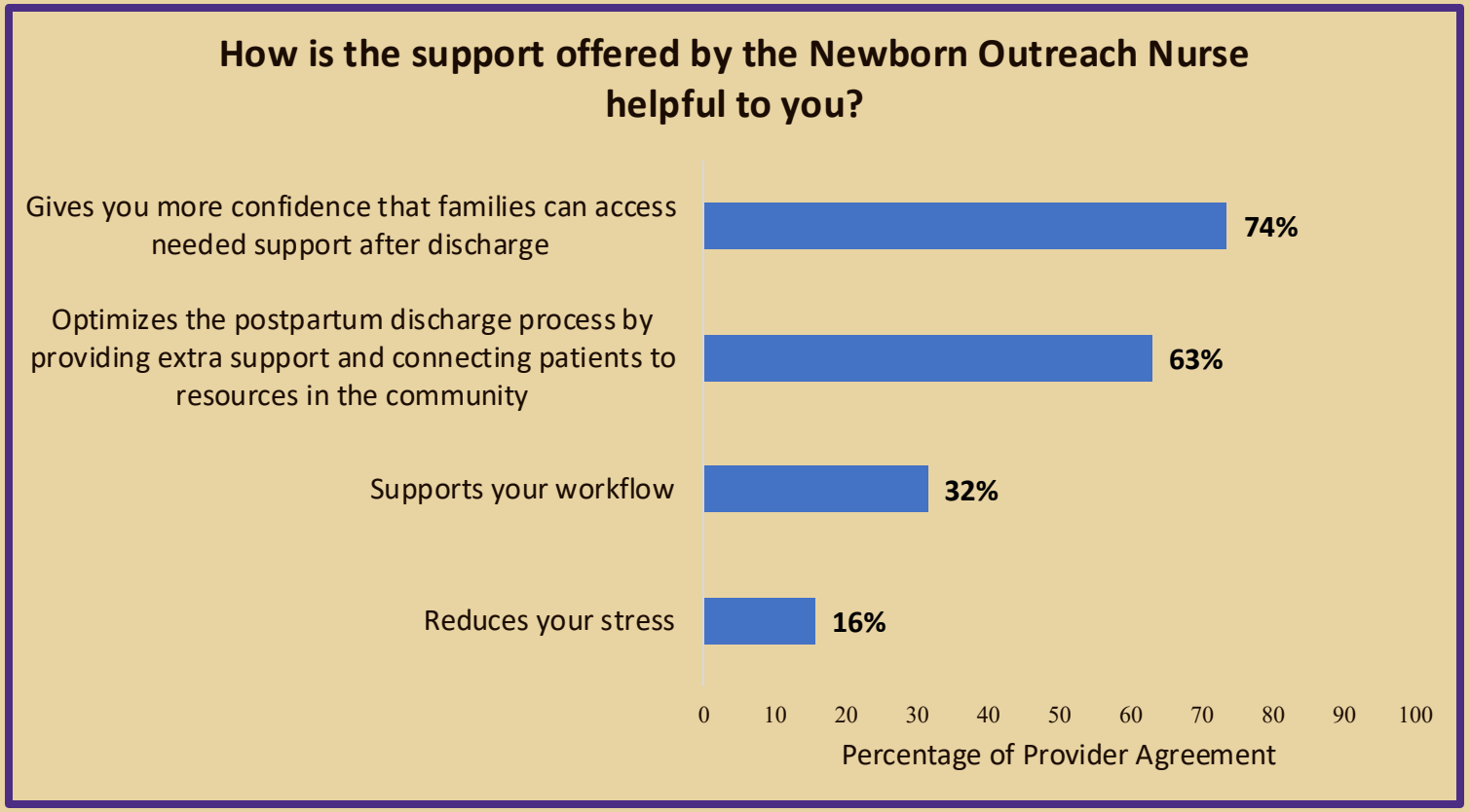


Outcomes from Survey B

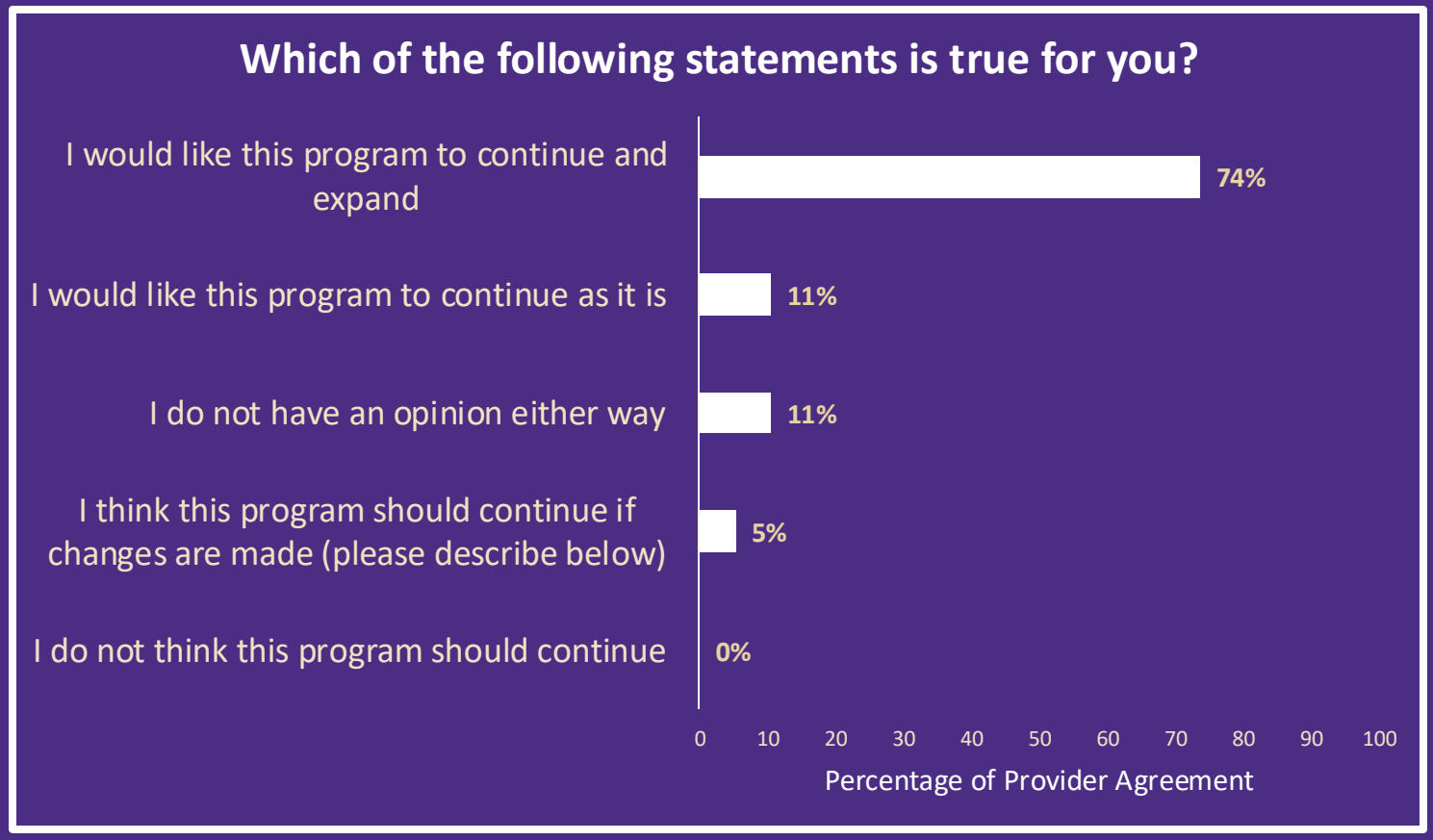
Design: 3 questions + comment section
N = 19 survey responses
Response rate = 19/68 = 28%



Survey B Continued



Survey B Continued



Content Analysis from Provider Interviews and Survey Comments



Conclusions

- The HMG NOP provides community linkage and support services that are crucial for families in the early postpartum period, especially families with limited resources or those from culturally diverse backgrounds.
- The support and strategies offered by the program are evidence-based and deeply appreciated by the community.
- If additional funding sources can be identified, the majority of participants and providers would like the program to continue and expand

Expansion of the HMG NOP

- **Buy-in and resources from surrounding counties, including welcome bag resources**
- **Expand operation to additional birth centers**
- **Family Connects Model**

Acknowledgements

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- Jennifer Sass-Walton, RN, BSN | Prevention and Community Health Manager | Skagit County Public Health
- Liz Cooksey, RN, BSN | Newborn Outreach Nurse
- Lyndie Simmonds | Thriving Children and Families Supervisor

DNP Committee

- Ira Kantrowitz-Gordon, PhD, CNM, ARNP
- Kaboni Gondwe, PhD, ARNP
- Alisha Bhimani, DNP, FNP-C, ENP

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