

# Adolescent Maternity Care Program

Zada Dunaiski & Beth Young  
The College of St. Scholastica

## Background

- ❑ Current prenatal care is tailored to the adult population. This care often does not meet the developmental needs of a pregnant teen
- ❑ Teen pregnancy is associated with high rates of complications and comorbidities
- ❑ Teens who become pregnant are more likely to have poor health and socioeconomic outcomes compared to adults
- ❑ For teens who become pregnant, their likelihood of having repeat teen pregnancies is high
- ❑ Connection to community resources, such as Public Health Nurses, is an integral part of a pregnant teen's care

## Objectives

An evidence based Adolescent Maternity Program was initiated in a large rural health care facility with three foundational pillars of care, including

1. preventative prenatal care
2. developmentally appropriate education
3. increased connection to community resources.

## Methods

1. Evidence-based education bundles and patient education materials were developed with the three core pillars forming the framework for each.
2. All providers and nurses within the department were educated on the foundational pillars.
3. Tools were developed to help providers and nurses integrate the foundational pillars into their care, including standard documentation, scripting, age-appropriate patient educational pamphlets, and customization of a closed-loop referral program that previously existed within the electronic medical record.
4. The foundational pillars were implemented into RN and Provider practice

**Program inclusion criteria:** 1) age 19 and younger and 2) currently pregnant and 3) receiving prenatal care at project site of implementation.

## Evaluation & Outcomes

Charts were audited in three categories:

- 1) percent of adolescents who received education regarding long-acting reversible contraceptives (LARC) during their pregnancy  
**OUTCOME:** 62% Compliance
- 2) percent of adolescents who received age appropriate prenatal education  
**OUTCOME:** 80%
- 3) percent of patients who were offered referral to community resources.  
**OUTCOME:** 81%

## Conclusion

The goal of achieving 75% compliance was met for two out of three pillars. 80% of pregnant teen patients who received care during the project window received age-appropriate education, and 81% were offered a referral to community resources. Education regarding LARC use did not meet target, with only 62% of patients within the window receiving education on LARC use to prevent repeat teen pregnancy. Future phases of this project should include additional efforts around LARC use for pregnant teens.

## References

- Lucas, G., Olander, E., Ayers, S., & Salmon, D. (2019). No straight lines—Young women's perceptions of their mental health and wellbeing during and after pregnancy: A systematic review and meta-ethnography. *BMC Women's Health*, *19*(152). <https://doi.org/10.1186/s12905-019-0848-5>
- MacLean, (2020). A literature review of health literacy of adolescents during pregnancy. *AWHONN*, *24*(6), 431-439. doi: 10.1061/j.nwh.2020.09.004
- Mann, L., Bateson, D., & Black, K. (2020). Teenage pregnancy. *The Royal Australian College of General Practitioners*, *49*(6), 310-316. doi: 10.31128/AJGP-02-20-5224
- Phillippi, J. & Roman, W. (2013). The motivation-facilitation theory of prenatal care access. *Journal of Midwifery and Women's Health*, *58*(5), 509-515. 10.1111/jmwh.12041
- SmithBattle, L., Loman, D., Chantamit-o-pas, C., & Schneider, J. (2017). An umbrella review of meta-analysis of interventions to improve maternal outcomes for teen mothers. *Journal of Adolescence*, *59*, 97-111. <http://dx.doi.org/10.1016/j.adolescence.2017.05.022>

