



E-NEWS

March 2014

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Member Spotlight

Deborah E. Sibley, MSN, RNC-OB (Moreland)



Debbie is currently the Maternal Mortality Review Coordinator for the Georgia Obstetrical and Gynecologic Society. Debbie received her Diploma in Nursing from Georgia Baptist College of Nursing and her BSN and her MSN in Parent-Child Nursing from the Medical College of Georgia. She holds Certifications in Critical Care Obstetrics, Inpatient Obstetric Nursing, and is a certified ACLS Provider by the American Heart Association.

She has worked as a Clinical Nurse Specialist in Women's Services at MCCG, has been an Independent Contractor of Perinatal Education at PPMH & MCCG, held an Assistant Professor Position in the School of Nursing at MCG, served as Perinatal Outreach Coordinator in the Maternal & Infant Care Program in the Department of OB/GYN for MCG, and as an OB/GYN Clinical Nurse Specialist at the University Hospital in Augusta.

She has many community achievements that include work in her church and childbirth education. Most noteworthy is authoring content and initiating childbirth education classes for two Healthy Start Programs: Enterprise Community Healthy Start (2001-2002) and the Augusta-Richmond County Community partnership for Children and Families, Inc. She has made multiple professional presentations and authored three publications related to perinatal health.

Home Visiting Programs for Moms...Do They Really Help?

There is abundant research that indicates multiple goals have been successfully achieved by home-visiting mothers and families. Among these goals: improved birth outcomes, increased pregnancy intervals, reduced rate of child abuse, and improved child health outcomes.

With these things in mind, and after reading JOGNN's Jan/Feb 2014 article, "[Women's Reasons for Attrition from a Nurse Home Visiting Program](#)", the past and the future of this particular topic swirled around in my head.

In the Fall of 1985, having recently landed in upstate NY, working as an MCH staff nurse for Monroe County Health Department, I was given a referral for a postpartum visit. Not only was this my maiden voyage with Public Health, but also with the acronym 'HMO' (I was familiar with 'HMO' from a progressive college professor, but zilch with any real application). The address sent me to a lovely 'chalet' type home cozily nestled in the Bristol Mountain foothills. My patient was happily breastfeeding (yes, 1985), her then 2-year-old playing with her dolls (yes, dolls). Her postpartum assessment was completely fine; as was that of her newborn. Upon completion of baby's Met Screen, we talked about breastfeeding, contraception, and birthed a few other babies, too (her first, my future...). I learned from my patient that her 'HMO' covered this visit, for which she was so grateful, to be at home with her daughter, breastfeeding on her antique chaise lounge!

The very next day, my next postpartum referral was in downtown Rochester, Dewey Avenue. The small apartment opened directly onto the street; after knocking, I heard a voice "come-in". Upon opening the unlocked door, I walked into a sea of Budweiser cans. Every square inch of the floor was covered in them! The 17-year old mom sat slumped on the sofa, with the baby sleeping in a bassinet, surely inhaling the vapors of beer. After my initial assessment, both mom and baby were re-admitted (Mom for alcohol detox), baby for weight loss, and eventual foster care. Interestingly, the same HMO was in place for this teen mom.

While reading the JOGNN article, I recalled these two Moms. The particular home-visiting program referenced in the article concluded that the program did not fit the mother's needs, the nurse did not fit the mother's expectations, content was not of interest, the mother did not desire visits, etc. The research is clear; home-visiting helps support families, provides much needed education for prenatal, child health, parenting and promotes economic and family stability, but yet there is so much difficulty in making this happen.

Is it because there is no 'built-in' mechanism (such as the featured 'HMO')? The majority of existing home-visiting programs are voluntary; many mothers choose not to participate. Why?

The recent article notes the chaotic lives of many mothers today; also, the inability (or choice) not to accept help was identified. Although many mothers found the visits "helpful", they opted out of participating. The nurse - to-patient relationship jumps out often as the 'key' to success. Once the patient develops trust, especially if the nurse has tailored her visits to meet her patients needs, moms often respond positively. Keeping these moms engaged requires particular skill, as does communication, and patience. Home-visiting programs for moms can be effective...having the right mix and willingness of both mom and nurse is so important for success!

***Cindy Hendry, RNC
GPA Board Member
Coastal Health District***

And the Winner Is. . .



Congratulations to GPA Member, Dr. George Bugg, for being an award recipient at the [Georgia Public Health Association](#)'s 85th Annual Meeting and Conference in Atlanta last week! Dr. Bugg is a member of the Clayton County Perinatal and Infant Health Coalition Expert Panel which received the Maternal Child Health Community Service Award.

The Maternal Child Health Community Service Award was initiated by the Maternal and Child Health Section of the Georgia Public Health Association in 2003. The purpose of this award is to recognize an individual in the community who has made an exceptional contribution to the health and well-being of mothers and children in Georgia.

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28th Annual GPA Conference

September 24-26, 2014

Hotel accommodations are available at the [King and Prince Beach & Golf Resort](#) for a group rate starting at \$120/night for a Standard Room or \$150/night for an Ocean Front Room.

The group rate will be offered until Monday, August 11 or until the room block is sold out.



So, don't wait! Make your reservation now to guarantee your room type and rate. To make your reservation please call 877-724-3170 and mention the "Georgia Perinatal Association" or e-mail your reservation to reservations@kingandprince.com.

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