

A healthy outside starts from the inside. - Robert Urich



January 2015						
Su	M	Tu	We	Th	Fri	Sa
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

February 2015						
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March 2015						
Su	Mo	Tu	We	Thu	Fri	S
1	2	3	4	5	6	7
8	9	10	11	12	13	1
15	16	17	18	19	20	2
22	23	24	25	26	27	2
29	30	31				

1st Level CQI
All Level 1 Teams
January 12-23, 2015

2nd Level CQI
February 11, 2015
1:00 pm—3:00 pm
Toll free 866-630-9348

3rd Level CQI
March 9, 2015
1:00 pm—3:30 pm
DHSS—Wild Pine A

Data Entry Integrity

As a reminder, when entering data into REDCap, it is important to complete all fields marked as “must provide value”. In certain situations, REDCap does allow users to save data without completing all required fields; however by not completing all fields, users are compromising the integrity of the data. The missing data will eventually be given to you to complete so please enter all information for each visit. All “must provide value” data is used to report to Health Resources and Services Administration (HRSA) on the MIECHV Benchmarks and Constructs, which supports ongoing funding.

For example, when entering data on Enrollment, One, Two and Three Year Post Enrollment Forms, focus on answering ALL questions for “Primary Enrolled Adult-Education”. Specifically, if the client answers they have completed high school, GED or a vocational program, two additional drop down boxes appear. The first question asks if the client is currently enrolled in a post-high school education program (as shown below). This variable was not answered 48% of the time (enrollment form) during Year 3 reporting (October 1, 2013 to September 30, 2014) when “Yes-completed <HS, GED ,VOC>” was selected. This is a Federal reporting measure that must be completed.

Primary Enrolled Adult- Education

Are you currently enrolled in middle or high school? * must provide value

Have you completed high school or a GED or vocational/certification program? * must provide value

If you have completed high school/GED, are you currently enrolled in any kind of school, vocational, certification or educational program? * must provide value

What type of educational program are you currently enrolled in? * must provide value

Have you completed education other than high school/GED (mark the highest level)? * must provide value

Do you plan to enroll in any kind of school, vocational, certification or educational training? Yes No

ACTION ALERT: Discuss with staff entering data into REDCap the importance of completing all “must provide value” fields to ensure data integrity. As a supervisor who approves REDCap data entries, make sure all fields are completed before approval is given.

SAVE THE DATE!

Strengthening Families Conference
Holiday Inn Executive Center, Columbia
March 27-28, 2015

Starts Friday evening and wraps up Saturday afternoon
Sign up for updates about registration, agenda,
and more at mofamilytofamil.org

(For parents of children and youth with special health care needs and early childhood family leaders)

Baby & Me-Tobacco Free™ Program

Missouri MIECHV data reveals in 2014, compared to previous years, more pregnant women reported attending a smoking cessation class. However, data also shows approximately 28% of enrolled pregnant women report using tobacco across all three years (2012-2014). There is still work to be done!

“I need to let you know that QUITTING SMOKING is the most important thing you can do to protect your health and the health of your baby/child.”

“We are committed to help you quit.”

“Are you willing to give quitting a try?”

Can these three simple statements help an individual stop smoking? According to the Baby & Me—Tobacco Free™ program, it can!

Launched in 2002, the Baby & Me—Tobacco Free™ program is a smoking cessation program created to reduce the burden of tobacco use on the pregnant and post-partum population. Women who quit smoking are less likely to have premature and low-birth weight babies and this change in behavior also reduces the damaging effect of secondhand smoke on their children. The program’s design has proven to be highly effective in decreasing the number of women who smoke during and after pregnancy. This results in healthier mothers, healthier babies and an outstanding return on investment.

Baby & Me—Tobacco Free™ uses a unique approach, combining cessation support specific to pregnant women, offering practical incentives (free diaper vouchers!), targeting low-income women (the largest group of smokers during pregnancy), and monitoring success. The program collaborates with local agencies that provide prenatal services to the target audience.

The Baby & Me—Tobacco Free™ program is in the beginning stages of developing a plan for Missouri. A pilot program is set to begin in early 2015 in Ste. Genevieve County. For more information regarding the Baby & Me—Tobacco Free™ program, visit the program website at <http://babyandmetobaccofree.org>.



Resources

1. “Smoking Cessation for Pregnancy and Beyond: A Virtual Clinic” is an updated online training, based on the "Virtual Practicum" model. The training is intended to assist female clients in quitting smoking, in particular, those who are pregnant or in their child-bearing years. We encourage all home visitors to take a walk through the virtual clinic at www.smokingcessationandpregnancy.org/.
2. The Period of PURPLE Crying® is the phrase used to describe the time in a baby's life when they cry more than any other time. Infants who cry a lot, or are awake and fussy at night are a source of concern for many parents. Because of the normal increase in crying that occurs in the first months of your baby's life, parents and caregivers usually have questions. The Period of PURPLE Crying® information will help parents and caregivers with infant sleeping problems and questions. For more information about this program, visit <http://purplecrying.info/>.
3. Interested in learning more about reflective practice? The link to an audio recording of a recent MIECHV Technical Assistance Coordinating Center (TACC) Webinar: Promoting an Organizational Culture of Reflective Practice can be found at <http://bit.ly/11-18webinarrecording> and will provide you with information about the use of reflective practice for building competency among infant-family professionals. Additional reflective practice materials can be found at <http://bit.ly/11-18webinarpacket> and http://bit.ly/11-18webinar_ZTTJarticle.
4. The March of Dimes held their 2nd Annual Perinatal Conference—“Show Me Better Outcomes” on November 12-14, 2014. To view the list of presentations and download PowerPoints visit <http://perinatalconference.org/sessions/>.
5. The Safe to Sleep® Public Education Campaign promotes ways to reduce the risk of sudden infant death syndrome (SIDS) and other sleep-related causes of infant death. Safe to Sleep® was previously known as the Back to Sleep® Campaign. The campaign's messages are based on recommendations by the American Academy of Pediatrics. A new Promotional E-Toolkit from Safe to Sleep® can serve as an educational resource for families and staff who care for infants. You can find information about the Safe to Sleep® Public Education Campaign at www.nichd.nih.gov/sts/Pages/default.aspx and the Promotional E-Toolkit at www.nichd.nih.gov/sts/news/etoolkit/Pages/default.aspx.

REMEMBER to change your REDCap password!

Change your REDCap password at:

<https://webapps.missouri.edu/revamp/wizards/passwordManager/passwordManager.jsp>

For Technical Assistance with password reset, please call the University of Missouri hospital help desk at 573-884-4357.

For other, non-password related concerns, please contact Technical Assistance via one or both of the following contacts:

Email: muredcap@health.missouri.edu

Phone: 855-733-7921

Awareness

January is...

Birth Defects Prevention and Awareness Month

Remind all women of childbearing age that steps can be taken to promote a healthy pregnancy and a healthy baby. Since nearly half of all pregnancies are unplanned, it is critical that all women capable of becoming pregnant maintain optimal health preconceptionally, before getting pregnant, and interconceptionally, between pregnancies, to improve birth outcomes and reduce the risk of birth defects. Take a multivitamin with 400 micrograms (mcg) of folic acid daily to prevent up to 70% of serious birth defects; abstain from alcohol, tobacco, and illegal drugs; monitor medication and prescription drugs; avoid exposure to secondhand smoke and harmful chemicals; have a preconception checkup followed by early and regular prenatal care; and learn your family medical history. Visit <http://health.mo.gov/pregnancyandbeyond> or call the Bureau of Genetics and Healthy Childhood at 800-877-6246.

Cervical Cancer Awareness Month

Make sure to encourage women to receive a yearly exam. For more information about cervical cancer, visit the National Cervical Cancer Coalition at www.nccc-online.org/.

Poverty in America Awareness Month

More than 46 million Americans live in poverty every day. To learn more about how you can help, visit www.povertyusa.org/.

February is...

Black (African American) History Month

The Association for the Study of African American Life and History (www.asalh.org/index.html) and the African American History website (www.africanamericanhistorymonth.gov/) both provide resources to help educate clients/families about Black History Month.

Body Awareness Month

Use this month to remind moms/caregivers that “healthy” comes in all shapes and sizes. A focus for a home visit this month could be assessing mom/caregiver is both physically and mentally well, emphasizing the need for a proper diet and exercise. For a free calorie counter and exercise tips, visit MyFitnessPal at www.myfitnesspal.com/. You may also want to include some relaxation techniques! Visit WebMD at www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot to find ideas on relaxation techniques.

March is...

Nutrition Awareness Month

National Nutrition Month[®] (NNM) is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits. NNM also promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically based food and nutrition information. Visit the Academy of Nutrition and Dietetics at www.eatright.org/nnm/.

Parenting Awareness Month

The goal of Parenting Awareness month is to remind society the important role that parents play in the lives of their child(ren). The National Parenting Awareness Month campaign reaches out to any parent no matter what stage of parenting they are in. As children grow and change, so do their needs—the Parenting Awareness Month addresses this and the vital role that parents play throughout the child’s life span. Here are a variety of parenting websites—Parenting: www.parenting.com; PBS Parents: www.pbs.org/parents/; The National Parenting Center: www.tnpc.com; Baby Center: www.babycenter.com; and Parents: www.parents.com.

Poison Awareness Month

Highlight poison prevention this month by visiting www.poisonprevention.org or the Health and Human Services Poison Help site at www.poisonhelp.hrsa.gov/what-can-you-do/national-poison-prevention-week/index.html for useful resources.

Success Stories Spoken by the Home Visitor

Building Blocks/Nurse Family Partnership of Southeast Missouri

- ◆ Caseload of 22 clients and only 1 smokes.
- ◆ Increasing retention rate during pregnancy by 10% in the past year.
- ◆ Client graduated program as a full-time college student and working part-time. In August 2015, she will graduate with a teaching degree.
- ◆ Client working part-time and attending college full-time for nursing.
- ◆ Client closed her case with child protective services due in part to her participation in our program. Her case worker stated she felt confident she was getting what she needed from our program to be a successful parent.
- ◆ Client working part-time and attending Arkansas Northeastern College. She plans to be a veterinarian.

South Central Missouri Community Action Agency (EHS-HBO)

- ◆ I had a family in the program that had their children removed from the home by [Children's Division]. I continued to work with the family and went with them on their supervised visits with their children. The family now has their children back home and are doing well. The family is still participating in the program and continues to make great strides toward being self-reliant.
- ◆ I have a family where the grandmother is raising her grandchildren. I have seen the youngest baby since she was six months old. The baby is now currently 14 months. The baby was a little behind on crawling. Grandma was so concerned about the baby. The grandmother and I would do tummy time activities with the baby. Not long after, the baby started crawling. The baby was crawling everywhere. Then, the baby started standing and walking along the edge of the couch. We would do some exercises with baby to try to get her to walk. When it was time for my next visit I walked in the door and here comes that baby walking right to me. The feeling of seeing that baby complete that milestone made me so proud of not only her but grandma too. I am so proud of the grandparents. They have been working with that baby and she speaks several words. Grandma has also been working on sign language with the baby and the baby can also do signs for some words.

Final Notes and Reminders

For Level One Teams, remember to submit your detailed activity log and meeting minutes to Barb Gleason at bageason@sehealth.org and Holly Otto at Holly.Otto@health.mo.gov by February 1, 2015.

For the Level Two Team, please submit your detailed activity log and meeting minutes to Holly Otto at Holly.Otto@health.mo.gov by February 23, 2015.

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