EDUCATION FOR NURSES ON PRETERM BIRTH IN BLACK WOMEN
WHAT IS PRETERM BIRTH?

- Preterm birth is when a baby is born before 37 weeks' gestation.
- Babies who survive preterm birth are at risk for:
  - Breathing problems
  - Feeding difficulties
  - Cerebral palsy
  - Vision and/or hearing problems
- Preterm births also take an emotional and financial toll on families.

(Preterm birth, 2020)
RISK FACTORS AND WARNING SIGNS OF PRETERM LABOR

- **Risk Factors**
  - Ethnicity
  - Age of mother
  - Previous preterm births
  - Multiple gestations
  - Stress levels
  - Illegal drug use
  - Smoking

- **Warning signs of preterm labor**
  - Contractions
  - Change in vaginal discharge
  - Pelvic pressure
  - Low, dull backache
  - Abdominal cramps

*(What are the risk factors for preterm labor and birth?, 2021)*

*(Preterm birth, 2020)*
In 2019, the rate of preterm birth among African-American women was about 50 percent higher than the rate of preterm birth among white or Hispanic women.

(Preterm birth, 2020)

- **Purpose**
  - Develop an education session to present findings derived from current evidence to nurses on the Labor and Delivery unit at Mercy Fairfield Hospital
  - Develop an evidence-based project to determine interventions and strategies to improve preterm birth rates among Black women
LOCAL STATISTICS

Hamilton County (2015-2019)

Ohio (2017-2019)

("Maternal and Infant Health", 2020)  
(Peristats, 2021)
Are nurses who care for hospitalized pregnant Black women who receive education on the impact of racial disparities on preterm birth compared to nurses who do not, have better knowledge on the impact of preterm birth due to racial disparities?
LITERATURE SEARCH

- **Databases:** PubMed, Medline, CINAHL
- **Search parameters**
  - Peer-reviewed articles
  - Published in the past 7 years (2014-2021)
  - English language
- **Keywords:** preterm birth, preterm, premature, prematurity, African-American, Black, pregnancy, pregnant, women, rates, outcomes, labor, delivery
Current evidence

- Themes
  - Indication for change and research based on PTB rate disparity
  - Disproven theories (Johnson et al., 2020)
  - Persistent racism and discrimination (Bower et al., 2018)

(WHY)

- Allostatic load and stress
- Historical and generational context
- Unconscious healthcare bias
- Lack of trust in healthcare

(Roeder, 2019)
### Multilevel Interventions

**Strategies to Reduce Preterm Birth**
- Progesterone Treatment
- Smoking Cessation
- Access to Prenatal Care
- Multilevel interventions are necessary

<table>
<thead>
<tr>
<th>Level</th>
<th>Intervention</th>
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<tbody>
<tr>
<td>Policy-makers</td>
<td>• Advocated for increased obstetrician staffing at one hospital</td>
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<tr>
<td>Patient</td>
<td>• Creation of new culturally-relevant preterm birth prevention education materials targeting black women</td>
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<tr>
<td>Community</td>
<td>• Initiated resource sharing network linking community organizations and service providers around pregnancy</td>
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<td>• Trained six community organizations to implement “Becoming a Mom” prenatal classes</td>
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<td>Health institutions</td>
<td>• High risk patient navigator implemented at two hospital prenatal clinics</td>
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<td>• CenteringPregnancy™ at initiated at one hospital clinic and supported at five community health centers</td>
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<td>• Fostered system changes to reduce wait times and enable same day appointments at study sites</td>
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<tr>
<td>Providers</td>
<td>• Providers and staff two hospitals and five community health centers trained in Medicaid policies, cultural competency, social determinants of preterm birth, and customer service</td>
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(Janevic et al., 2018)
METHODOLOGY

- Intervention
  - Educational session for L&D nurses at Mercy Health Fairfield
- Data Collection
  - Pretest and posttest via "Survey Monkey"
  - Confidential, compact, and timely
FINDINGS/EVALUATION

- 4 knowledge-based questions
- 2 opinion questions

- How would rate your knowledge on preterm birth in Black women on a scale of 1-10?
  - Average pretest: 4.375
  - Average posttest: 9.14
- How confident do you feel using resources and strategies to prevent preterm birth in Black women on a scale of 1-10?
  - Average pretest: 4.25
  - Average posttest: 9.0

1. What are risk factors for preterm birth? (select all that apply)
2. Which is NOT a sign of preterm labor? (multiple choice)
3. In Black women in Hamilton County from 2015-2019 the preterm labor percentage was 11.1 compared to 15.4 for the entire United States (true or false)
4. Which are strategies to reduce preterm birth in Black women? (select all that apply)
**RECOMMENDATIONS & LIMITATIONS**

- **Recommendations:**
  - It is important to increase the amount of education in hospitals regarding preterm birth in Black women
  - Increasing the pool of nurses presented to would provide more reliable results
  - Increasing the number of hospitals presented to in order to get a better understanding of education across different facilities

- **Limitations:**
  - Working together through virtual meetings
  - Limited number of nurses to present the presentation to due to COVID guidelines
CONCLUSION

- All answers were improved during the posttest indicating that the intervention was successful.
- There is a need to educate nurses about racial disparities in preterm birth in order to improve health outcomes.
REFERENCES


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THANK YOU FOR YOUR TIME!
ANY QUESTIONS?