



The NYS Perinatal Association & Albany Medical Center

*present:*

*Preparing for & Addressing the 4th Trimester:  
An Interdisciplinary Approach*

*The PREMIER perinatal health education program in NYS*

*2020 NYS PA Conference*

*November 5-6, 2020*

*New York State  
Perinatal Association  
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*We're Virtual!*

*For everyone's safety*

*[www.nysperinatal.org](http://www.nysperinatal.org)*

# Why Attend NYSPA?

The annual **Perinatal Partnership Conference** is the premier and only *multi-disciplinary* perinatal education program in NYS. If you have joined us in past years, you know that

- the content is timely, based on the latest research, best practices, and emerging issues
- our faculty are experts in their respective fields and topic areas

Our conference is also known for the networking experiences participants enjoy:

- connect with peer professionals from throughout the state,
- engage with clinical and community health colleagues from different disciplines
- meet our state leaders and learn about products and services by connecting with our exhibitors.

*While it's the Covid-19 pandemic forcing us to go virtual, we are **EXCITED** to offer all the benefits of the NYSPA conference through a virtual venue! We promise you this is **NOT** your everyday Zoom meeting or webinar!!! We're working with virtual conference experts to provide you with a top-notch program and experience—you won't have screen burnout! And due to this change in venue, the conference has never been more affordable! So don't wait: Register today!!*

**Who should attend? You!!** Obstetricians, midwives, nurses, neonatologists, nutritionists, advance practice nurses, public health & community health professionals, pediatricians, social workers, researchers, epidemiologists, lactation consultants, perinatologists, family practitioners, support group leaders, and educators.

**Program Description:** This 2 day virtual conference will give you the chance to expand your skills and knowledge while also connecting with other professionals in the field. Much has changed with this year's conference, however much will be the same; virtual registration and exhibits, inspiring keynotes, several thought-provoking plenary sessions, captivating panel discussions and workshops.

**New this year:** With the conference being virtual, all 8 general sessions and 6 workshops will be recorded and available post conference for 30 days —BUT for only those who register for the conference. For the first time, instead of only allowing physician, nursing and social work continuing education credits for the live conference, all registered participants will be able to access additional credits for the 4 concurrent sessions you couldn't view live and/or for any sessions you might have missed.

## Conference Goals

At the close of this program, participants should be able to:

- Define and describe some best practices for 4th trimester care
- Understand barriers to 4th trimester care and the needs of postpartum women
- Identify approaches to community outreach about black maternal and infant mortality
- Discuss NYS DOH's multi-prong approach to addressing perinatal health
- Discuss the priorities and special projects being led by the leadership organizations in NYS
- Understand lessons learned from Covid-19 pandemic perinatal care modifications

**Continuing Education:** Albany Medical Center is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

**This learning activity will be awarded Continuing Nursing Education Contact Hours as well as Continuing Social Work Hours (total hours pending). To receive CE a verification of attendance form needs to be completed.**

**Albany Medical Center is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0522. To receive Social Work CE & certificate of completion, please be sure to complete the post-presentation survey. Certificate will be generated upon submission of survey. Please print a copy for your records**

**2020 Conference Committee: Co-Chairs:** Sharon Chesna, MPA & Ellen Tourtelot, MD

**Members:** Christopher Glantz, MD, MPH, Kathleen Buono, Luba Dijurnovic, Jennifer Kittell, Jennifer Price, Lucy Shaw,

**Conference Coordinator:** Dawn Wesko

The NYSPA Annual Conference is a collaborative educational program with involvement of the Association of Perinatal Networks, ACOG District II, NYS Assoc. of Licensed Midwives, and AAP, NYS Chapter 2, The March of Dimes, and the Association of Regional Perinatal Programs.

# Preparing for & Addressing the 4th Trimester: An Interdisciplinary Approach

## Conference Agenda

*We're VIRTUAL*

### Thursday, November 5, 2020

- 7:30 – 8:30 Registration, Exhibits & Networking
- 8:30 – 9:00 **Welcome, introduction to conference** Sharon Chesna, Co-Chair, Adriann Combs, NYSPA Pres
- 9:00 – 10:00 **Keynote: Defining and Planning for the 4<sup>th</sup> Trimester** Mary Rosser, MD, PhD
- 10:00– 11:00 **The role of Community Health Workers in Caring for the Mother/Baby Diad in the 4<sup>th</sup> Trimester – panel presentation** Assoc. of Perinatal Networks
- 11:00 – 11:20 Break/Exhibits
- 11:20 – 12:20 **NYS Dept. of Health Strategies & Regulatory Updates related to maternal & infant health** Marilyn Kacica, MD & Meaghan Carroll, M.S.Ed.
- 12:20 - 1:20 Lunch – **NYSPA Annual Review and Awards Program**
- 1:30 – 2:30 **Pandemic Experiences – reports from the field & strategies for moving forward**  
**Panel: Christopher Glantz,MD, Adriann Coombs, DNP,NNP-BC, Kathryn Drennan, MD, David Holtgrave PhD**
- 2:30 – 2:50 Break/Exhibits/ Perinatal Partner Updates
- 2:50 – 3:50 **Concurrent Workshop Sessions (see page 5)**
- 3:50– 4:00 **Day 1 Wrap Up**
- 4:00 Virtual Reception/Exhibits/ Networking

### Friday, Nov. 6, 2020

- 7:30 – 8:30 Registration/Exhibits & Networking
- 8:30 –8:45 **Welcome and review** Adriann Combs, President
- 8:45 – 9:45 **KeyNote: Combatting Black Maternal & Infant Mortality** Martine Hackett, Ph.D
- 9:45– 10:45 **Postpartum Sexual Wellness (or is sex really how we got here?)** Pebble Kranz, MD
- 10:45– 11:10 Break/Exhibits/Networking
- 11:05 – 12:05 **Moving on Maternal Depression - Panel Discussion** Bridget Walsh, SCAA
- 12:05 – 12:35 Lunch/Exhibits/Networking
- 12:45– 1:45 **First 1,000 Days on Medicaid – NYS Plan for improving infant health & development** Kimberly Jones, NYS DOH Medicaid , Dr. Steve Cook, Medical Director
- 1:45– 2:45 **Concurrent Workshop Sessions (see page 5)**
- 2:45–3:00 Wrap Up & Evaluations
- 3:00 Afterparty rooms

## PLENARY SESSION DESCRIPTIONS

### **Opening Keynote: Defining and Planning for the 4<sup>th</sup> Trimester**

Through this opening session, Dr. Rosser will set the tone for the conference by providing a conversation about how postpartum care has been redefined to transform care for new mothers. Traditionally, women have been expected to attend a postpartum visit 6 weeks after delivery. There is poor attendance to these visits, especially among women in marginalized populations. Dr. Rosser will share revised recommendations for postpartum care from the American College of Obstetrics & Gynecology

**Mary Rosser, MD, PhD**

### **The role of Community Health Workers in Caring for the Mother/Baby Diad in the 4<sup>th</sup> Trimester**

Participants will learn about creative outreach and engagement strategies utilized by Community Health Workers (CHW), their work with high-risk newly parenting and intra-partum women, as well as the impact of social determinants of health on compliance with care for both mom and baby. This panel features 3 CHWs who will share the challenges and needs of women from urban, suburban and rural communities and strategies for engaging them in care.

**Association of Perinatal Networks, Giovanna Rogow & panel**

### **NYS Dept. of Health Strategies & Regulatory Updates**

The NYS Dept of Health, Division of Family Health has a strong focus on improving health outcomes of pregnant/parenting people and infants. During this session, Ms. Tobias will provide updates on some of the state's Maternal Mortality initiatives, including a learning collaborative to address birth equity, and an update on the Governor's COVID-19 Maternity Task force. Ms. Tobias will also provide a brief update on the perinatal hospital re-designation process.

**Marilyn Kacica, MD, Meaghan Carroll, M.S.Ed**

### **Pandemic Experiences – reports from the field & strategies for moving forward**

During this session, panelists will provide a brief review of processes put in place during the height of Covid-19 to reduce potential infection among pregnant women—prenatally and during delivery, and care of the newborn. They will then discuss lessons learned and how to use these experiences to protect moms and babies in the next phase of Covid and for future infectious outbreaks.

**Panel: Adriann Coombs, DNP,NNP-BC, Kathryn Drennan, MD, David Holtgrave, PhD**

### **Combatting Black Maternal & Infant Mortality**

This session will showcase a peer health intervention model to address maternal mortality through a multi-disciplinary and multi-faceted approach. Dr. Hackett will discuss their work to educate women on knowing rights during pregnancy and childbirth; prematurity risks; post-birth warning signs, as well as a provider component to improve prenatal care through best practices in respectful, culturally appropriate maternity care.

**Martine Hackett, Ph.D., MPH**

### **Postpartum Sexual Wellness (or is sex really how we got here?)**

Through this session Dr. Kranz will discuss the physical, psychological, relational and cultural factors impacting post partum sexuality. She will identify common sexual concerns in the post partum period and review options for treatment of postpartum sexual concerns.

**Pebble Kranz, MD, FECSM**

### **Moving on Maternal Depression**

Schuyler Center for Analysis and Advocacy is leading a statewide collaborative to identify, prioritize, and advance changes in policy and practice that will increase screening and treatment for maternal depression in New York State. Through a panel format, this session will provide an overview of the data-driven, evidenced-based set of programs and policies that have been identified to help close the disparities gap. Panelists will provide brief overviews of the pilot programs being launched in various communities around the state.

**Panel: Bridgett Walsh and Panelists**

### **First 1,000 Days on Medicaid**

The First 1000 Days is a NYS Medicaid Initiative that recognizes that the first three years of a child's life can have a lasting impact on future health, educational achievement, and economic stability. It is a comprehensive pediatric health care model that integrates behavioral health into children's primary care and recommends a two-generational approach to care, focusing on both the biomedical and social-emotional elements that affect early development and are essential to achieving health equity. The speaker will provide background on the overall project and share information about the various pilot programs being implemented around the state.

**Kimberly Jones, NYS DOH Medicaid, Dr. Steve Cook, Medical Director**

## Workshop Sessions

### Thursday concurrent sessions:

#### **Visual Diagnosis of the Newborn**

This workshop will present over 120 photos of newborns with various cutaneous findings. These range from the common to the very rare and include, infections and genetic causes. Dr. Clark's goal is to help clinicians recognize benign and transient skin findings, as well as understand the genetic associations of neonatal skin, and variations in transplacental infections.

**David Clark, MD**

#### **Exclusivity and Disparities among recent refugee & cultural minorities**

This presentation will identify cultural factors that shape exclusivity disparities among diverse social groups and explore possible causes and implications of breastfeeding exclusivity disparities. The speaker will discuss how using birth record data offers useful insights into breastfeeding exclusivity patterns and suggest how reframing cultural opportunities (vs. barriers) for insightful, targeted interventions.

**Anamaria Ross, PhD, MPH, CLC**

#### **Building the Village for PMAD (Perinatal Mood Anxiety Disorder)**

Maternal mental health is a national crisis with Perinatal Mood and Anxiety Disorders (PMAD) affecting 1:5 mothers. To mitigate the impact of PMADs on the mother, infant and family, Crouse Health created a *village* to support the mental health of new families during pregnancy and the postpartum period. The speakers will review the assessment, design, implementation and evaluation processes for this initiative and provide suggestions for other institutions to develop the community collaboration needed and replication of the program model.

**Christine Kowaleski, DNP & Kathleen Miller-Murphy**

### Friday concurrent sessions:

#### **What is an obstetric medical home and how do you start one?**

Obstetric medical homes are being developed in many states (Texas, North Carolina, Wisconsin, Missouri, Oregon) with the core goals of patient centered care and shared decision making, a proactive focus on health, coordination of multiple services and supports, improving birth outcomes, coordination with pediatricians, and tracking of patients over time including an extended postpartum period. This talk will review the rationale behind the design of our obstetric medical home, what areas we chose to focus on to impact outcomes, as well as preliminary data collected to date for our project.

**Ellen Tourtelot, MD, FACOG**

#### **Adoption in the 4<sup>th</sup> Trimester**

This workshop includes case examples, lecture and group discussion, aims to support and educate those working with women and couples considering or planning an adoption at childbirth and beyond. We will discuss the needs, especially in regard to mental and emotional health, of a birth mother in the 4th trimester, and how they both differ and are similar to those of a mother who is parenting their child. There will be examples give of how both birth parents and adoptive parents experience postpartum depression in unique ways. We will explore stages of grief, hope and resiliency, as well as services and supports that are available to all members of the adoption triad in this critical time of healing and bonding.

**Kathleen Crissey, MS, LMHC & Shannon Boeheim**

#### **Keeping a 'Watchful Eye' Over Mothers and Babies – Research and Best Practices in Prenatal and Perinatal Psychology and Birth and Postpartum Doula Care and Their Impact on Maternal and Infant Health**

This workshop will engage participants in an interdisciplinary look at current research in prenatal and perinatal psychology, as well as pregnancy, birth, and postpartum practices. In addition to nursing care, we will look at the influence of birth and postpartum doulas on the health and wellbeing of mothers, babies, and families and integrate current research and innovative options for preventing and treating postpartum mood disorders and postpartum depression. Utilizing a trauma-informed perspective, the overall goal will be to increase understanding and improve best practices in community-based maternal and infant health care and services.

**Sally Dear-Healey, PhD, PPNE, Doula**

# Preparing for & Addressing the 4th Trimester: An Interdisciplinary Approach

**Registration Form: Use this form for faxed or mailed registrations.**  
**For online registration, go to: [www.nysperinatal.org](http://www.nysperinatal.org).**

Name (incl. title & credentials): \_\_\_\_\_

Email (work): \_\_\_\_\_ Email (personal): \_\_\_\_\_

Employer: \_\_\_\_\_

Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

Work Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Check here to make sure you stay in touch with your fellow colleagues after the conference!  
 We'll include your contact information in the conference participant list with attendees, sponsors,  
 and vendors.

Conference Fees	NYSPA Mem- bers	Non- Members	Students	Retirees
Registration (before 10/25/2020)	\$100	\$175	\$75	\$75
Late Registration (10/26-11/5/2020)	\$150	\$225	\$80	\$80

**DISCOUNTS (cannot be combined)**

**Group Discount (single organization) Groups of 5 or more:**  
 NYSPA members: \$450/ Non-members: \$625.  
 (Groups must register through NYSPA Office)

**Not a member of NYSPA? Join now to take advantage of Member rates! (complete application on back and return with registration). Save \$25 on NEW NYSPA membership**

Registration fee	
Membership:	
<b>Total:</b>	

Questions or to make credit card payment: Call 877-268-5072 x 135

Mail registration & payment to: NYSPA, 457 State Street, Binghamton, NY 13901

Online registration: <https://thenyspa.wildapricot.org/Annual-Conference>



**INDIVIDUAL MEMBERSHIP APPLICATION**

***Benefits of belonging to NYSPA include:***

- Be a part of a multi-disciplinary network of individuals striving to improve perinatal health in NYS
- Share your knowledge and personal experience to influence change
- Receive advocacy alerts on key legislative issues related to perinatal health
- Advance your personal and professional expertise through educational opportunities and networking
- Discounted registration rate for the NYSPA annual conference (the premier perinatal health education conference in NYS) (opportunity to receive continuing education credits for part or all of conference)
- Access to health information and resources through [www.nysperinatal.org](http://www.nysperinatal.org)

**Complete the following information and return to the NYSPA Office.**

NAME (print): \_\_\_\_\_

Email (print): \_\_\_\_\_ Phone: \_\_\_\_\_

Profession: \_\_\_ MD/DO \_\_\_ Midwife \_\_\_ Nurse \_\_\_ PA \_\_\_ NP \_\_\_ Social Worker \_\_\_ Genetic Counselor  
\_\_\_ Educator \_\_\_ Administrator \_\_\_ Student Other: \_\_\_\_\_

Institution/ Organization: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**ANNUAL MEMBERSHIP DUES: \$50      \*\*\* CONFERENCE SPECIAL\*\*\***

**\*\*\*NEW members attending conference can join for just \$25! If paid with conference registration\*\*\***

**MAKE CHECK PAYABLE TO:**

New York State Perinatal Association  
Mail to: 457 State Street, Binghamton, NY 13901

Questions? Or credit card payment:  
Contact: 607-772-0517 X 135 or 877-268-5072