



# **Maternal, Child and Adolescent Health:**

## **A Partnership in Reducing Congenital Syphilis**

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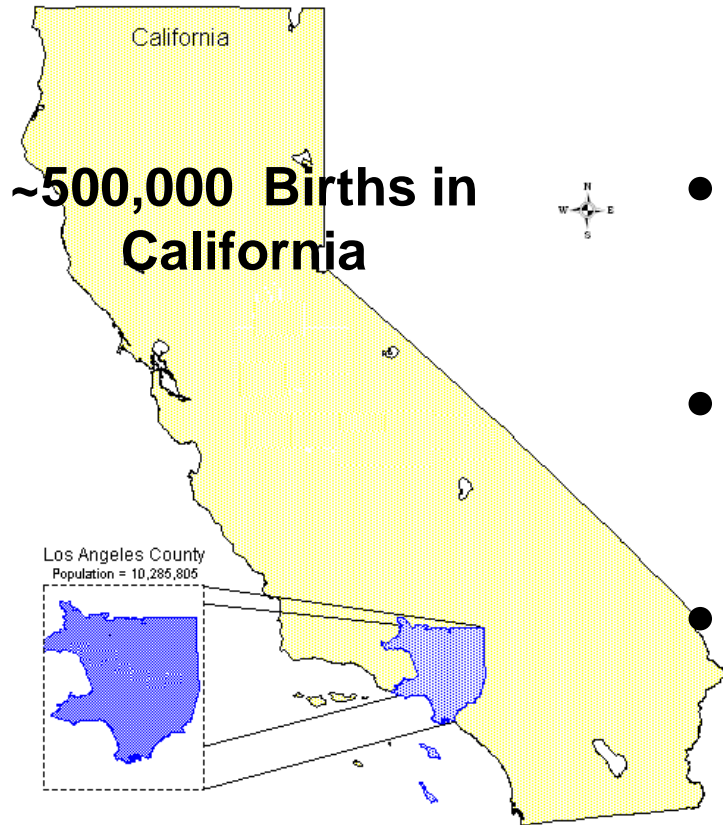


# Objectives:

- Highlight the importance of MCAH collaboration
- Identify opportunities for provider engagement



# Background: Los Angeles County (LAC)



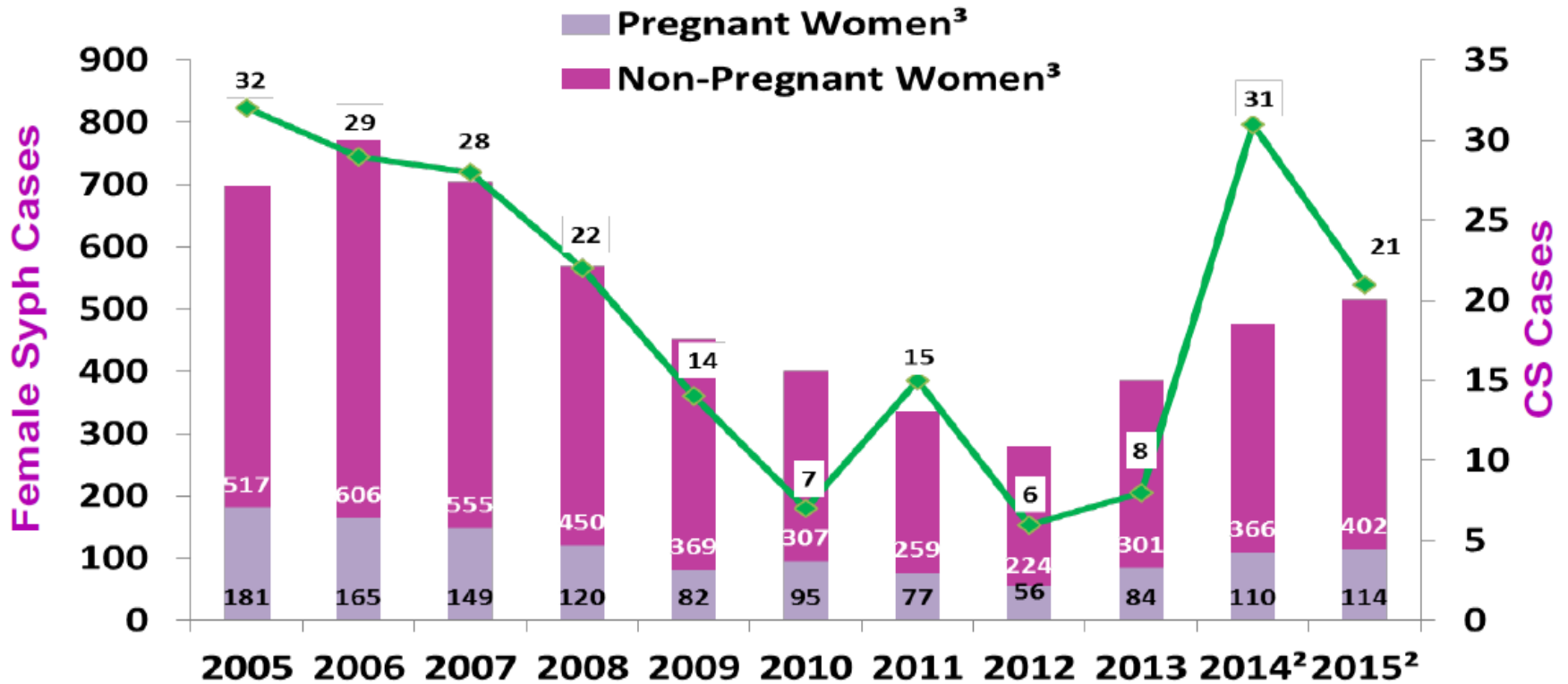
- ~130,000 births per year in LAC
- 1 in 4 births in California
- 1 in 30 births in the U.S.

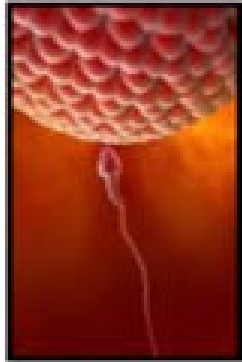
State of California, Department of Public Health, Birth Records, 2013

Los Angeles Mommy and Baby Study (LAMB), 2012



# Number of Female Syphilis Cases and Probable Congenital Syphilis Cases LAC 2005-2015





Before Birth



Infancy & Childhood

**Life Course Perspective**



Adolescence

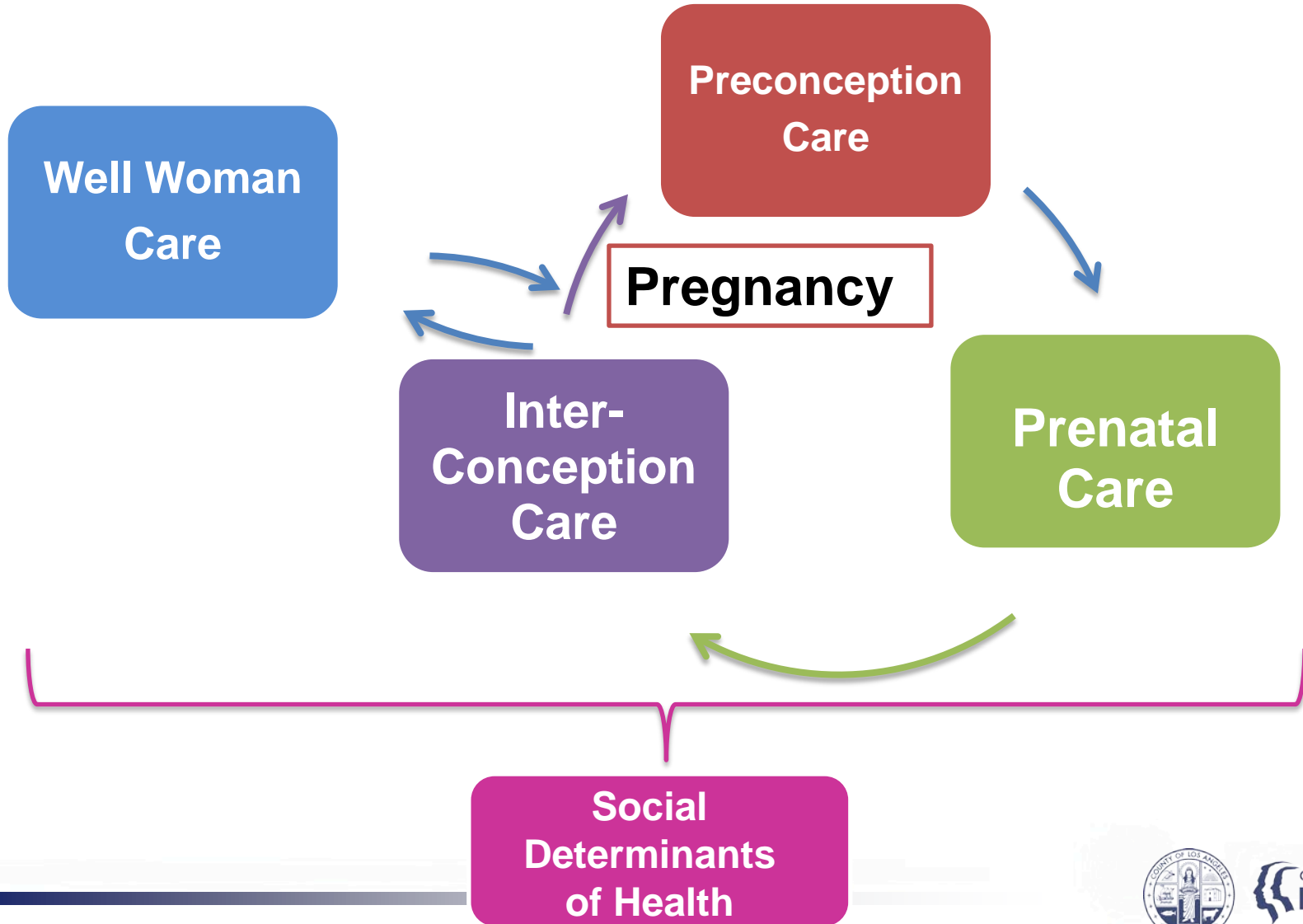


Adult...older



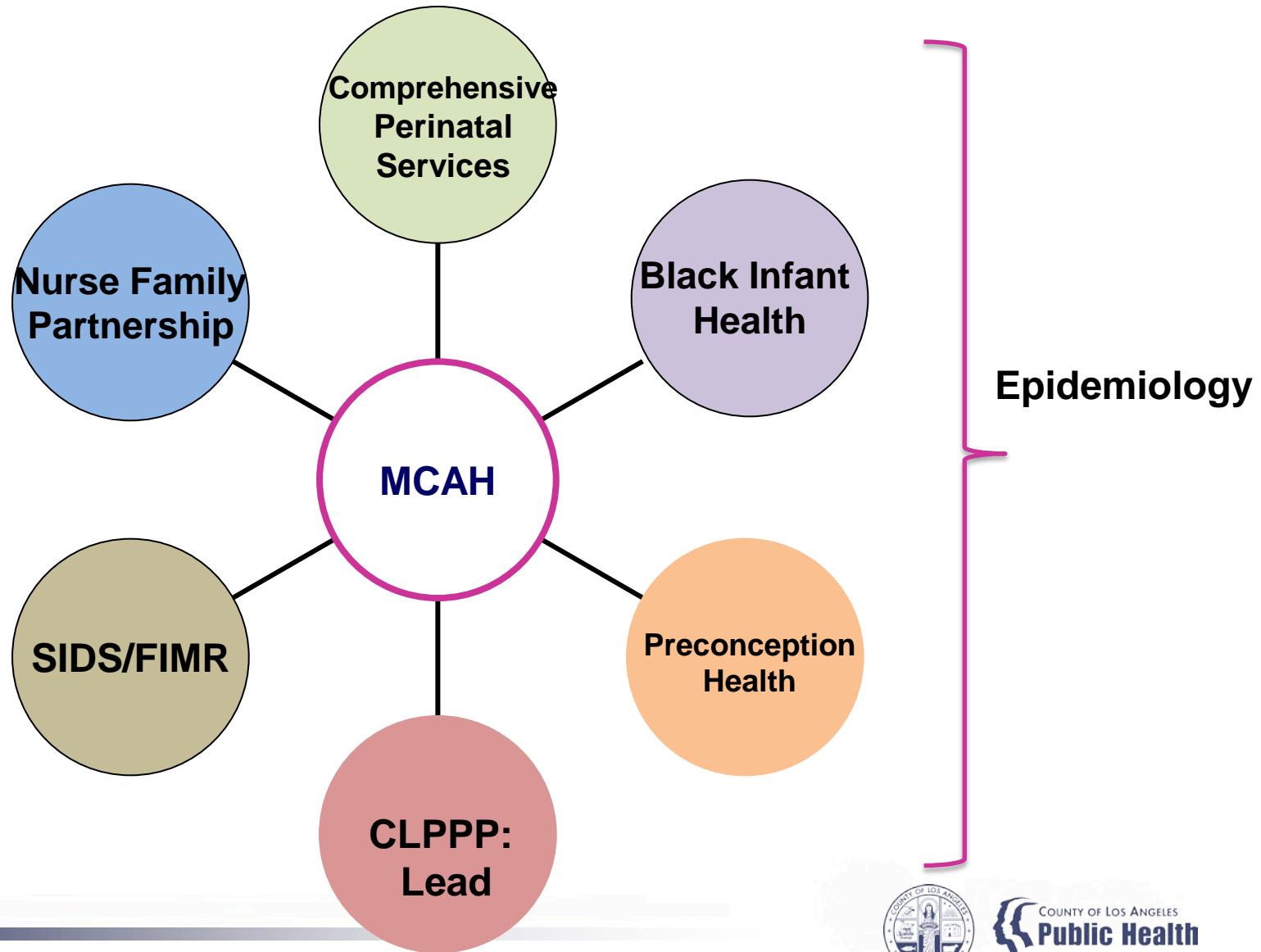
# MCAH Framework

## Opportunities for Intervention

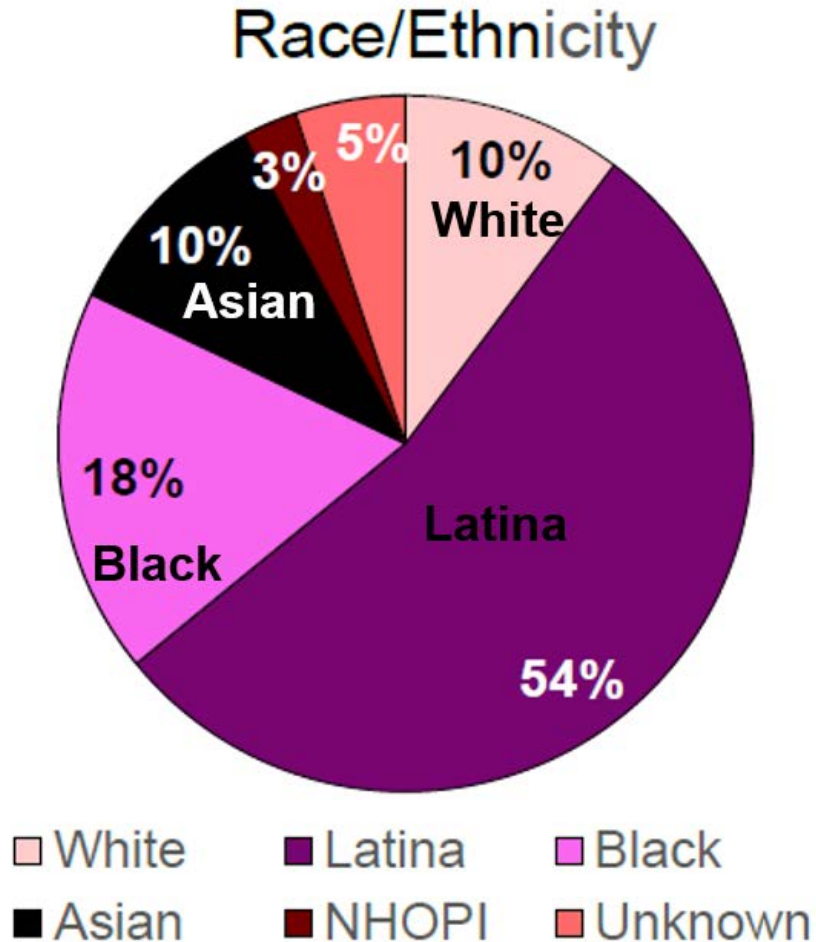


# MCAH

Maternal, Child & Adolescent Health

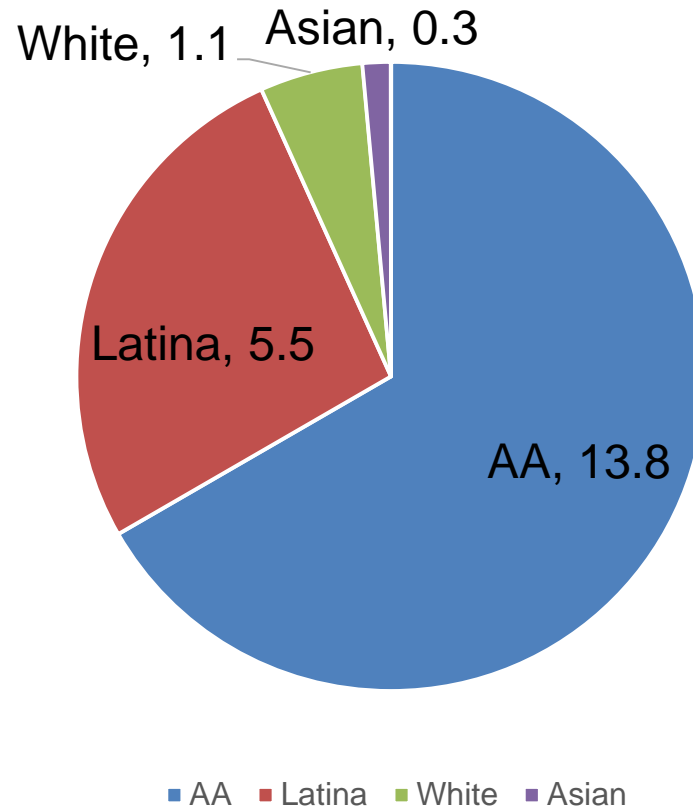


# Maternal Characteristics (Congenital Syphilis Cases 2015 –June 30 2016)





# Homeless During Pregnancy LAMB 2012: 4.6%



# Black Infant Health:

Goal: Eliminate the health disparity for African American infants

- Pregnant and parenting African American women >18 yo
- Prenatal
- Post-partum
- Up to 300 participants





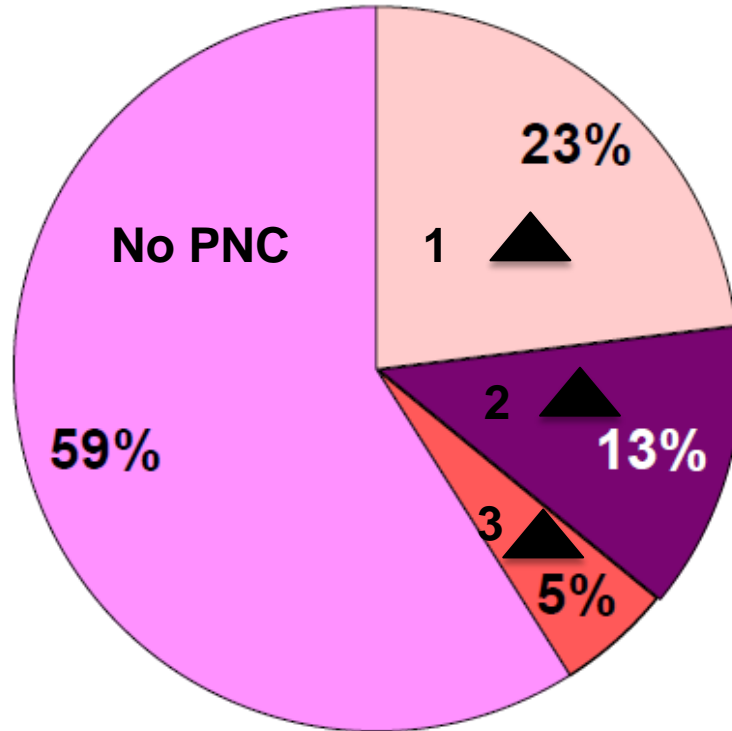
## Goals:

- Improve Pregnancy Outcomes
  - Improve Child Health and Development
  - Improve Mother's Life Course
- 
- Home visitation program
  - Medi-Cal eligible
  - 75% Hispanic
  - <28 weeks pregnant to child is 2yo
  - Up to 900



# Maternal Characteristics (Congenital Syphilis Cases 2015 –June 30 2016)

Entry into PNC



1st Tri 2nd Tri 3rd Tri No PNC



## COMPREHENSIVE PERINATAL SERVICES PROGRAM

- Enhanced prenatal Medi-Cal services
- 420 providers in Los Angeles County
- From conception through 60 days postpartum, CPSP services include:
  - Obstetric
  - Nutrition
  - Psychosocial
  - Health education



# Components of Care

## Pre/Interconception Care

- Annual exams
- Genetic counseling
- Recommending folic acid
- Providing vaccines
- Managing diabetes & high blood pressure
- Discourage alcohol, drugs & smoking

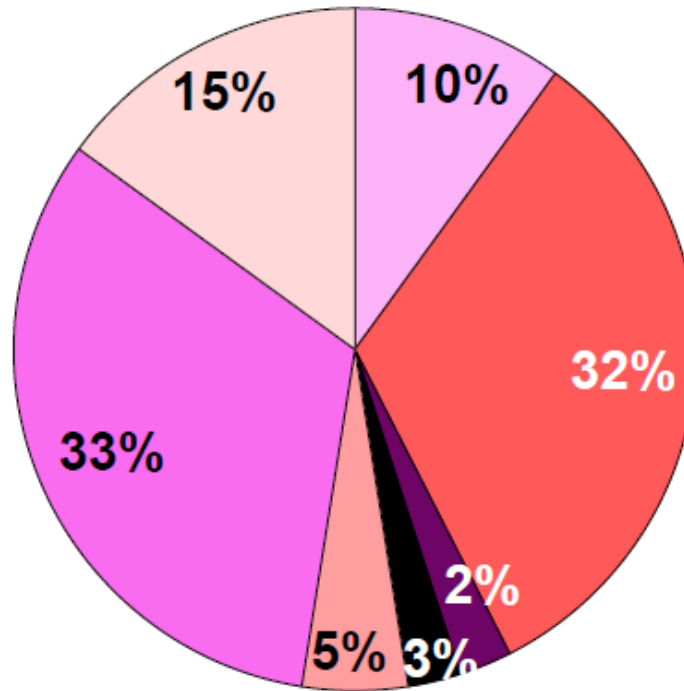
## CPSP

- Nutrition, Health Behavior, Psychosocial, Genetic counseling
- Developing “care plan”
- Interventions & referrals
- Re-assessing each trimester
- Re-assessing post-partum



# Maternal Characteristics (CS Cases 2015 –June 30 2016)

## Drug Use During Pregnancy



- Coke+/- Meth +/-Op
- Heroin
- Yes, type unk
- Unknown
- Meth+/- MJ
- MJ
- No Drug use



# Interconception Guidelines

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“Every Woman California.”

## Preconception Health

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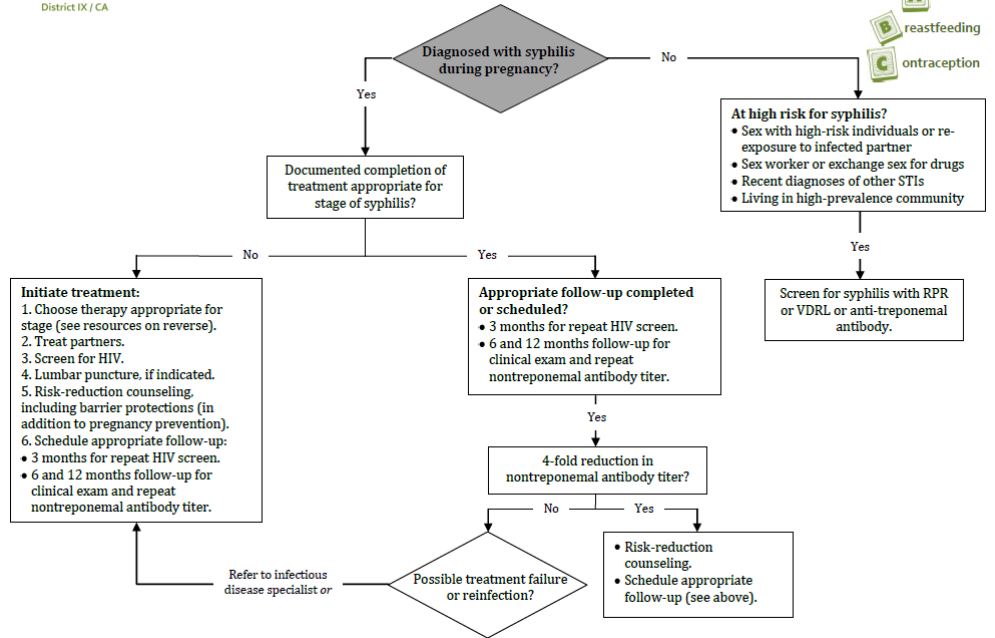
-  [Anemia Algorithm](#)
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-  [Syphilis Algorithm](#)
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-  [Thrombocytopenia Algorithm](#)
-  [Vaccinations Algorithm](#)





## Postpartum Visit Algorithm: Syphilis



## La sífilis: después del embarazo

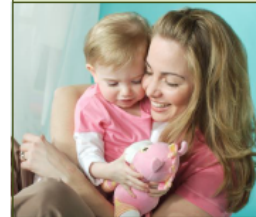
Lo que puede hacer para reducir los riesgos para usted y sus embarazos futuros



Cosas que puedes hacer **DIARIAMENTE** para mujeres sanas y bebés sanos:

**Doctor** - visitas anuales con su doctor le ayudan a mantenerse saludable  
**Informe** a su pareja sobre la importancia de mantener una buena salud  
**Amistades**, el amor de su pareja y su familia son importantes para su salud  
**Reproducción** - haga un plan personal para el uso de anticonceptivos y expectativas para hijos futuros  
**Informe** sobre medicinas y toxinas que pueden causar defectos de nacimiento  
**Acido Fólico** - 400 microgramos (mcg) diariamente  
**Mente saludable** le ayuda a mantener buena salud física  
**Eduquese** sobre comidas que se deben evitar si quiere quedar embarazada  
**Nutrición** - coma vegetales, frutas y granos en su dieta diaria  
**Tabaco, drogas, y alcohol** se deben evitar  
**Ejercicio** - 30 minutos diario

El contenido es de [cadamujercadadia.org](http://cadamujercadadia.org) con la autorización del Preconception Health Council of California.



### ¿Qué es la sífilis y cómo sé si la tengo?

La sífilis es una infección bacteriana que se contrae a través del sexo. La sífilis también puede transmitirse al bebé durante el embarazo o durante el parto. Una persona puede tener sífilis sin saberlo. La sífilis tiene tres fases:

- **Fase primaria:** el primer síntoma (una semana después de contraer la infección) se presenta como una llaga o úlcera rojiza sin dolor en el área de los órganos genitales, la boca o el recto. Es posible no ver ni sentir la llaga, la cual desaparecerá por su cuenta propia.
- **Fase secundaria:** los siguientes síntomas (unas semanas o meses después de contraer la infección) incluyen la fiebre, la aparición de ronchas en la piel y síntomas similares a los de la gripe. Aunque estos síntomas desaparecen, la enfermedad permanece dentro del cuerpo.
- **Fase terciaria:** se produce si se deja sin tratar durante muchos años y causa problemas del corazón y del cerebro de por vida, e incluso la muerte.

### ¿Qué puedo hacer si tengo sífilis?

- Si le han diagnosticado sífilis, es importante que haga lo siguiente:
- **Trate la enfermedad:** generalmente la sífilis se puede curar con una dosis de antibióticos. La mayoría de estos medicamentos son seguros durante la lactancia.
  - **Fídale a su pareja** que también trate la enfermedad para evitar la transmisión de uno al otro.
  - **Hágase una prueba de sangre** para cerciorarse de que ya no tiene la infección. Recuerde que es posible que los resultados siempre sean positivos en ciertas pruebas para detectar la sífilis.
  - **Hágase pruebas para detectar otras enfermedades de transmisión sexual (ETS).**
  - **Practique el sexo seguro** al siempre utilizar un condón.

### ¿Cómo puedo evitar ser infectada con sífilis y otras ETS?

Siga todas las recomendaciones de su proveedor de cuidado médico para tratar y re-detectar la sífilis. No se vuelva a embarazar hasta que esté segura de que ya no tiene sífilis. Es probable que las mujeres que contraen la sífilis durante el embarazo puedan infectar a su bebé, lo cual podría causar un parto prematuro, crecimiento inadecuado, problemas del hígado, infecciones en los pulmones o ronchas en la piel de su bebé.

Hable con su pareja acerca de la sífilis y otras enfermedades de transmisión sexual. No tenga contacto sexual con su pareja hasta que ambos hayan sido tratados y se hayan vuelto a hacer una prueba para detectar la sífilis. Siempre utilice un condón con lubricante a base de agua. Los lubricantes a base de aceite, reducen la eficacia del condón. Recuerde que es posible que el condón no cubra por completo la llaga o la úlcera, y el contacto directo con la llaga puede resultar en infección, por lo tanto, si usted o su pareja tienen una llaga o úlcera, consideren no tener relaciones sexuales.

Recuerde las tres As:

- A**cido fólico
- A**mamantar
- A**nticoncepción

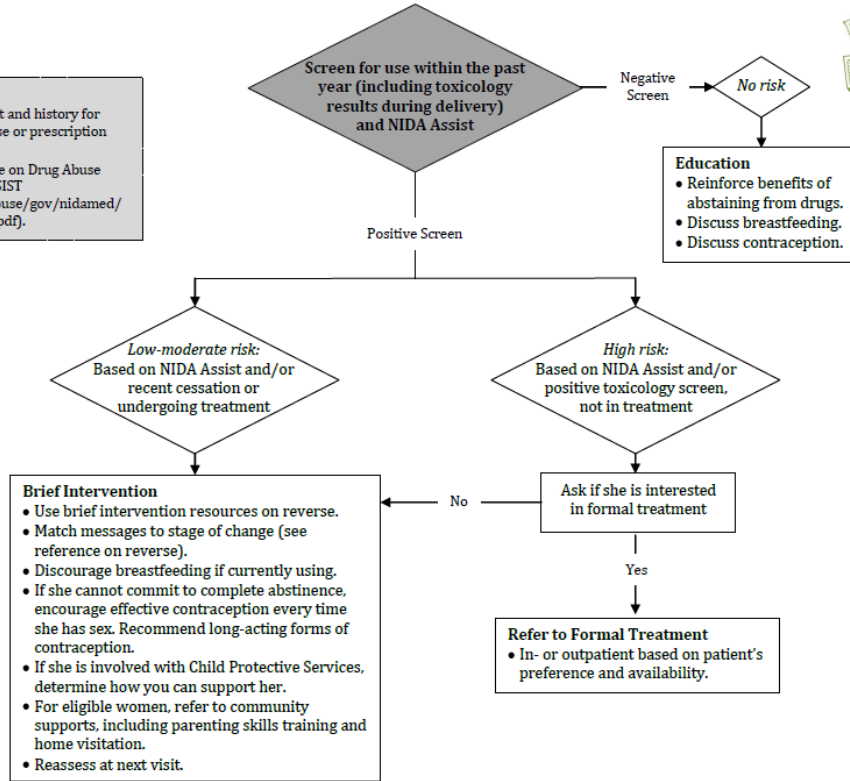
Para obtener más información, visite:

- Cada Mujer, Cada Día: [cadamujercadadia.org](http://cadamujercadadia.org)  
 Centros para el Control y la Prevención de Enfermedades: [cdc.gov/std/Spanish/STDFact-Syphilis-s.htm](http://cdc.gov/std/Spanish/STDFact-Syphilis-s.htm)  
 March of Dimes: [nacersano.org/centro/9254\\_9667.asp](http://nacersano.org/centro/9254_9667.asp)

## Postpartum Visit Algorithm: Substance Use

**Screening:**

- Review medical chart and history for signs of illicit drug use or prescription drug misuse.
- Use National Institute on Drug Abuse (NIDA)-Modified ASSIST (<http://www.drugabuse.gov/nidamed/screening/nmassist.pdf>).



Interconception Care Project

Remember the ABCs:

- folic **A** cid
- B** reastfeeding
- C** ontraception

## Drug Use and Your New Baby

What you can do to decrease risks for you, your baby and a future pregnancy



Things to do EVERY DAY for healthy women and babies:

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms (mcg) of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol  
Your partner, friends, and family should be sources of support

Content from everwomanca.org with permission from the Preconception Health Council of California.



Your health and your baby's health now

- Drugs, such as cocaine/crack, heroin, methamphetamine, and marijuana, can harm your health and decrease your ability to take care of your baby.
- Drugs can be passed on to your baby through your breastmilk. If you want to continue breastfeeding, stop using drugs unless they are prescribed by your health care provider.
- It is important for you and your baby to take care of yourself: attend your support groups, stay away from people you used drugs with before, and if you are on methadone or buprenorphine, keep taking it.

If you relapse

- Get help from a health care provider you trust, a treatment program, or a self-help group.
- If you are breastfeeding, call your provider to talk about whether it is safe to continue breastfeeding. Drugs can be passed to your baby through your breastmilk and this can harm your baby. Many drugs stay in your breast tissue for a long time after you stop feeling the effects of the drug.

Drug use and future pregnancies

- Take care of yourself and stop any and all drug use. By stopping using drugs before you get pregnant again, you can increase your chances of having a healthy baby.
- To avoid an unplanned pregnancy, use effective birth control every time you have sex.
- If you get pregnant and have used drugs, it is not too late to start taking steps to have a healthy baby and be healthy yourself.
- If you do get pregnant, start prenatal care as soon as possible.
- Ask for help from a trusted health care provider, a treatment program, or a self-help group to cut down or stop your drug use.

Remember your ABCs:

- folic **A** cid
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For more information, go to:

American College of Obstetricians and Gynecologists:  
[acog.org/publications/faq/faq170.cfm](http://acog.org/publications/faq/faq170.cfm)

Every Woman California: [everwomanca.org](http://everwomanca.org)

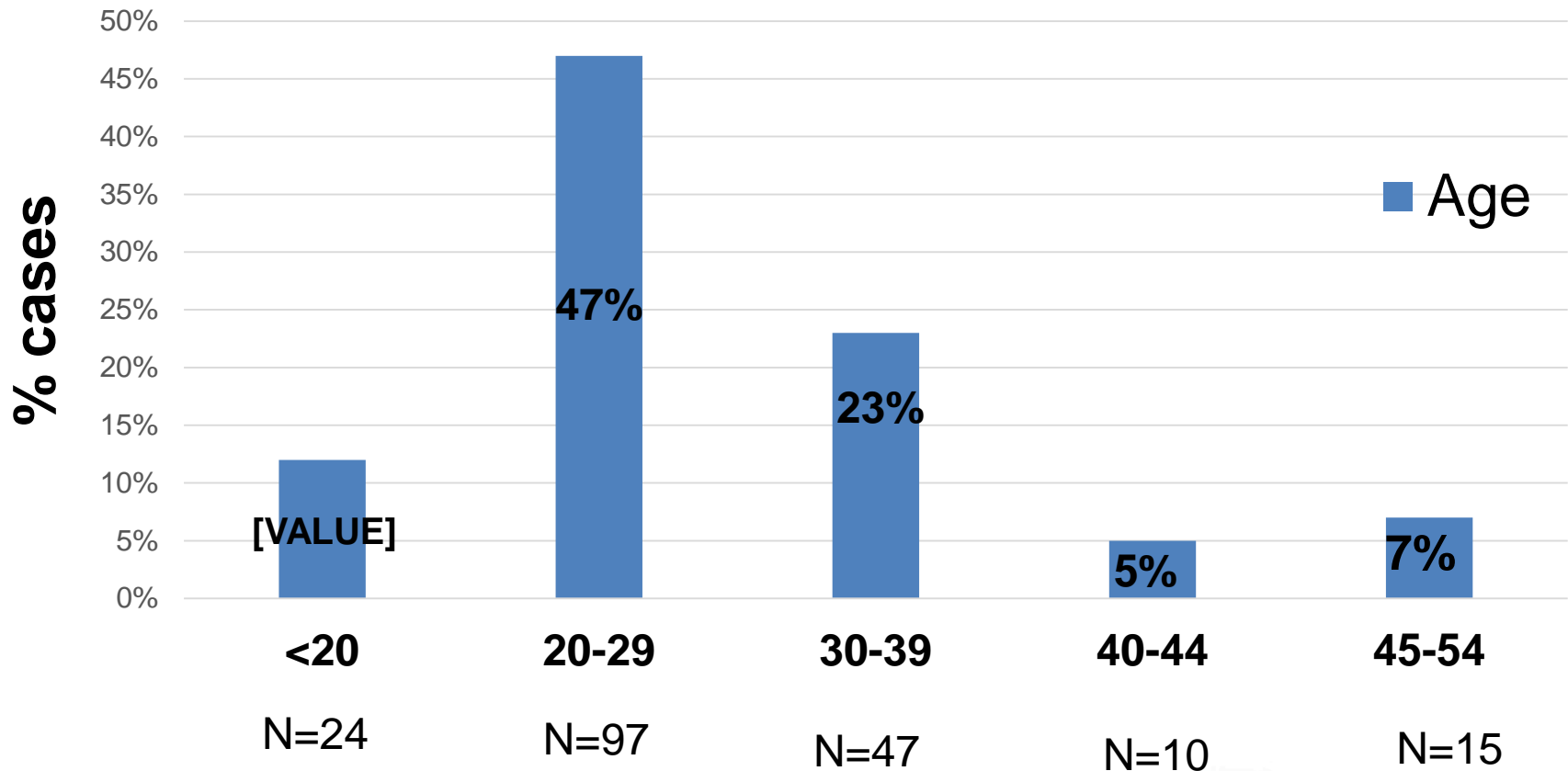
March of Dimes: [marchofdimes.com/pregnancy/alcohol\\_illicitdrug.html](http://marchofdimes.com/pregnancy/alcohol_illicitdrug.html)

National Council on Alcoholism and Drug Dependence: [ncadd.org](http://ncadd.org)

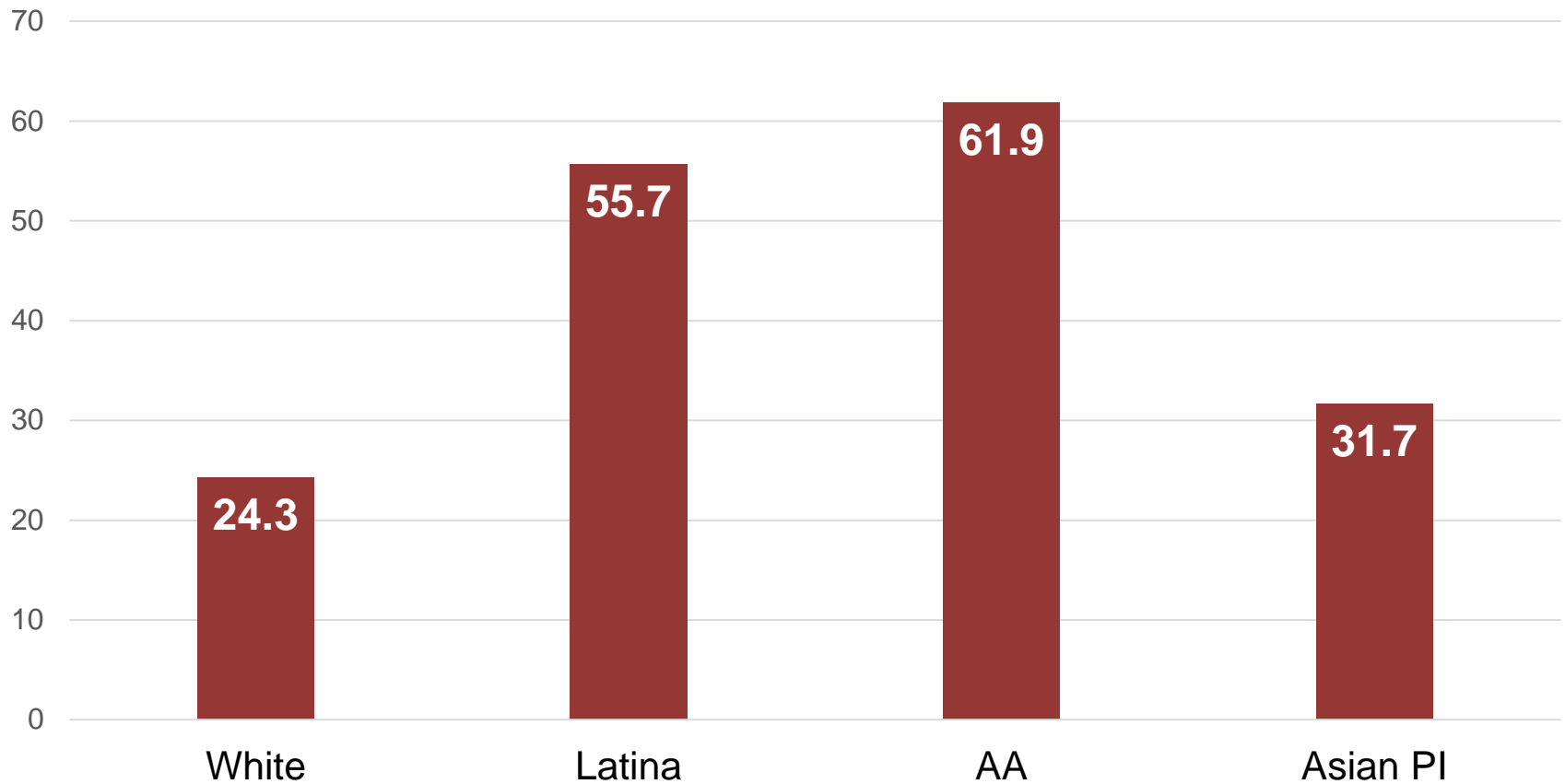
Substance Abuse Treatment Facility Locator: (800) 622-HELP (4357) or [samhsa.gov](http://samhsa.gov)

# Percent of congenital syphilis cases, by maternal age at delivery: LAC 2015

## Majority <29 years old

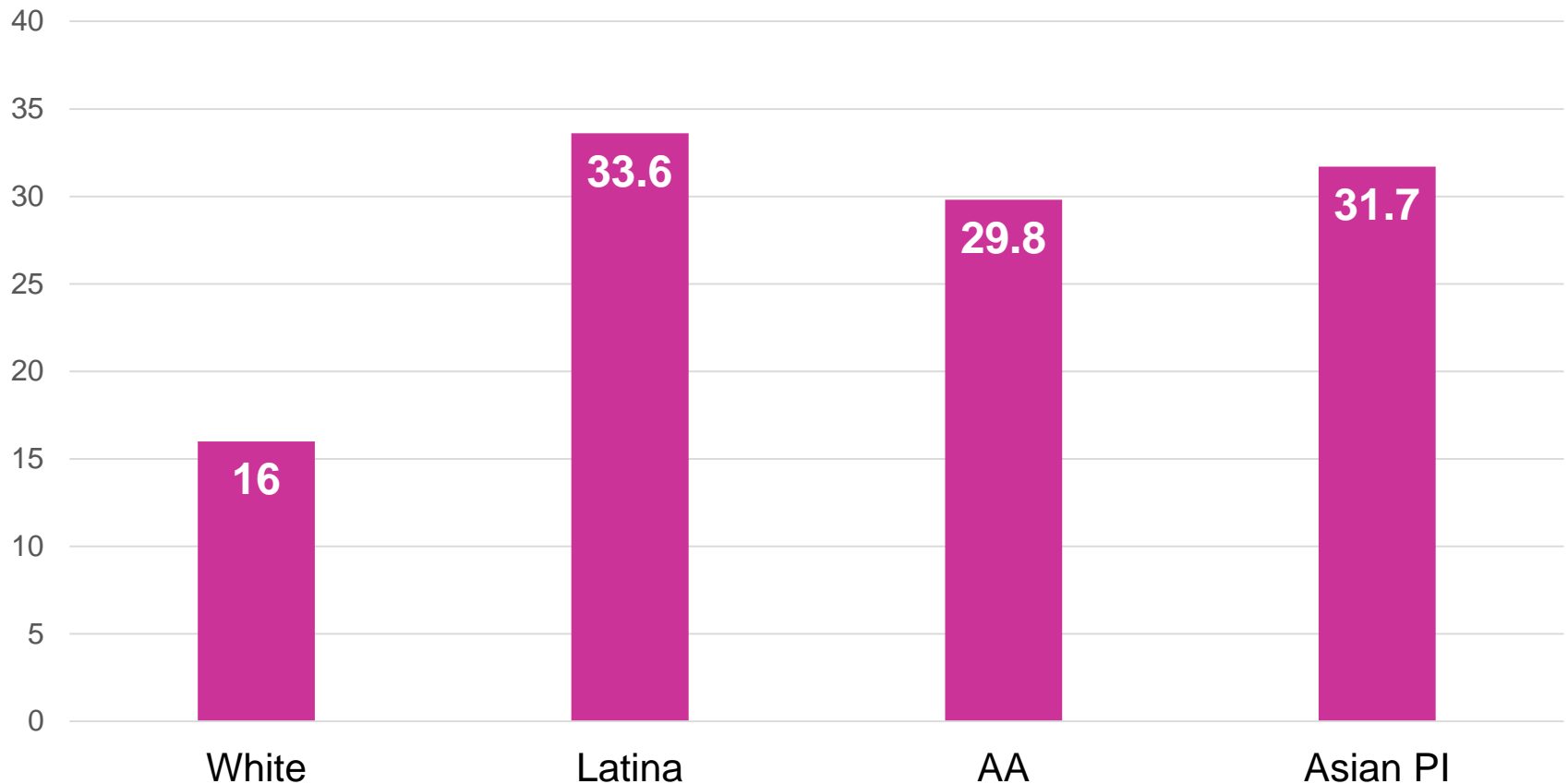


# Unintended/Mistimed Pregnancy LAMB 2012: 46.8%



# Using Birth Control When Became Pregnant

## LAMB 2012: 28.9%





## Cell Phone Technology & Pregnant women

- 97% own a cell phone<sup>1</sup>
- 73% send and receive text messages<sup>1</sup>
- 72% seek health information online<sup>2</sup>

2. PewResearch Center, **Health Fact Sheet**. December 2013

1. PewResearchCenter, Cell phone ownership hits 91% of adults, June 2013.





## Welcome to FAMILIA!

To join, text LAFAMILIA to 55000

The FAMILIA text messaging program focuses on family planning, active living, maintaining a healthy weight, improving nutrition, reducing stress, and addressing abuse. Each message links here to the FAMILIA website, which has more information, apps, blogs, and videos related to that topic. You'll receive three healthy living texts each week for three months. You can choose to receive messages in English or Spanish.

By taking charge of your health, you are taking charge of your future.



# Objectives:

- Highlight the importance of MCAH collaboration
- Identify opportunities for provider engagement





## Newsroom

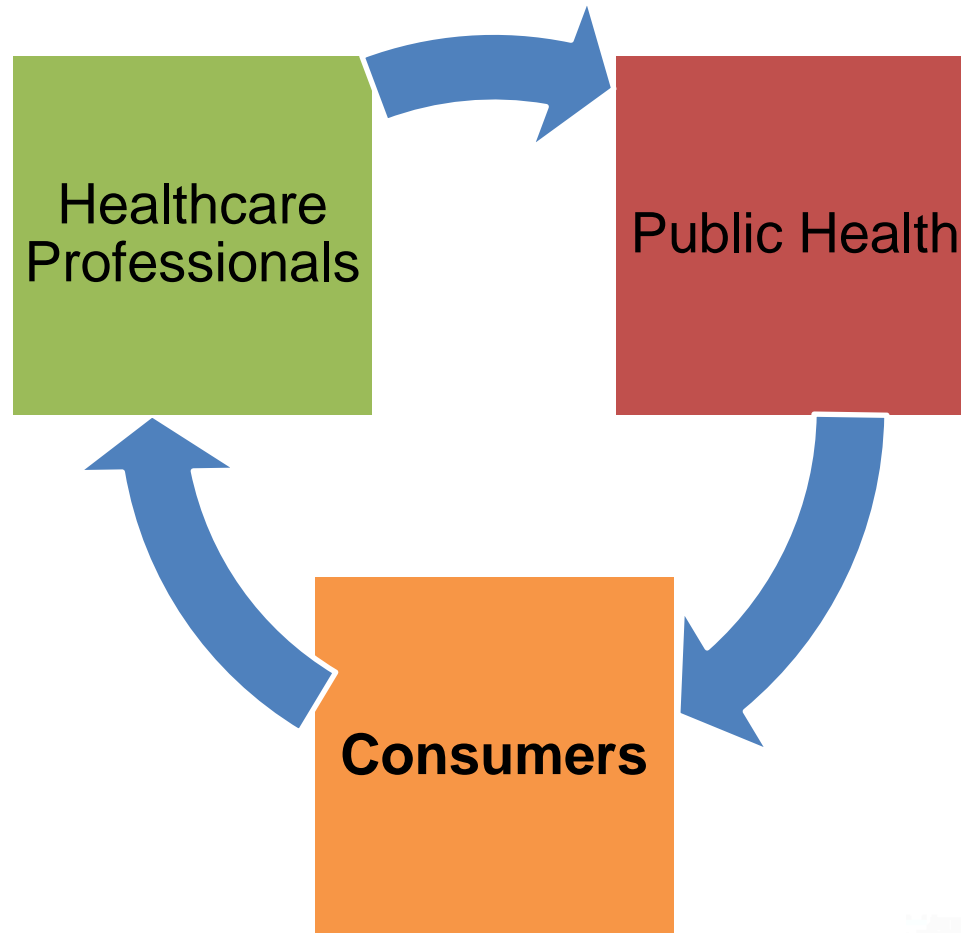
### Affordable Care Act Rules on Expanding Access to Preventive Services for Women

- Prevention benefits without co-pays, co-insurance or deductibles
- Plans that start on or after August 1, 2012

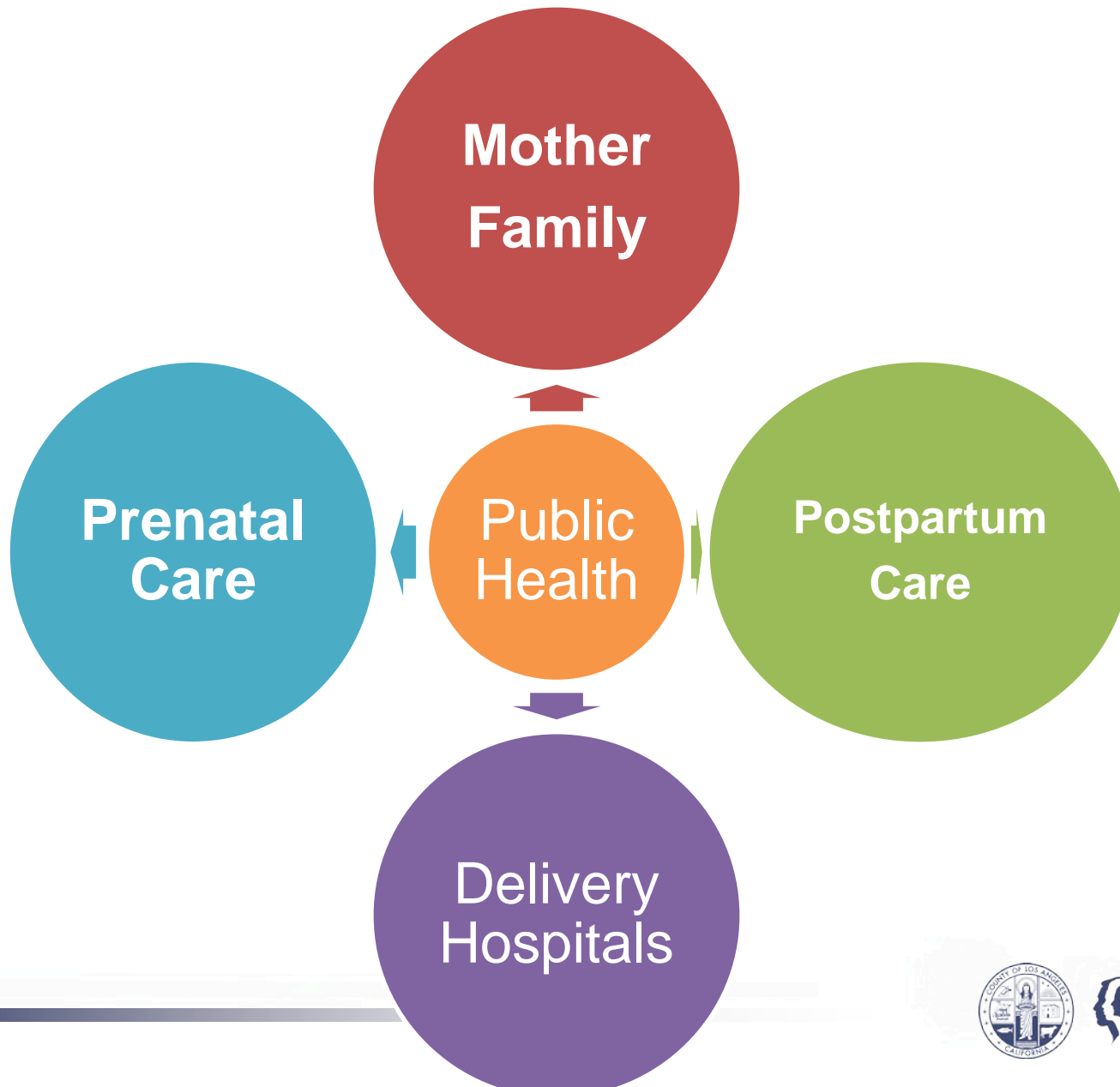
- Well-woman visits
- Gestational diabetes screening
- HPV DNA testing for women 30 years and older
- STI counseling
- HIV screening and counseling
- FDA-approved contraception methods /counseling
- Breastfeeding support, supplies & counseling
- Domestic violence screening & counseling



# Effective Communication



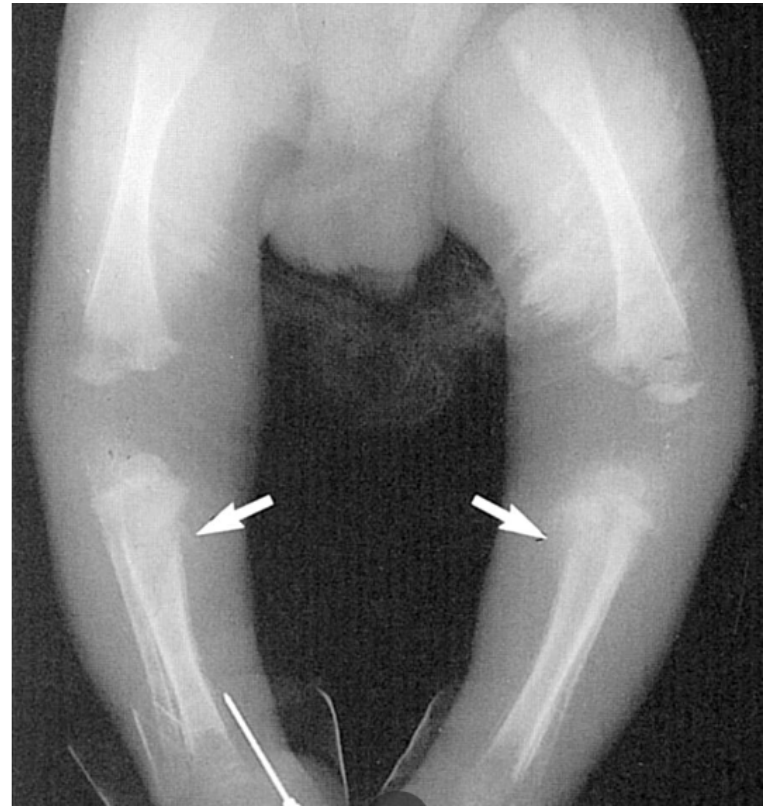
# Public Information Campaign



# Congenital Syphilis



vesiculobullous rash



**Wimberger Sign** lytic lesions

<http://www.merckmanuals.com/professional/pediatrics/infections-in-neonates/congenital-syphilis>



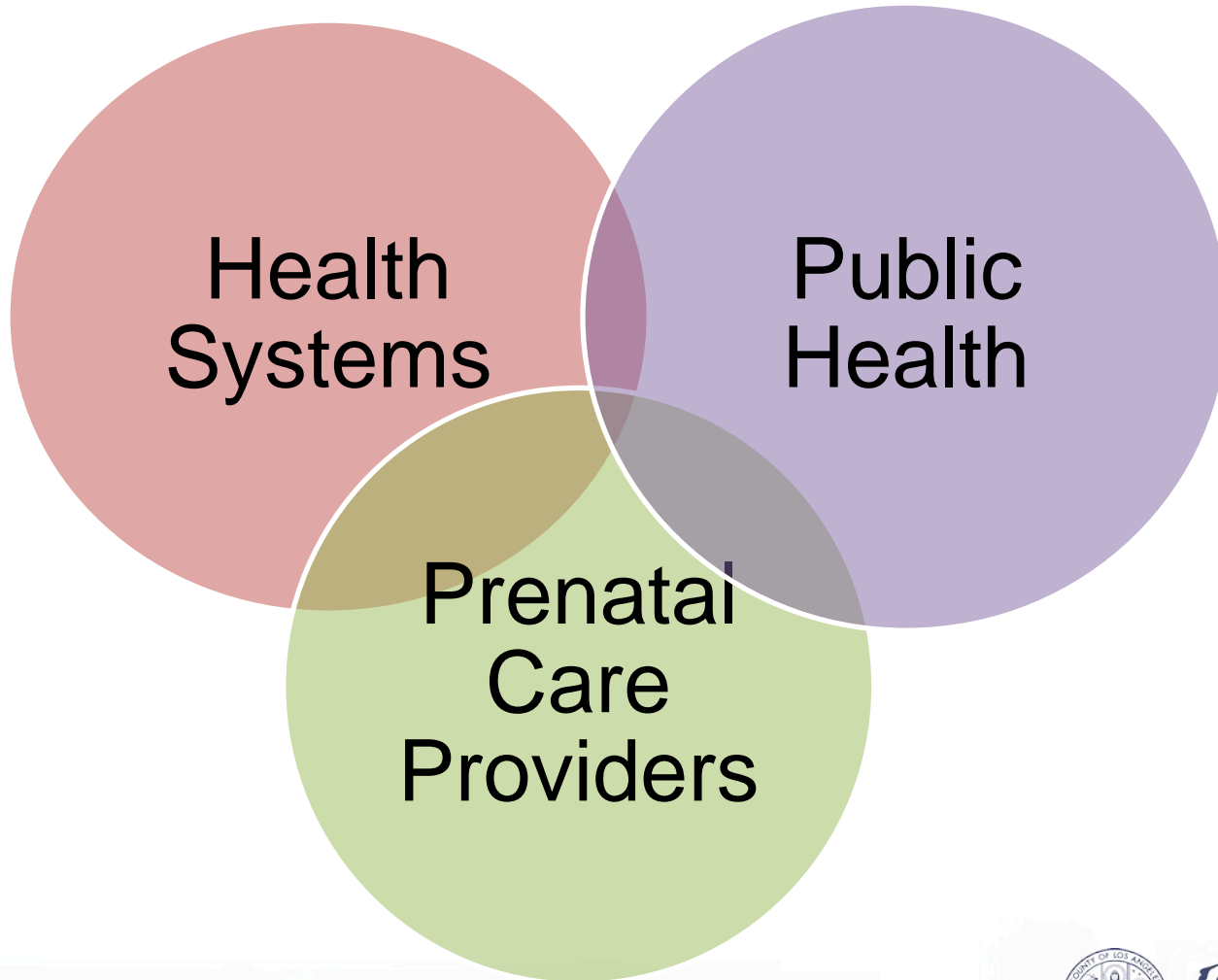
# Provider Opportunities: Congenital Syphilis

- 20%-50% inadequately treated due to provider error
- 10% cases preventable with third trimester screening

**Congenital Syphilis in Los Angeles County, California: Understanding the Outbreak** Susie Baldwin, MD, MPH; Monica Munoz, PHN, MPH; Aineeh Montano, PHN; Raquel Fernandez, PHN; and Ryan Murphy, PhD, MPH



# Shared Vision: Prevent Congenital Syphilis



# Just the Beginning



- Collaboration
- Maximize health visits
- Improve maternal health and perinatal outcomes





***Thank you!***

***dramos@ph.lacounty.gov***

