



Doing Better Together to Equitably & Innovatively Advance Reproductive Health and Healthcare

with a Focus on Human Rights, Quality Improvement, and Interprofessional Collaboration

Multiple sessions in 2023 — pick & choose your topics of interest!



Join us for this free program!

Location Via Live Webinar

Date Multiple Dates

Program 12:00 pm–1:00 pm

[REGISTER ONLINE](#)

DESCRIPTION

MAHEC has convened a learning collaborative with the vision to support a Statewide Provider Support Network (SPSN) leveraging the expertise of champions to strengthen the quality of care for people in the pregnant, postpartum, and interconception periods. The learning collaborative's goal is to increase awareness and engage inter-professional collaboration in the provision of maternal health/well-woman care. The learning collaborative is primarily comprised of Family Medicine, Obstetrics & Gynecology, Pediatric, and Nursing professionals as well as related providers from across the six perinatal care regions in North Carolina. To operationalize our efforts for sharing best practices and improving communication amongst providers we are offering a series of continuing education opportunities, as well as technical assistance to bridge the gap between theory and practice to advance family and community health.

PROVIDED BY



SUPPORTED BY



This project was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$10,216,885 with 0% percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRS, HHS, or the U.S. Government.

BUILD YOUR OWN CE

Attend any number of sessions desired — pick and choose your topics of interest! All program dates are streamed on the Webex Platform at 12:00 pm. Participants are encouraged to login at 11:50 am for attendance.

AUDIENCE

Health care providers in the field of sexual and reproductive health

OBJECTIVES

- Examine upstream social determinants, socially structured systems, and their impact on health and health care for people in the pregnant, postpartum, and inter-conception periods.
- Analyze the systemic inequities that restrict the provision of quality reproductive health care for all by centering the experiences of those affected.
- Apply evidence-based strategies for the prevention of maternal morbidity and mortality in in-patient and out-patient settings.
- Illustrate equitable quality improvement strategies to improve access, provision, and continuity of maternal health and well-woman care.
- Demonstrate knowledge, skills, self-efficacy, and intent to use evidence-based practices applicable to reproductive health service delivery.
- Practice inclusive leadership, communication, and inter-professional collaboration to improve perinatal care experiences, especially for people with high-risk pregnancy outcomes and chronic diseases complicating pregnancy.

MAHEC assumes permission to use audio, video, and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

SESSIONS

Trans Health 201: A More In-Depth Exploration of Gender Affirming Care

Wednesday, January 25, 2023 | 12:00–1:00 PM

Ivy Hill

This in-depth training is designed for people with foundational knowledge about trans and non-binary issues. It explores case studies to elicit reflection and discussion regarding gender-affirming care scenarios. Furthermore, participants will build skills related to inclusive care practices for transgender and non-binary individuals.

Full Spectrum Doula Care

Wednesday, February 1, 2023 | 12:00–1:00 PM

Sabia Wade

Serious Mental Illness in the Perinatal Period

Wednesday, February 8, 2023 | 12:00–1:00 PM

Anne Ruminjo, MD, MPH

This session will discuss best practices for supporting pregnant and postpartum patients who experience serious mental illness. We will discuss symptomology and treatment options, including practical strategies for primary care and obstetric providers who care for these patients. We will also explore the intersection of serious mental illness and health equity, considering issues such as family planning, working with historically marginalized population groups, and working with patients who have experienced trauma.

Restoring Indigenous Pregnancy Care

Wednesday, February 15, 2023 | 12:00–1:00 PM

Shannon Maloney, PhD

Native American women in the United States (U.S.) experience severe disparities in infant and maternal mortality. Indigenous models of pregnancy care

offer services that may benefit Native American women; however, this healthcare workforce is often misunderstood and unsupported. This talk will discuss the importance of cultural preservation, our team's effort to engage Native American communities in reclaiming Indigenous pregnancy care, and describe the landscape of Indigenous pregnancy care across the United States.

Sleep in the Peripartum Period

Wednesday, February 22, 2023 | 12:00–1:00 PM

Karen Saxer, CNM, MSN, &

Susan Myers, MS, PMHNP-BC, ANP

This session will provide information and guidance for healthcare professionals regarding sleep in the perinatal period. We will discuss the effects of pregnancy and postpartum changes on sleep, how to detect and assess sleep problems, and methods to treat sleep problems during pregnancy and while breastfeeding (pharmacological and nonpharmacological). Additional topics include sleep education and lifestyle considerations.

AWHONN's Respectful Maternity Care Framework- Creating Mindshifts to Lead Equitable Change

Wednesday, March 1, 2023 | 12:00–1:00 PM

Shawana Burnette, DNP, RNC-OB, NEA-BC, CLNC

This discussion will give an overview of how leader rounding led a nursing leader to get involved on a national level to help create resources and tools to impact change related to equitable care. As a member of the AWHONN evidenced-based group, the leader will share tips on leading efforts to implement mind shifts to impact inequities in healthcare. An overview of the Respectful Maternity Care Framework, Practice Guidelines, and Toolkit will help guide the discussion.

HAVE A QUESTION?

Program Planner

Elle Lynch, MPH

828-259-5075 | elle.lynch@mahec.net

Registration Phone

828-257-4475

Registration Fax

828-257-4768

Online Registration

www.mahec.net/cpd



Special Services

828-257-4403

Email

registration@mahec.net

Mail

MAHEC Registration
121 Hendersonville Road
Asheville, NC 28803

FACULTY

Shawana Burnette DNP, RNC-OB, NEA-BC, CLNC, CCE, is an enthusiastic transformational leader with over 18 years of nursing leadership experience and 20 years of OB experience in the nursing profession. She has a strong passion to grow leaders, impact patients' experiences, and build solid teams to drive outcomes. She is an advocate for equitable care for all and has surged her passion by getting involved with AWHONN's efforts to impact the culture of Respectful Maternity Care (RMC) as a member of an evidence-based group to develop the framework and toolkit for the RMC initiative. Shawana serves her community as a member of the Women's Advisory Board for Mecklenburg County and as an executive board member of the Queen City National Black Nurses Association as the healthcare policy liaison.

Ivy Hill (they/them) is the Community Health Program Director at the Campaign for Southern Equality. Their work is largely focused on providing training for medical providers around trans health issues, doing research on the barriers trans people face in accessing medical care, and building grassroots programs to circumvent those barriers.

Shannon Maloney, PhD, Mohawk, has been researching and evaluating programs and policies that affect women and children for over 10 years. She is passionate about empowering women and mothers in health decision-making so that they can make their best choices to protect the optimal health for their children and themselves. Dr. Maloney's work utilizes a life course perspective and respectful care framework

that emphasizes the assets and capabilities of women and children.

Susan Myers, MS, PMHNP-BC, ANP, is a psychiatric nurse practitioner in the UNC Chapel Hill Women's Mood Disorders Program and a member of the NC MATTERS psychiatric consultation team.

Anne Ruminjo, MD MPH, is an Associate Professor in the Department of Psychiatry at the University of North Carolina at Chapel Hill. Her clinical interests focus on the treatment of mood and anxiety disorders in the perinatal period. She began her academic career in women's mental health as an attending psychiatrist at Georgetown University Hospital (Women's Mental Health program) in 2011. In her current role at UNC, she cares for women in her outpatient clinics, the UNC Perinatal Psychiatry Inpatient Unit (PPIU), and as a consultant to primary care providers within UNC and the state of NC via the NC Maternal Mental Health MATTERS program. She is actively involved in teaching psychiatry residents and medical students through organized didactics and supervision of clinical care.

Karen Saxer, CNM, MSN, is a Certified Nurse-Midwife with more than 20 years of experience. Her interests include midwifery care, public health, and the integration of behavioral health into perinatal care. She is passionate about furthering care that is patient-centered, evidence-based, and holistic.

Sabia Wade is a doula and educator as well as the executive director and CEO of Birthing Advocacy Doula Trainings.

CREDITS

Continuing Medical Education

Accreditation: Mountain Area Health Education Center (MAHEC) is accredited by the North Carolina Medical Society (NCMS) to provide continuing medical education for physicians.

Credit Designation: MAHEC designates this live activity for a maximum of **1.0** per session AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure Statement: MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

Physician Assistants: AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits[™] from organizations accredited by ACCME or a recognized state medical society.

Physician Assistants may receive a maximum of **1.0** hour per session of Category 1 credit for completing this program.

1.0 Nursing Contact Hour per Session

Mountain Area Health Education Center (MAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend the entire activity to receive credit.

CEUs: MAHEC designates this live continuing education activity as meeting the criteria for **0.1** CEUs per session as established by the National Task Force on the Continuing Education Unit.

Contact Hours: MAHEC designates this live continuing education activity as meeting the criteria for **1.0** contact hour per session.



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REGISTRATION FORM

Updated contact information Event #70246

Name _____

Credentials _____

Occupation _____

Email Address _____

Home Address _____

City _____ State _____ ZIP _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ ZIP _____

Work County _____

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Please remove me from the MAHEC mailing list

CHOOSE YOUR DATE(S):

January 25, 2023 February 15, 2023

February 1, 2023 February 22, 2023

February 8, 2023 March 1, 2023

Send completed registration to: MAHEC Registration
121 Hendersonville Road, Asheville, NC 28803

Fax completed registration to: 828-257-4768

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