

Creating Connections to Improve Perinatal Care in WNC

Addressing Region One Maternal Health Needs

Two Live Webinars:
March 16, 2021 | April 12, 2021



Join us for these free programs!

LOCATION	Join via Live Webinar
SESSION ONE PROGRAM	Wednesday, March 3, 2021 6:00 pm–7:00 pm
SESSION TWO PROGRAM	Tuesday, March 16, 2021 6:00 pm–7:00 pm
SESSION THREE PROGRAM	Monday, April 12, 2021 6:00 pm–7:00 pm

[CLICK HERE TO REGISTER](#)

DESCRIPTION

MAHEC, through the Perinatal/Neonatal Outreach Coordinator Program (PNOC), has developed a webinar series that aims to address the needs of the prenatal practices and providers in Perinatal Region One. This webinar series will focus on the main educational needs identified through the two needs assessment surveys conducted in the region. The topics that will be covered are substance use disorders in pregnancy, maternal mental health, and evidence based practice updates. The intention of this series is to provide didactic material and resources specific to Western North Carolina.

MAHEC engages in evaluation activities to better understand the impact of our programs. By registering for this course, you agree that we may use your personal information in evaluative research regarding this program. Any reports published will be de-identified and reported in aggregate format.

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.

AUDIENCE

PA, NP, MD, DO, CNM, RN, and any other interested health care professionals.

OBJECTIVES

- Apply quality improvement initiatives at the provider and practice level.
- Demonstrate comprehension of relevant updates in OB/GYN evidence-based practices.
- Connect and collaborate with other regional prenatal care providers regarding ACOG best practices, regional SUDs, and maternal mental health resources.

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.

Nurse Practitioners: MAHEC designates this continuing education activity as meeting the criteria for **1.0** contact hour per session.

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.

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

HAVE A QUESTION?

Contact the Program Coordinator

Brushell Solórzano, MPA

brushell.solorzano-romero@mahec.net or 828-348-3631



Special Services

828-407-2108

REGISTRATION INFORMATION

828-257-4475

FAX REGISTRATION

828-257-4768

ONLINE REGISTRATION

www.mahec.net/cpd

EMAIL

registration@mahec.net

MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803

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SESSIONS

Perinatal Substance Use Disorders 101

Wednesday, March 3, 2021 | 6:00–7:00

Melinda Ramage, MSN, FNP-BC, CARN-AP

Substance use disorders in pregnancy are a major national public health concern. The rates of opioid use disorders (OUDs) are rising significantly and disproportionately in rural, southern women. This course provides an outline of the basics of substance use disorders/addiction and how they differ in women and during pregnancy, as well as information on medication assisted therapy (MAT) in pregnancy and postpartum needs/barriers for continuation of care. Resources specific to Western North Carolina will also be discussed.

Coping with Perinatal Anxiety: Strategies for ensuring patients get access to quality mental health care

Tuesday, March 16, 2021 | 6:00–7:00

Mary Kimmel, MD

Anxiety during the pregnancy and postpartum periods is thought to be even more common than perinatal depression, but it is rarely diagnosed and treated. Increased stress regarding employment, securing childcare, and access to resources in light of the COVID-19 pandemic have made the problem even more salient for health care providers and their patients. In this session, providers will learn practical skills for helping perinatal patients who are struggling with stress and anxiety, including brief intervention tools, medication management, and securing appropriate mental health resources in their region.

Management of High Risk Pregnancy in Primary Prenatal Care

Monday, April 12, 2021 | 6:00–7:00

Lisa Carroll, MD

FACULTY

Melinda Ramage, MSN, FNP-BC, CARN-AP, is the Medical Director and Co-Founder of Project CARA (Care that Advocates Respect, Resilience, and Recovery for All). Project CARA provides comprehensive substance use treatment within a high-risk obstetrical care program at the Mountain Area Health Education Center (MAHEC) and has served over 700 patients since its inception in 2014. This program works with the direct support of a team of community partners that include comprehensive mental health, outreach programs, and hospital care services.

In addition to co-founding Project CARA, Ramage is a public speaker and clinical educator on perinatal substance use treatment, opioid use disorders, as well as prevention and awareness efforts in Western North Carolina and across the state.

Mary Kimmel, MD, is an Assistant Professor, Medical Director of NC Maternal Mental Health MATTERS program, and Co-Director of UNC's Perinatal Psychiatry Program.

The NC Maternal Mental Health MATTERS program provides education and support to frontline providers in the care of their pregnant and postpartum patients through screening, assessment, and treatment of stress, anxiety, depression, and other behavioral health disorders. Dr. Kimmel's research studies the relationship of the microbiota-gut-brain axis, stress reactivity, and tryptophan/serotonin metabolism. She focuses on how these affect pregnancy and the postpartum period in relation to the development of maternal depression and anxiety and the child's psychological development.

Lisa Carroll, MD, is a Maternal-Fetal Medicine Specialist. She joined the MAHEC Maternal-Fetal Medicine division in 2020 after completing Medical School at the University of North Carolina, Ob/Gyn Residency at Boston Medical Center, and MFM Fellowship at the University of California, Irvine. Throughout her training and career, Dr. Carroll's clinical and research interests have been guided by her commitment to social justice and equity for marginalized populations.

Dr. Carroll specializes in providing care for women who are 'at risk' and considering pregnancy, or those who are experiencing 'high-risk' or complicated pregnancies for a variety of reasons. Dr. Carroll sees patients who are undergoing diagnostic or therapeutic procedures such as comprehensive ultrasound, chorionic villus sampling and genetic amniocentesis. She also consults with patients who have medical and surgical disorders coincident with or prior to pregnancy, which includes heart disease, chronic hypertension, diabetes/other endocrinologic disorders, kidney/gastrointestinal diseases, and infectious diseases. Otherwise healthy women who may require these services are those whose pregnancies are at markedly increased risk for adverse outcomes, such as those with abnormal serum screens, multiple gestations, recurrent preterm labor, premature rupture of membranes or growth abnormalities of the fetus. Dr. Carroll considers it a great privilege to walk with women through questions and complications that arise in pregnancy in effort to achieve the healthiest possible outcomes for women and their growing families.

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REGISTRATION FORM

Updated contact information.

NAME _____

CREDENTIALS _____

SOCIAL SECURITY # XXX-XX- ____ ____ ____ ____ (last 4 digits required)

OCCUPATION _____

EMAIL ADDRESS _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME COUNTY _____

HOME # _____ WORK # _____

EMPLOYER _____

DEPARTMENT _____

EMPLOYER'S ADDRESS _____

CITY _____ STATE _____ ZIP _____

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Please remove my name from the MAHEC mailing list.

CHOOSE YOUR DATE(S):

March 3, 2021

March 16, 2021

April 12, 2021

Send completed registration form to:

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MAHEC Registration

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