

## Appendix D. Resources for Postpartum Care

### 1. Diabetes

#### **North Carolina recognized diabetes prevention programs:**

<http://www.cdc.gov/diabetes/prevention/recognition/states/NorthCarolina.htm>

CDC website with information about the National Diabetes Prevention Program, with a list of organizations in North Carolina that are recognized diabetes prevention programs.

#### **Diabetes Self-Management Education Programs:**

[http://diabetesnc.com/partner\\_DERP.html](http://diabetesnc.com/partner_DERP.html) Contact [info@diabetesnc.com](mailto:info@diabetesnc.com) to locate programs.

Website provides background on the establishment of the Diabetes Education Recognition Program. General information on how the program functions in order to promote Diabetes Self-Management Education throughout North Carolina is available.

### 2. Postpartum Depression

ACOG Committee Opinion No. 453, Screening for Depression During and After Pregnancy (February 2010), describes recommended depression screening tools in the perinatal setting

ACOG webpage for Perinatal Depression Initiative, including links to screening tools and a comprehensive [Perinatal Depression Toolkit](#) from ACOG District II:

<http://www.acog.org/About-ACOG/ACOG-Districts/District-II/Perinatal-Depression-Initiative>

Depression screening tools:

- **Edinburgh Postnatal Depression Scale:** <http://www.rikshandboken-bhv.se/Dokument/Edinburgh%20Depression%20Scale%20Translated%20Gov%20Western%20Australia%20Dept%20Health.pdf>
- **Postpartum Depression Screening Scale (PDSS) :**  
<http://www.mededppd.org/pdss.asp> and  
<http://www.wpspublish.com/store/p/2902/postpartum-depression-screening-scale-pdss>
- **Patient Health Questionnaire (PHQ-9) :** [http://www.mededppd.org/phq9\\_main.asp](http://www.mededppd.org/phq9_main.asp)
- **Center for Epidemiologic Studies Depression Scale (CES-D) :**  
<http://www.mededppd.org/cesd.asp>

All tools are available in Spanish; several, including Edinburgh and PHQ-9, are available in other languages. Each has a different scoring methodology.

For an example of a referral and management protocol based on the Edinburgh Postnatal Depression Screen, please see [UNC postpartum depression screening](#).

**North Carolina LME/MCO Screening, Triage and Referral (STR) lines** by county:  
<http://www.ncdhhs.gov/mhddsas/lmeonblue.htm>

**North Carolina Perinatal Mood Disorders Clinic and Inpatient Facility** is located at UNC Healthcare in Chapel Hill, NC. They accept referrals from across the state for perinatal mood disorders. There is also 24-hour on-call psychiatric care available at UNC Healthcare for emergency referrals.

- a. UNC Crisis Psychiatry Service: M-F 8-4:30: 919-966-2166 or 919-966-5217
- b. Perinatal Mood Disorders Clinic: 919-966-5217
- c. After hours: Call 919-966-4131 and ask for Psychiatry on call team.

### 3. **Reproductive Life Planning and Contraception**

CDC reproductive life planning worksheet for providers:

<http://www.cdc.gov/preconception/documents/rlphealthproviders.pdf>

Worksheet with questions regarding patient's plans for having children in the future and related questions/topics to discuss based on patient responses.

CDC reproductive life planning worksheet for patients:

<http://www.cdc.gov/preconception/documents/reproductivelifeplan-worksheet.pdf>

Reproductive life planning webinar:

<http://www.slideshare.net/COREGroup1/escarne-interconception-panel>

Association of Reproductive Health Professionals method match interactive tool:

<http://www.arhp.org/methodmatch/>

Patient resources section of website allows comparison of multiple birth control methods to facilitate decision-making about contraception. Information is provided on specific pages for each method.

**Contraceptive Choice Project** <http://www.larcfirst.com/> Web-based training modules for providers and counselors with a focus on patient contraceptive choice and access to long-acting reversible contraception. Includes downloadable slidesets for contraceptive training and reproductive health counseling training, as well as patient education resources and materials.

**Bedsider:** Bedsider.org <http://bedsider.org/> is an online birth control support network for women 18-29 operated by [The National Campaign to Prevent Teen and Unplanned Pregnancy](#), a private non-profit organization. Bedsider's goal is to help women find the method of birth control that's right for them and learn how to use it consistently and effectively.

**Bedsider for providers** <http://providers.bedsider.org/>: Website with free materials and tools to healthcare offices, clinics, classrooms, and health centers. Bedsider is a tool for women to learn about their birth control options, better manage their birth control, and in the process avoid getting pregnant until they're ready.

**CDC Medical Eligibility Criteria (MEC)** for contraception:  
[http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception\\_Guidance.htm](http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/Contraception_Guidance.htm)  
CDC website with information for providers regarding contraceptive criteria.

CDC patient guide to contraceptive effectiveness:  
[http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/PDF/Contraceptive\\_methods\\_508.pdf](http://www.cdc.gov/reproductivehealth/UnintendedPregnancy/PDF/Contraceptive_methods_508.pdf);

US Department of Health and Human Services contraceptive fact sheet:  
<http://www.womenshealth.gov/publications/our-publications/fact-sheet/birth-control-methods.pdf>

Summary of different contraceptive methods, including information on how each works, failure rates, and frequently asked questions.

#### 4. **Tobacco Use**

**NC Quitline:** 1-800-QUIT-NOW (1-800-784-8669)  
Provides free telephone counseling 7 days a week, 24 hours a day.

**NC Provider Quitline Webpage:** <http://quitlinenc.com/health-professionals/screening-brief-intervention>

Website to make referrals and access additional provider resources including tools, counseling methods, referral forms, and references to assist with tobacco use screening and intervention.

#### 5. **Breastfeeding**

The **Baby-Friendly Hospital Initiative** is a joint initiative of UNICEF and the World Health Organization to certify birth centers which employ all ten steps to successful breastfeeding. These steps must be met and maintained in order for hospitals and birthing centers to receive Baby-Friendly designation.

<http://www.babyfriendlyusa.org/about-us/baby-friendly-hospital-initiative/the-ten-steps>.

Hospitals in North Carolina that are "Baby Friendly": <http://www.babyfriendlyusa.org/find-facilities/designated-facilities--by-state>.

**The Carolina Global Breastfeeding Institute at UNC-Chapel Hill** assists hospitals in moving through the Ten Steps and also offers provider training: <http://cgbi.sph.unc.edu/>

**WIC** is a safety net resource that provides education, lactation consultants, breastfeeding peer counsellors (86 counties), and breast pumps to breastfeeding WIC participants. Consult the NC WIC County Directory <http://www.nutritionnc.com/wic/director.htm> for contract information for local programs.

**UNC lactation** has on-call lactation consultants 7 days a week (1-866-428-5608) and a breastfeeding clinic staffed by lactation consultants and obstetric providers for women with breastfeeding concerns.

[https://ncwomenshospital.org/Assistance%20Programs/breastfeeding\\_LC](https://ncwomenshospital.org/Assistance%20Programs/breastfeeding_LC)

**ZipMilk** provides zip code specific lactation support services: <http://zipmilk.org/>

List of lactation support services by zip code available in the area by type, such as medical professionals, WIC breastfeeding coordinators, and support groups.

## 7. **Healthy Lifestyle**

**Eat Smart Move More Weigh Less:** NC DHSS offers a 15-week online group class (also available in person in select counties): \$225 for 15 sessions, with discounts for NC teachers and members of the State Health Plan. Computer needed. <https://esmmweighless.com/>

Eat Smart Move More NC meal planners and activity logs:

<http://www.eatsmartmovemorenc.com/MealPlannerAndActivityLogs/MealPlannerAndActivityLogs.html>

**Weight Watchers:** <http://www.weightwatchers.com/plan/index.aspx>

Weight loss program is available online and in-person.

**USDA My Plate** materials: <http://www.choosemyplate.gov/>

Available resources include information on food groups, weight management, physical activity, and healthy eating, trackers, printable materials, and other tools.

Consider a lifestyle prescription pad. For a customizable example:

[http://www.eatsmartmovemorenc.com/PrescriptionPads/Texts/big5\\_prescript\\_pad.pdf](http://www.eatsmartmovemorenc.com/PrescriptionPads/Texts/big5_prescript_pad.pdf)

Interactive pdf that can include provider's information on top of prescription pad along with information such as a class or workshop on bottom section.