



Postpartum Care for Parents

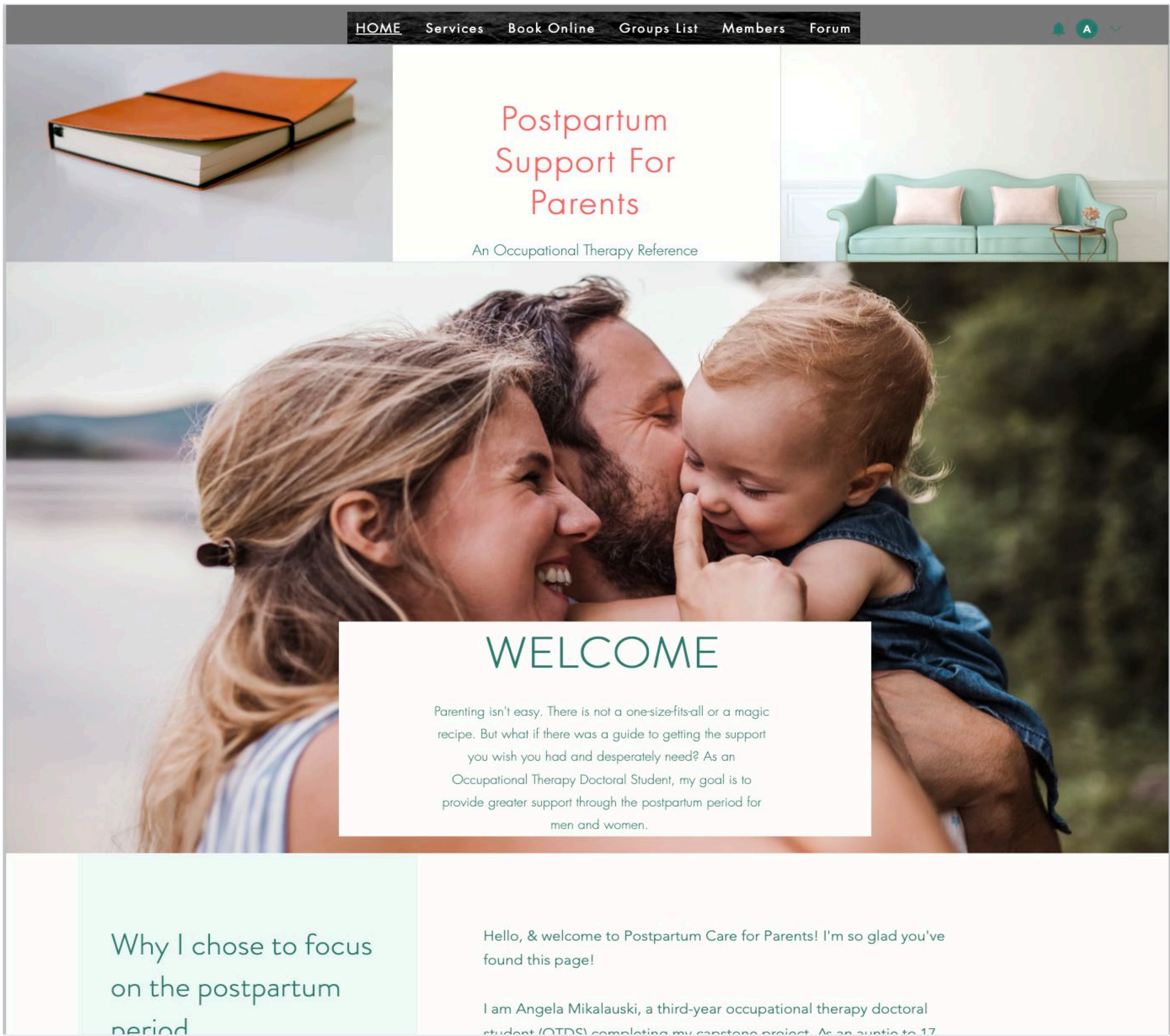
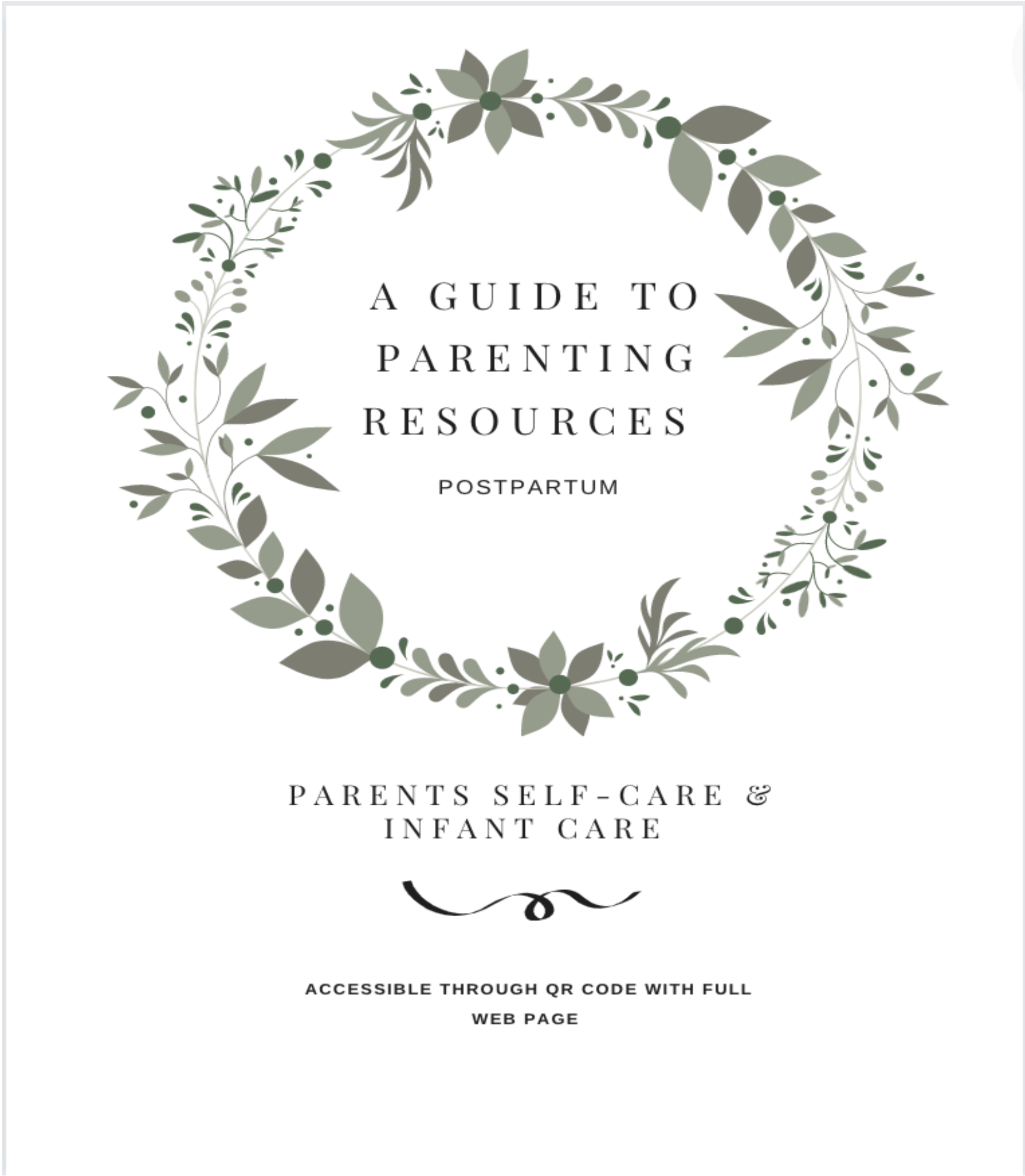
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Project Description & Sites

Areas of Study: (1) Advocacy (2) Education
Population: (1) Parents & new parents, (2) interprofessional teams of postpartum care
Sites: Huntington University
Description: My doctoral capstone project has focused on developing a guide to parenting resources for parents in the postpartum period. During my project, I created five sustainable resources (5), they are: the completed guide, a recorded presentation explaining the guide, a website, a YouTube channel, and a handout with a QR code linking to the website. Through these resources, parents can feel supported and have access to tools that will enhance their perception of their role as parents, as well as their well-being.



Needs Assessment | Literature Review

Needs assessment: Researching evidence-based, peer reviewed/meta-analysis literature covering the postpartum period and recovery protocols, interviews with professionals and parents to identify gaps
Literature Review: Fahey et al., (2013, p.613 & 616), states “Despite these calls, the health of women during the postpartum period remains a neglected aspect of health care that has been the subject of comparatively little research, policy, and clinical attention. Because of this high prevalence of unaddressed health concerns, the postpartum period has been referred to as a time of “hidden morbidity”. Creating this guide to parenting resources was my way of attempting to advocate for the population of parents, provide support, and start to make a change in the medical community through utilizing my skills and understanding in the occupational therapy process.

Christ | Scholarship | Service

“Because of the Lords great love, we are not consumed, for his compassions never fail.” – **Lamentations 3:22**
“And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.” – **Philippians 4:7**

Project Completion and Outcomes

Outcome Measure 1: The student will develop a postpartum parenting guide resource with the intent of increasing parent self-efficacy and perceived quality of life as they encounter challenges in their varying roles.
❖ **Related learning objectives:** interview a minimum of 2 professionals for postpartum care, an outline of the guide, create a webpage to host the guide, complete a minimum of 3 CEU courses for postpartum, the completed guide, & a published guide to the website for sustainability.
Outcome Measure 2: The student will advocate for the postpartum population by presenting on information learned through the development process of the postpartum parenting guide resource to the appropriate target population(s).
❖ **Related learning objectives:** Recorded presentation & components & feedback survey

Mission & Vision Statements

❖ **Project Mission Statement:** To provide parents with postpartum resources for the purpose of equipping families with skills to adapt to role acquisition challenges.
❖ **Project Vision Statement:** To facilitate self-efficacy in parents throughout the postpartum period through the guide to parenting resources as a tool with the intent to develop lifelong independence in parents for managing role acquisition and self-care balance.

Deliverables

- ❖ Q & A interview transcripts
- ❖ Parenting guide outline & completed copy & screen shot of webpage posting
- ❖ Completion of 3 CEU courses
- ❖ Handout with website QR code & advertisement for presentation
- ❖ Recorded presentation
- ❖ Infographic for occupational therapy in the postpartum period

4.1 Million
Infant deliveries/year

Ideal future OT specialty in postpartum care would include:

- ✓ OT screenings in hospital before discharge, and at baby well visits to address needs of mother
- ✓ Establish: drop-in clinics for parents & babys, virtual education (e.g., eHealth resources/videos), print materials specific to population of parents, & Telehealth services



Future Implications for OT

Impact on OT: creating a pathway for myself and other future practitioners to enter the nontraditional scope of postpartum care with evidence-based proof of benefits through health promotion and preventative care.
Impact on my career: My capstone has solidified my passion to help parents, families, and children. The creation of the guide to parenting resources was the beginning of a framework for continuing parent education and resource compilation. Throughout my project, I found myself thinking, “if I had this guide at the beginning, I’d know exactly what to do next”. This gained specialized knowledge from my capstone will guide me toward future advocacy opportunities.



KEY REFERENCES

*Full reference list and image reference list available upon request