

Connecting Pregnancy

A Healthy Pregnancy Influences a Lifetime

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Background

Apple Tree Maternity in Nelson BC is a health care team that consists of midwives and family physicians who share similar values in providing pregnancy, birth and newborn care. The team works together to provide education and support to their clients from pre-conception to six weeks postpartum. Apple Tree utilizes a form of prenatal education called Connecting Pregnancy that allows women to form supportive relationships with other women experiencing similar life changes.

Plan

- Retrieve feedback from past participants and facilitators regarding teaching methods utilized through current Connecting Pregnancy curriculum
- Review literature to support the creation of new learning activities by ensuring evidence-based practice
- Present our findings and suggestions to the facilitators of Connecting Pregnancy

Objectives

- Identify current limitations within the teaching methods utilized
- Ensure evidence-based practice by utilizing current research and literature to inform our suggestions of additional activities
- Incorporate a variety of teaching methods to suit the diverse learning needs of the participants

Issue

The midwives at Apple Tree Maternity recognized the need to revitalize their group prenatal care curriculum to provide facilitators with a variety of teaching methods and activities to meet the dynamic learning needs of Connecting Pregnancy group participants.

Outcomes

- Provide one or two alternative teaching methods and activities for each identified topic within the curriculum
- Facilitators will be better equipped to provide versatile and adaptable prenatal education in a group setting