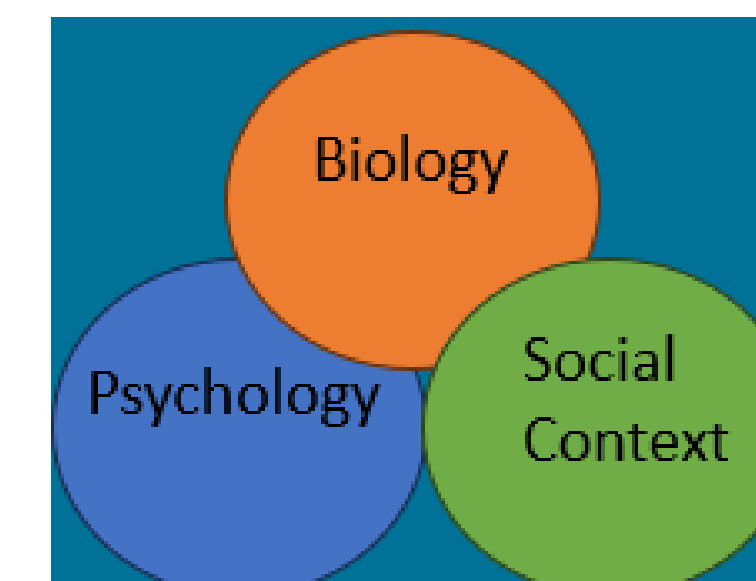


Addressing Physical, Emotional, and Social Needs in High-Risk Pregnancy

Joshua Fontaine, OTD/S; Emerson Hart, PhD, OTR/L; Michael Falcon, OTD, OTR/L, MHA; Eydie Shimote, MA, OTR/L
Hawai'i Pacific University, Doctor of Occupational Therapy Program, Honolulu, Hawai'i

Introduction

- Pregnancy is a life changing experience that comes with many changes to social roles, quality of life, mental health, relationships, etc. (Wójcik, Aniśko, & Siatkowski, 2024).
- Antepartum patients may experience complications in their pregnancies that lead to early hospitalizations and increase their risk in physical, emotional, and social health. (Gazmararian et al. 2002; Templeton, 2024)
- Kapiolani Medical Center for Women and Children, the community partner for this project, treats these patients experiencing early hospitalization due to high-risk pregnancy
 - The focus of OT treatment sessions revolves around addressing physical health challenges impacting engagement in ADLs and a simple exercise program with Thera putty after and grip and pinch strength evaluation.
- Needs assessment findings:** Limited resources to address other patient needs, limited postpartum resources, limited time to work with patients



Methods

Frame of Reference: Selection of Biopsychosocial model as FOR based on research of needs of the patient population.

Needs Assessment: Collection of results from needs assessment for therapists and patients to understand needs for project development

Feedback Loop: Using feedback from team and patients, developed clear and concise pamphlet of resources

- Each week, presented pamphlet to therapy team and patients to receive feedback on elements to add/remove
- Developed side resources for therapy team to use in conjunction with pamphlet for more in-depth treatments
- Used FOR to stay goal oriented throughout project development

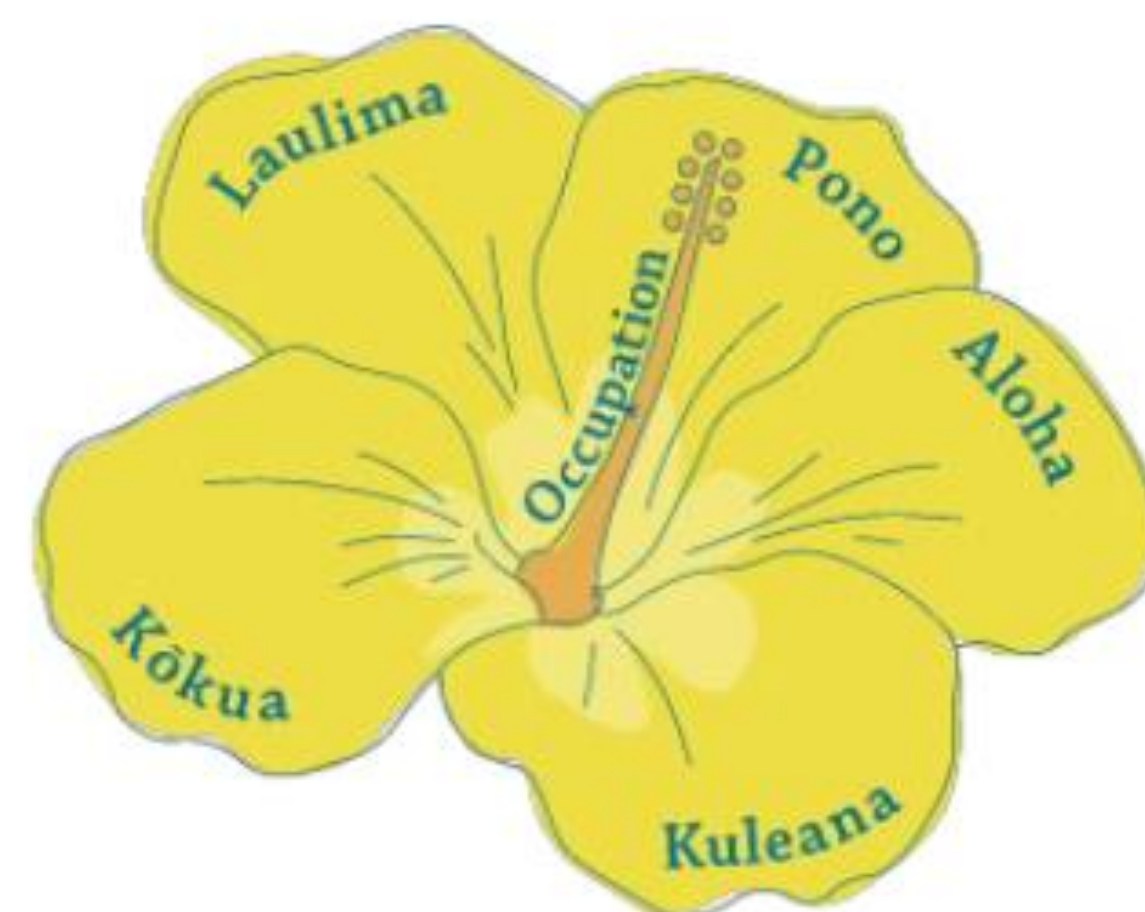
Results/Outcomes



Project Description

- This project is focused on improving and providing more depth to the OT evaluation and treatment session with high-risk pregnancy patients.

- Laulima:** Shared OT-patient effort in using the resource meaningfully



- Kokua:** Creating supportive tools for patients and staff.

- Kuleana:** Taking responsibility for holistic, evidence-based care.

- Pono:** Providing culturally grounded, ethically aligned resources.

- Aloha:** Compassionately centering care on patient needs.

Purpose/Aims

Purpose: To develop an OT based intervention pamphlet that addresses the physical, emotional, and social health needs of high-risk antepartum patients and can be easily integrated into existing therapeutic practice.

Aims:

- Applicable and easy to implement in current routine
- Ensure content is easy for patients to understand and use independently
- Provide Resource for therapy team to address biopsychosocial needs of patient
- Improve patient access to ante/postpartum support resources

Discussion

Outcomes: Provided large pool of resources along physical, emotional, and social domains of health.

- Easily printable handout that is easy to use with patients
- Updated evaluation documentation to account for emotional and social health

Project Significance: Provided opportunity for deeper depth to treatment discussions

- Able to be implemented seamlessly into therapists' current routine
- Allows for patient empowerment to request specific support based on their personal needs
- Resources are designed specifically for the Kapiolani Hospital patients and therapy team

Limitations: Better suited for first time parents

- If patients are reserved, difficult to get in depth discussion with only 1 treatment

References



Project Description

Always available to answer questions as needed.

- This project is focused on improving and providing more depth to the OT evaluation and treatment session with high-risk pregnancy patients.

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- Aloha: Cultivating the spirit of understanding and humility to develop a project focused completely on the needs of the site
- Kuleana: Using theory to address the patients needs holistically, focused on addressing all occupational concerns
- Pono: Uphold culturally responsive work and provide resources related specifically to the Hawaii Community
- Kokua: Addressing the needs of the therapy team and the patients to understand and create something valuable for them
- Laulima: Advocate for each therapists and patients' individual qualities and values with a flexible project to be used in each person's unique way

