Supporting Pregnant and Postpartum Patients

Comprehensive Guide Including General and Louisiana-Specific Resources



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Disclosure:

I have no relevant financial or non-financial relationships to disclose.

There are no conflicts of interest related to the content of this presentation.



Objectives

- Review support resources for pregnant and postpartum patients
- Understand local, state, and national programs
- Explore tools for addressing social drivers of health
- Highlight lactation and parenting resources



Social Drivers of Health (SDoH)

- Includes housing, food security, transportation, income
- Affects maternal and infant health outcomes
- Screen and refer in prenatal care settings





Local Resources

- Community health centers and WIC offices
- Home visiting programs (e.g., Parents as Teachers)
- Faith-based and community parenting groups
- Louisiana Parent Line: 1-833-LA-CHILD



State Resources

- Louisiana WIC Program: nutrition, breastfeeding support
- LaMOMS Pregnancy Medicaid
- Maternal Mental Health Hotline: 1-833-943-5746
- Postpartum Support International LA: 1-800-944-4773



National Programs

- HRSA Maternal and Child Health Bureau
- CDC maternal health tools and campaigns
- SAMHSA mental health/substance use helplines
- Postpartum Support International (nationwide)



Lactation Support Services

- Louisiana Breastfeeding Coalition resources
- WIC peer counselors and free pumps
- Hospital-based lactation consultants
- La Leche League and Baby Café groups





Parenting Education Resources

- Parenting classes through hospitals and PAT
- Louisiana Parent Line support
- Home-visiting programs: PAT, Early Head Start
- Online parenting helplines and videos



Integrating Resources into Practice

- Screen for SDoH and mental health routinely
- Refer to appropriate programs and track follow-up
- Partner with local orgs: WIC, PAT, LBC, PSI
- Document support in care plans



Louisiana Resources: Nutrition & Pregnancy Support

- Louisiana WIC
- Nutrition, breastfeeding, food support, apps, free pumps
- Contact: 1-800-251-BABY | louisianawic.org

- Pregnancy Medicaid (LaMOMS)
- Coverage during pregnancy, delivery, and 60-day postpartum
- Contact: 1-877-455-9955 | liftlouisiana.org



Louisiana Resources: Lactation Support

- Local Breastfeeding Groups
- LLL, Baby Café, Café au Lait, NOLA Moms Club
- Contact: louisianabreastfeeding.org



Louisiana Resources: Home Visiting & Education

- Home Visiting & Classes
- PAT, hospital-based prenatal/breastfeeding classes
- Contact: wellaheadla.com

- Family Connects (NOLA)
- Free nurse visits + supply kits
- Contact: Ask OB provider at Touro or Ochsner



Louisiana Resources: Care Coordination & Statewide Programs

- Healthy Blue 'New Baby, New Life'
- Case management, care coordination
- Contact: 844-521-6942 | provider.healthybluela.com

- HRSA-funded LA MMH/SUD
- Statewide mental health/substance use provider support
- Contact: mchb.hrsa.gov





Discussion and Q&A

- What resources are available in your region?
- Share referral practices and challenges
- Ideas for improving access and patient outcomes



Resource Links

- Louisiana WIC Program EBT for Women, Infants, and Children
- LaMOMS | Louisiana Department of Health
- Louisiana Parentline Prevent Child Abuse
- Welcome to Parents as Teachers Parents as Teachers
- Maternal Health Topics Family Connects New Orleans (FCNO) - City of New Orleans
- National Maternal Mental Health Hotline | MCHB
- Louisiana Chapter of Postpartum Support International



Resources

- Home Louisiana Breastfeeding Coalition
- Homepage | WIC Breastfeeding Support
- Pregnancy and women's health | Healthy Blue Louisiana Medicaid

