

Ramkumar Jayagopalan, MD

Ramkumar Jayagopalan has been in pediatric primary care for over 20 years, currently practicing at Carolina Pediatrics in Columbia. He completed his medical school in India, completed his masters at the University of Louisiana Lafayette, and finished his pediatric residency training at Cook County Hospital in Chicago, IL.

In addition to being a practicing pediatrician, he has been the medical director for the Quality Through Innovations in Pediatrics (QTIP) quality improvement initiative since 2019. He also serves on the South Carolina Chapter of the American Academy of Pediatrics (SCAAP) leadership team. Other responsibilities have included being the foster care liaison for SCAAP and serving in the foster care advisory committee for the South Carolina Department of Social Services.

His special interests are in childhood obesity, mental health and adverse childhood experiences. He is married with two children and his hobbies include tennis, running and writing.



Shiann Bradley



Shiann Bradley is from Denmark, SC. She has a bachelor's degree in biology with a minor in chemistry. Her master's degree is in clinical operations and healthcare management. She is currently the program director for the SCDHHS QTIP initiative.

Among her other experiences include, but are not limited to, ER scribe, ENT call center manager, contact lens technician and director of research and evaluation in the cancer division for the South Carolina Department of Public Health.



The 4th Trimester: ***A Focus On The Mom and Baby Dyad***

Ramkumar Jayagopalan, MD

Shiann Bradley, MSHS

QTIP

SCDHHS

Who?



- 13 practices participated
- Project focuses:
 - Postpartum depression screening
 - Physical health warning signs
 - Staff/provider education
 - Mom's referrals
 - Safe sleep focus/book distribution

FOCUSING ON THE MOM AND BABY DYAD

KICK-OFF SESSION: SEPTEMBER 11, 2024
@ 7:30am & 12:30pm

Support your patients and their families in this new chapter!

Learn how having important conversations with parents about their 4th trimester experiences, parenting and caring for their newborn can help ensure a happier and healthier life for the families you serve!

Use this QR code to register your practice for the workshop!



CONTENT FOCUS:
Postpartum Depression
Postpartum Physical Warning Signs
Relational Health
Home Visiting

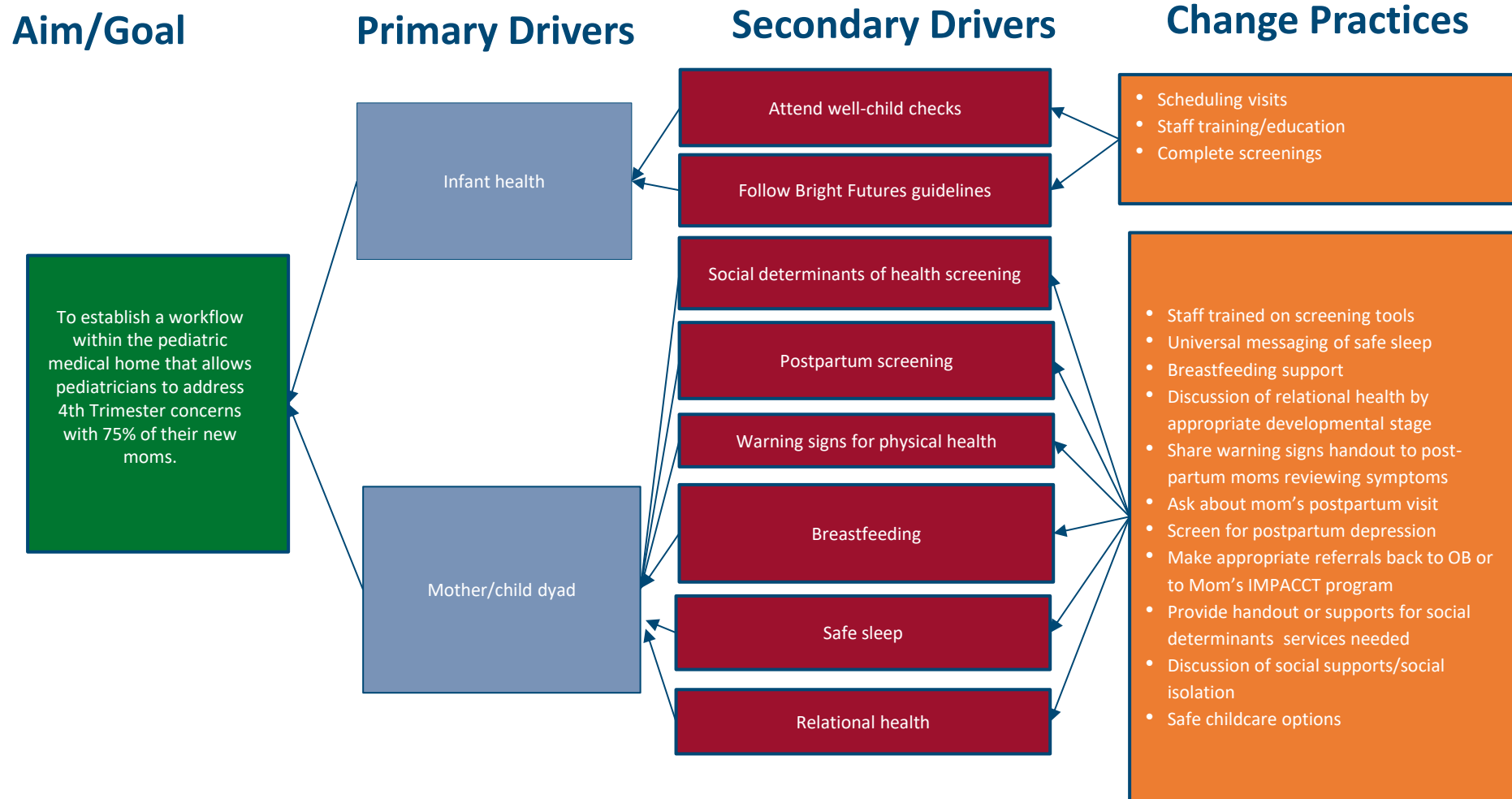
LEARN HOW TO: Establish a workflow within the pediatric medical home that allows pediatricians to address 4th Trimester



Why?

- In 2020, the South Carolina pregnancy-related mortality rate was 32.3 deaths per 100,000 live births compared to a national average of 23.8 in 2020.
- Black women were 4.2 times more likely to die than white women in South Carolina. In that same year, 94.4% of pregnancy-related deaths were deemed preventable, compared to 81.8% in 2019 and 75% in 2018. **Among pregnancy-related deaths, 51.6% occurred between seven and 365 days postpartum.**
- In March 2022, SCDHHS announced it was [extending Medicaid coverage from 60 days to 12 months postpartum](#) for women who qualify for Medicaid coverage because they are pregnant.
- In fall 2023, QTIP hosted a safe sleep workshop to address the growing concern with safe sleep.
- For 2024-2025, QTIP is focusing on the 0-36 months age range, with an emphasis on the mother/child dyad.

Key Driver Diagram – Fourth Trimester Workshop



Workshop Sponsored by Molina

- Molina is providing practices with safe sleep books that you can distribute to children ages 0 – 12 months.
- **Expected delivery:** by midpoint call on 10/16- please plan accordingly
- Resources
 - Patients
 - Office

What is prenatal care and why is it important?
Prenatal care is the care you get while you are pregnant. What you do during your pregnancy will affect the health and well-being of your baby – even after birth. Regular prenatal visits help your provider check how your pregnancy and baby are doing.

Be your best during your pregnancy

- Schedule and keep all prenatal appointments
- Don't drink alcohol
- Don't smoke
- Eat healthy
- Take your vitamins
- Rest and avoid heavy lifting
- Get a flu shot
- Talk to your provider about:
 - Family planning
 - Breastfeeding versus bottle feeding

FREE benefits Molina offers to eligible and qualifying members:

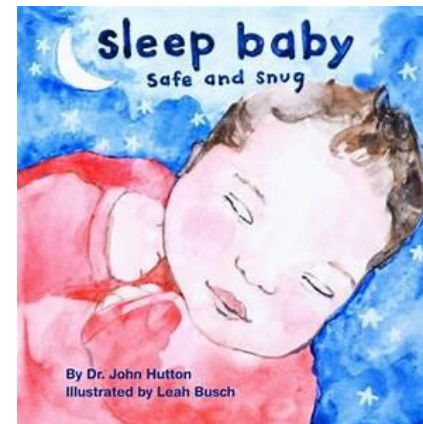
- Breast pump**
Prior authorization is required
- Carseat**
Eligible members can receive a free carseat after completing six prenatal visits with their provider
- Rewards**
 - Pregnancy rewards
 - Well-child visit rewards
 - Childhood immunization rewards
- 24/7 Nurse Advice Line**
Nurses are available 24/7 for questions you may have during your pregnancy or with your newborn
- Pregnancy Program**
Molina has a special program for pregnant women. This program will help you get the education and services needed for a healthy pregnancy

If you have questions about these or other programs offered by Molina, call Member Services at (855) 882-3901.
To find out if you can become a Molina member, call Healthy Connections Choices at (877) 552-4442.

What is postpartum care and why is it important?
Postpartum is the period of time after the birth of your baby when your body is changing back to normal. Scheduling a postpartum appointment with your provider is important to make sure your body has recovered from pregnancy and birth and that there are not any problems. Remember to schedule an appointment with your provider as soon as possible after your baby is born.



MOLINA HEALTHCARE Healthy Connections



Baby Steps with Molina

Finding out you're pregnant is special. We know you want to do everything you can to give your baby the best start in life. We're here to help.

Molina offers FREE benefits to eligible members:

- Breast pump**
Prior authorization is required
- Carseat**
Eligible members can receive a free carseat after completing six prenatal visits with their provider
- Rewards**
 - Pregnancy rewards
 - Well-child visit rewards
 - Childhood immunization rewards
- 24/7 Nurse Advice Line**
Nurses are available 24/7 for questions that you may have during your pregnancy or with your newborn
- Pregnancy Program**
Molina has a special program for pregnant women. This program will help you get the education and services needed for a healthy pregnancy
- Mom's Meals**
Home-delivered meals for pregnant and postpartum mothers who complete a telephonic health screening*

*Up to 3 weeks of meals

Any questions?
To learn more about Molina's benefits and services, call (877) 385-3884
If you'd like to become a Molina member, call Healthy Connections Choices at (877) 552-4442.

MolinaHealthcare.com

3005FLMHCEN 2/2022

MOLINA HEALTHCARE Healthy Connections

QTIP Data Collection Via Practice Survey

Practice	QTIP Practices		
Survey	1- Baseline	2-Midpoint	3-Final
Q1: Staff trained on screening tools	 2	 2	 2
Q2: Practice provides safe sleep messaging	 1	 2	 2
Q3: Provide education on updated AAP safe sleep guidelines for 0–12 months	 2	 2	 2
Q4: Provide Safe Sleep Book at designated visit	 1	 2	 2
Q5: Discuss parent-child relational health by developmental stage	 1.4	 1.7	 1.5
Q6: Discuss/share safe childcare options during first year	 1	 1	 0.9
Q7: Discuss & document family strengths at every health visit	 0.9	 0.9	 0.9
Q8: Use standardized screener for postpartum depression	 1.4	 1.5	 1.7
Q9: Screen partner with EPDS at 6-month visit	 0.2	 0.1	 0
Q10: Provide handouts on postpartum warning signs & complications	 0.3	 1	 1.3
Q11: Discuss social support/isolation with moms until baby is 6 months old	 0.8	 1.2	 1.5
Q12: Ask new moms about postpartum visit	 0.6	 1.4	 1.4
Q13: Consistent method to track and follow up on immediate concern	 0.7	 0.9	 1.1
Q14: Share referral resources for positive postpartum depression screens	 1.8	 1.8	 2
Q15: Track shared referral resources and follow-up for positive screens	 0.7	 1.2	 0.9
Q16: Make referrals to OB/IMPACTT for postpartum care	 0	 0.3	 0.5
Q17: Track referrals to the MUSC IMPACTT program	 1.4	 1.1	 1.8
Q18: Make referrals to early intervention programs	 2	 2	 2
Q19: Track referrals to early intervention programs	 0.9	 1.4	 1.4
Q20: Provide/link families to lactation support/resources	 2	 2	 2
Q21: Track referrals to lactation support/resources	 1.2	 1.1	 1.1
Q22: Designated breastfeeding area in the clinic	 0.8	 1.1	 1.1
Total	24	28	29

Practice Implementations

What our practices put in place...

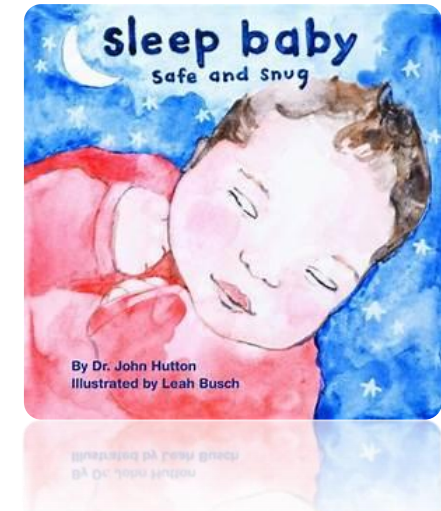
Expanding Edinburgh Postnatal Depression Scale Screening

What our practices put in place...

Mom's Physical Warning Signs



Connecting Mom With Resources



Staff Education

Other Projects

Safe sleep

Addressing social determinants of health needs

Breastfeeding

Promoting a safe childcare home

Continuing The Work

- Improving Maternal and Infant Health: Increasing Access to Care in Rural South Carolina
- Recommendation: Care Delivery #3
 - Encourage medical providers who traditionally take care of infants (pediatricians, family medicine physicians, etc.) to participate in a pilot program to evaluate the health outcomes and cost savings associated with educating and screening postpartum moms for health conditions. Explore billing for dyadic services to better address the health needs of moms and babies.

