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# The Role of an Obstetric Navigator in Supporting the Pregnant Adolescent

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## BACKGROUND

- Evidence suggests adverse neonatal outcomes are more likely in adolescent pregnancies.
  - Increased risk to deliver low birthweight and preterm newborns
- 4.5% of births at our academic Magnet<sup>®</sup> facility in eastern PA are to adolescent mothers.
- Programs and support services designed for pregnant adolescents are important in improving obstetrical outcomes among adolescents.
- Patient navigators have been identified as a way to bridge gaps in care across healthcare disciplines.
  - Additional research is needed to determine if navigators can help improve outcomes among pregnant adolescents.

## PURPOSE

Demonstrate how an obstetric navigator acts to improve neonatal outcomes by functioning as an integral member of the team caring for pregnant adolescents.

## METHODS

- Interviewed and hired an obstetric navigator in July 2018 to reach out to pregnant adolescents within the network at predefined intervals
- Provided services including:
  - Facilitating education
  - Connecting to community resources
- Conducted a retrospective chart review of 13,835 obstetrical patients to determine rates of adolescent, preterm, and low birthweight deliveries pre and post implementation of the obstetric navigator role.

## MEASURES

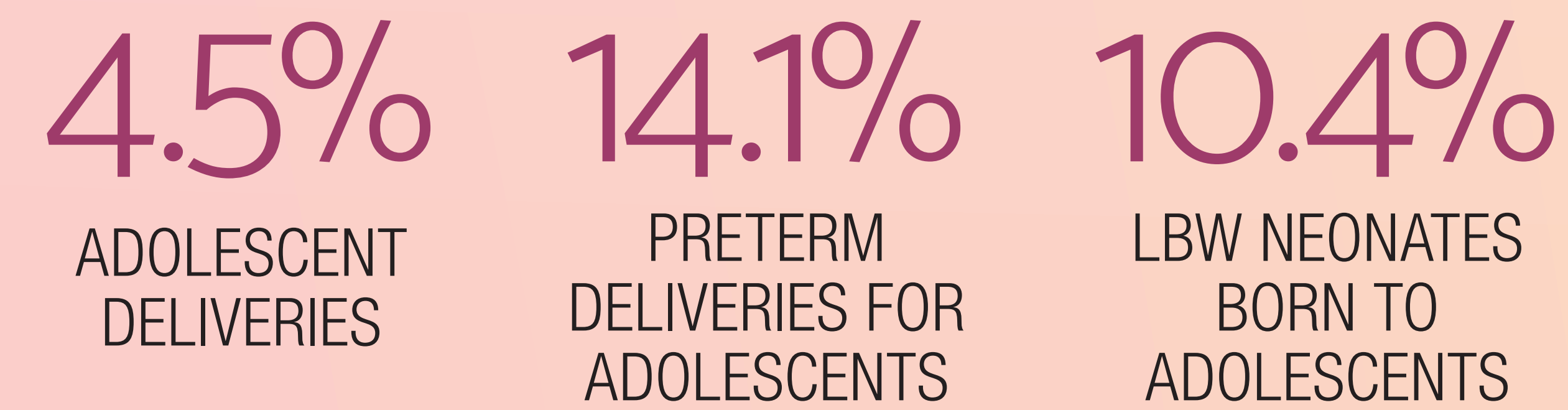
- Preterm delivery – Neonate delivered at < 37 weeks gestation
- Low birthweight (LBW) – Neonate delivered at greater than 37 weeks gestation with a birthweight < 2500 grams

## RESULTS

PRE-IMPLEMENTATION: JULY 2016 – JUNE 2018



POST-IMPLEMENTATION: JULY 2018 – APRIL 2019



## DISCUSSION

### PROJECT LIMITATIONS

- Number of adolescent deliveries post project implementation was small (n=192).
- Obstacles presented regarding time and protected health information.
- Unable to establish a difference between the implementation of the OB navigator and outcomes.
- Future study is needed to review project results over time and establish if a correlation exists with outcomes.

## IMPACT OF OB NAVIGATOR

### ORGANIZATIONAL

- OB navigator now a full-time position at LVHN – Involved in the care of all first-time pregnant patients.

### COMMUNITY/PATIENT BENEFICIARIES

- OB navigator developed strong community connections and resources for patients.
  - Reached out to 262 pregnant adolescents between July 2018 and June 2019
  - Provided 459 resources to pregnant adolescents
- Positive feedback received about OB navigator role from patients, nursing staff, providers, and community partners.

## LEADERSHIP JOURNEY

Leaders need to build a strong team and understand how others can help support their vision.

It is difficult to effectively lead, achieve goals, and realize a vision without the support of those on the team.

Challenges are inevitable. Learning to overcome obstacles builds strength and resiliency.

The leadership journey is dynamic and ongoing. Leaders effectively adapt to changes and accept new challenges.

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