

Perinatal Community of Practice Engagement Event

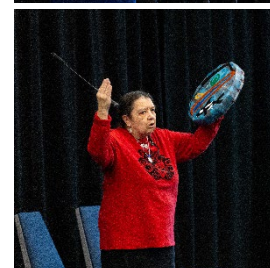
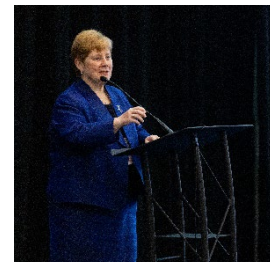
March 1, 2024 | 8:00pm–4:00pm | Sheraton Vancouver Wall Centre



The Perinatal Community of Practice (CoP) Steering Committee held an in-person event to join physicians, nurses, midwives, Ministry staff, and others in discussing perinatal care in BC and to foster relationships between professionals working toward a common goal. Below is a summary of the day's events:

Introduction and territorial acknowledgements

- Dr Shelley Ross, family physician and co-chair of the Perinatal CoP Steering Committee, and Dr Julie Wood, OB/GYN and co-chair of the Perinatal CoP Steering Committee, spoke about the importance of perinatal care, set out the objectives for the day, and gave opening remarks to the group.
- Elder Syexwáliya from Sk̓wx̓wú7mesh Úxwumixw (Squamish Nation) led the group through a traditional opening and prayer.
- Dr Ahmer Karimuddin, Doctors of BC's president, gave opening remarks, speaking specifically to his past experiences working with the JCCs and communities of practice. He emphasized the importance of working together to improve the quality of health care throughout the province.



Working with unseen wounds: trauma-informed care for the perinatal population, whether or not you know their trauma history

- Hillary McBride, PhD, RPsych presented on trauma-informed care, discussed what trauma is, the various shapes in which it presents itself, the timeline for pre-natal, perinatal, and post-natal trauma, and shared anecdotes about dealing with traumatic experiences during the maternity care journey.

- She described how, when trauma-informed care is the standard of care, all care becomes transformative care: protective, corrective, and empowering.
- She listed what she described as trauma-informed care guidelines:
 - Safety
 - Trustworthiness and transparency
 - Peer support
 - Empowerment, voice, and choice
 - Collaboration and mutuality
 - Cultural humility and responsiveness



Resilience in practice: working with unseen wounds

- Brian Evoy facilitated group discussions with guiding questions such as:
 - What helps build resilience in providers/administrators/patients?
 - What could a community of practice do to help strengthen our ability to provide care/support to patients?
 - What has inspired or motivated you to concentrate your efforts on perinatal issues?
 - Think of a moment as a patient and/or family member when you have felt see/heard?
 - How has that informed your practice/approach to your work?



Patient stories – the post-partum journey

- The group watched a PowerPoint presentation including patient stories and describing the post-partum journey.

Introduction to the booths

- Brian Evoy introduced the presentation booths out in the hall and encouraged participants to visit them and learn about the work each group does to contribute to perinatal care in BC.
- The group then stepped back in the room for lunch and networking.



Rebuilding post-partum care

- Brian Evoy introduced three panelists:
 - Allison Ellier – Public Health Registered Nurse
 - Tobi Reid – Registered Midwife
 - Dr Brenda Wagner – OB/GYN
- The three panelists listened to case studies and gave their thoughts on how they would approach each situation based on their varying professional and personal experiences.
- The panelists shared some comments, questions, and answers at the end of the discussion.

Optimizing perinatal care

- The group once again broke up into groups and shared a tabletop discussion on optimizing perinatal care, with the guiding questions of:
 - What would optimal perinatal care where you live, practice, and work look like?
 - With your vision in mind, how could the CoP help to get closer to this vision in the upcoming year?

Closing remarks

- Drs Shelley Ross and Julie Wood took the stage again and wrapped up the event with closing remarks.

Evaluation

- The event was attended by over 100 participants including family physicians, specialists, nurses, midwives, and other attendees involved in perinatal care.
- 26 participants completed the evaluation:
 - All 26 respondents agreed that the event met its stated learning objectives.
 - On a 1-5 scale, respondents gave an average score of 4.5 when asked if the event allowed for ample opportunities to connect and communicate with colleagues and other health system partners.
 - On a 1-5 scale, respondents gave an average score of 4.58 when asked if they were satisfied with the event overall.
- Comments included:
 - “The networking was pivotal to my work with the most vulnerable birthers in the perinatal population.”
 - “This was fantastic and kudos to organizers. I learned much from all presenters and am grateful for the opportunity to attend.”
 - “I found the key speaker’s presentation pivotal, as well as the connections made with colleagues.”

Resources

All resources shared at the event can be accessed through the Shared Care [website](#).