

**March of Dimes
Texas Chapter Grants Program
APPLICATION COVER SHEET - 2013**



Applicant Organization:		Texas Tech University Health Sciences Center					
Address:	3601 4 th St.						
City:	Lubbock	State:	Texas	Zip:	79430		
Website:	http://www.ttuhsoc.edu/						
Main Phone:	806-743-2961	Fax:					
Executive Director:	Linda McMurry	Phone:	806-743-2961				
Email:	Linda.mcmurry@ttuhsoc.edu						
Project Coordinator:	Michelle Hunter	Phone:	806-743-9393 ext. 401				
Email:	Michelle.hunter@ttuhsoc.edu						
Project Title:	Stork's Nest						
Project Goal:	To improve birth outcomes through access to prenatal care and education						
Location(s) of Proposed Services:	Region 1, Lubbock and surrounding counties						
Target Population: (Include race/ethnicity)	Low income pregnant women. 60% Hispanic, 20% Caucasian, 10% African American, 10% other						
Please indicate the positive impact that the project will measure and report on: <input checked="" type="checkbox"/> Increase in knowledge <input checked="" type="checkbox"/> Behavior change <input checked="" type="checkbox"/> Improved birth outcomes <input type="checkbox"/> Other _____							
Total unduplicated number of people to be served by this project:		750	Cost Per Individual:	\$27.00			
Total Amount Requested:	\$20,000	Year of Funding Requested: (First, Second or Third)		Multi			

Signature/Date

Signature/Date

Name and Title

Name and Title



**BUDGET FORM
2013**

Grant Period From: 2/1/13 To: 1/31/14

Check One: Application Progress Report

Applicant Name: Texas Tech University Health Sciences Center

Project Title: Stork's Nest

BUDGET (see application guidelines for an explanation of allowable/not allowable expenses)	APPLICATION Total Budget	In-Kind Match from Organization (if applicable)	EXPENDED (Progress Rpts Only)
A. Salaries (include name, position, and FTE)			
Camille Carl Stork's Nest Coordinator	13,200		
.475 FTE			
Sub-total A	\$13,200.00		\$0
B. Expendable Supplies			
Office Supplies	3020.00		
Printing	1000.00		
Pregnancy Test Kits	500.00		
Sub-total B	\$4,520.00		\$0
C. Other Expenses/Fees			
Phone and Internet	2280.00		
Sub-total C	\$2280.00		\$0
TOTAL AMOUNT REQUESTED	\$20,000.00		\$0

Signature - Executive Director Date Signature - Director of Operations Date

Please round figures to the nearest dollar and check budget totals.



Project Title: Stork's Nest
 Applicant: Texas Tech University Health Sciences Center Grant Amount: \$20,000
 Contact: Linda Mc Murry
 TO SUPPLEMENT (check one): Application 6 Month Report Year-End/Final Report
 Page: 1

Project Objectives (please number)* Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 1 Enroll 600 pregnant women in the Stork's Nest program in the Lubbock site.		02/13 - 01/14	600	
Baseline: January-August 2012, 464 new participants have enrolled				
EVALUATION METHOD: Track new registrations using registration form				
1. Activity: Provide free pregnancy tests to 250 women	Coordinators	02/13- 01/14	250	
2. Activity: Continue partnerships with community based organizations and participation in the Lubbock Perinatal Coalition	TTUHSC and MOD Staff, PSC Members	02/13- 01/14		
3. Activity: Distribute Stork's Nest program information and referral forms monthly at community health fairs, community bulletin boards, through DHS and WIC offices. Information and referral forms will be made available to community partners at every March of Dimes Program Services Committee meeting.	Coordinators, TTUHSC and MOD Staff, PSC Members			

Project Objectives (<i>please number</i>)* Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 2 Enroll 150 women in the Stork's Nest program from rural communities.		02/13-01/14	150	
Baseline: January-August 2012, 128 new participants have enrolled EVALUATION METHOD: Track new registrations using registration form				
1. Activity: Continue education classes in Levelland	Coordinator, Community Facilitators, MOD and TTUHSC Staff	02/13-01/14		
2. Activity: Distribute Stork's Nest information packets and class schedules in rural hospitals and at community events	Coordinator, MOD and TTUHSC Staff, PSC Members	02/13-01/14		
3.				

Project Objectives <i>(please number)*</i> Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 3 Recruit at least 50% of Stork's Nest registered participants to attend Stork's Nest educational classes.		02/13-01/14	50%	
Baseline: January-August 2012, 51% of registered participants have attended at least one class EVALUATION METHOD: Use class sign in sheets to track attendance				
1. Activity: Distribute Stork's Nest class schedules to all who enroll then follow-up with phone calls to remind them to attend classes	Coordinators, Volunteers	02/13-01/14		
2. Activity: Hold six series of Stork's Nest educational classes using the March of Dimes Becoming a Mom curriculum in Lubbock and two series of classes in Levelland	Coordinators, MOD and TTUHSC Staff, Facilitators	02/13-01/14		
3. Activity: Provide 2 series of classes in Spanish using the Comenzando bien curriculum for Spanish-speaking only clients at Community Health Center of Lubbock.	CHCL Facilitators	02/13-01/14		

Project Objectives (<i>please number</i>)* Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 4 Demonstrate healthy pregnancy knowledge change in 85% of class evaluation responses		02/13- 01/14	75%	
Baseline: January-August 2012, 91% of responses demonstrated knowledge change EVALUATION METHOD: Track responses from class participant evaluation forms				
1. Activity: Ensure that all class participants complete the Participant’s Evaluation Form after each class	Facilitators	02/13- 01/14		
2. Activity: Track the number of “yes” responses to the question, “Did you learn anything new in this session?”	Coordinators, MOD and TTUHSC Staff	02/13- 01/14		
3. Activity				

Project Objectives (<i>please number</i>)* Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 5 Demonstrate intent to change behavior in 70% of class evaluation responses		02/13-01/14	70%	
Baseline: January-August, 2012 70% of responses indicated intent to change behavior				
EVALUATION METHOD: Track responses from class participant evaluation forms				
1. Activity: Ensure that all class participants complete the Participant's Evaluation Form after each class	Facilitators	02/13-01/14		
2. Activity: Track the number of "yes" responses to the question, "Did anything in this session convince you to do something specific for your health, or the health of your baby?"	Coordinators, MOD and TTUHSC Staff	02/13-01/14		
3. Activity				

Project Objectives (<i>please number</i>)* Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 6 Provide preconception information to 150 women who test negative for pregnancy		02/13-01/14	150	
Baseline: January-August 2012, have provided information to 121 women who have tested negative EVALUATION METHOD:				
1. Activity: Provide March of Dimes I Want My 9 Months, Folic Acid, and Are You Ready for a Baby brochures to all women testing negative for pregnancy	Coordinators, TTUHSC and MOD Staff, Volunteers	02/13-01/14		
2. Activity: Provide referral information to family planning services to all women testing negative for pregnancy	Coordinators, TTUHSC and MOD Staff, Volunteers	02/13-01/14		
3. Activity				

Project Objectives <i>(please number)*</i> Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 7 Maintain the percentage of African American women participating in Stork's Nest at at least 10%		02/13-01/14	10%	
<p>Baseline: January-August 2012, 17% of participants have been African American. Lubbock has an 8% African American population.</p> <p>EVALUATION METHOD:</p>				
1. Activity: Collaborate with members of Zeta Phi Beta to post and distribute Stork's Nest materials through their churches	Zeta Phi Beta, TTUHSC and MOD Staff, Coordinators	02/13-01/14		
2. Activity: Collaborate with the Center for the Elimination of Disproportionality and Disparities to disseminate Stork's Nest information throughout the community	Center for the E of D&D, TTUHSC and MOD Staff, Coordinators	02/13-01/14		
3. Activity				

Project Objectives (<i>please number</i>)* Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 8 Decrease the percentage of preterm births among women enrolled in the project from 16.3% to 10% as measured by medical records review		02/13-01/14	10% PTB	
Baseline: The Lubbock County average for 2006-2009 is 16.3% preterm. Of outcomes collected from February-August 2012, 8% have been preterm EVALUATION METHOD:				
1. Activity: Encourage participants to attend educational sessions	Coordinators, Volunteers	02/13-01/14		
2. Activity: Provide participants with information on Medicaid and WIC	Coordinators, Volunteers	02/13-01/14		
3. Activity: Collect outcomes data from Delivery Book at UMC	Blan Laymon	02/13-01/14		

Project Objectives (<i>please number</i>)* Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 9		mm/yy - mm/yy		
Baseline: EVALUATION METHOD:				
1. Activity				
2. Activity				
3. Activity				

Project Objectives <i>(please number)*</i> Methods/Activities To Achieve Objectives Outcome Measures	Person/Agency Responsible	Start/End Dates	Number of Individuals Served/Reached/Educated Goal Actual	
EVALUATION OBJECTIVE # 10		mm/yy - mm/yy		
Baseline: EVALUATION METHOD:				
1. Activity				
2. Activity				
3. Activity				

Project Abstract

Texas Tech University Health Sciences Center is applying to the March of Dimes to receive grant funds in order to continue to collaborate with the Lubbock Division-March of Dimes and Zeta Phi Beta Sorority on Stork's Nest.

Stork's Nest participants collect points for attending educational prenatal classes taught using the March of Dimes Becoming a Mom curriculum, keeping their prenatal visits, applying for WIC, applying for Medicaid, and taking their babies for check-ups and immunizations during their first year. Participants then redeem their points for baby items. The prenatal education classes are taught at the Stork's Nest location in Lubbock, Community Health Center of Lubbock (CHCL) and at Covenant Hospital in the rural community of Levelland. The Comenzando bien curriculum is also taught at the CHCL Lubbock site for Spanish-speaking clients.

Stork's Nest is located in a store-front location in central Lubbock on the city bus line. Stork's Nest provides free pregnancy testing which allows us to help women access prenatal care as early as possible. As soon as a woman tests positive for pregnancy Stork's Nest staff and volunteers are able to provide her with information on applying for Medicaid and WIC, accessing other community services such as housing and food assistance and will link her with a prenatal care provider if needed. Those who test negative for pregnancy are provided with March of Dimes information on folic acid, "Are You Ready for a Baby" and "I Want My 9 Months". Women with a negative pregnancy test are also given referral information to family planning services. We aim to enroll 750 women in the program from February 2013-January 2014.

Description

The Stork's Nest program addresses the priority area of improving the health of babies by preventing birth defects, premature birth and infant mortality through the use of education and

incentives. The program includes measurable objectives and promotes equity in birth outcomes. The Stork's Nest program has been in existence in Lubbock since September 2000. Stork's Nest seeks to address problems of low birthweight and prematurity through educating women about how to have a healthy pregnancy and by assisting them in accessing early and regular prenatal care. Prenatal care is vitally important for identifying and addressing medical and other risk factors for low birthweight, prematurity and other infant health problems. From 2006-09 the Lubbock County average for preterm births was 16.3%, and 10.7% of babies were born low birthweight (National Center for Health Statistics, final natality data. Retrieved October 4, 2012, from www.marchofdimes.com/peristats). That is higher than the state average of 13.1% and 8.5% respectively. For white and Hispanic births in Lubbock County the preterm birth rate is 14.5% and 16.4% respectively, with an even larger disparity for African American babies in Lubbock County with 21.7% being preterm. Percentage of women beginning prenatal care in the first trimester in 2009 was 57.7% for Lubbock County overall, near the state average of 59.5%. However, we again see disparities among ethnicities in Lubbock County with 62% of white women beginning prenatal care in the first trimester, but only 44.7% of Hispanic women and 39.5% of African American women.

Stork's Nest is addressing the above needs by encouraging women to receive early and regular prenatal care, by helping them access that care, and by providing them with education concerning how to have a healthy pregnancy and how to recognize the signs of preterm labor should it occur. Stork's Nest is having a positive impact these areas as is outlined in the Evaluation section. From January 1, 2012 through August 31, 2012 Stork's Nest has enrolled 594 clients. By year end we anticipate enrolling over 850. Stork's Nest targets low-income pregnant women, however the program is open to anyone. The majority of Stork's Nest clients

are Hispanic (58% in 2012) followed by Caucasian (20%) then African American (17%). From January 2012-August 2012, 33% of new enrollees were between 13 and 19 years old. Sixty-four percent were between 20 and 34, and 16% were over age 35. Stork's Nest is making a concerted effort to address the problems of preterm labor and premature births with Hispanic clients since they represent the majority of our clientele. Incorporating classes in Spanish at the CHCL location using the Comenzando bien curriculum is one way we are serving the needs of this group. While Stork's Nest sees a good percentage of African American women (Lubbock's African American population is 5%, and currently 17% of Stork's Nest clients are African American,) we plan to maintain that percentage in an effort to better address birth outcome disparities. Zeta Phi Beta members are involved with helping Stork's Nest provide outreach to the African American community, and we are collaborating with HHSC's Center for the Elimination of Disproportionality and Disparities.

In 2012 TTUHSC School of Nursing was awarded a Healthy Texas Babies grant. The primary goal of this grant is to reduce preterm birth and infant mortality by enrolling more pregnant women in the Stork's Nest program. Through the grant we have enhanced the education component providing classes on shaken baby syndrome, SIDS, smoking cessation and enhanced nutrition in addition to the core classes taught using the Becoming a Mom curriculum.

In 2012 we have increased the percentage of participants attending the Stork's Nest educational sessions from 46% in 2010-2011 to 51%. We have increased the number of points available for attending classes in conjunction with the additional incentive items made available through the Healthy Texas Babies grant.

Stork's Nest's aim to increase the number of women receiving early and regular prenatal care so preventable cases of low birthweight, premature birth and infant deaths can be avoided

fits naturally with programs provided by TTUHSC. The Stork's Nest program is managed through TTUHSC's Larry Combest Community Health and Wellness Center (LCCHWC). LCCHWC also houses our Nurse Family Partnership (NFP) program and has developed a partnership with Stork's Nest whereby NFP clients receive points for the education they receive in their homes from the nurse home visitor. The LCCHWC is a federally qualified health center (FQHC) and is located in a medically underserved area of east Lubbock. The mission of the LCCHWC is "to provide comprehensive health services to residents of East Lubbock and surrounding areas; to contribute to the effort to reduce or eliminate health disparities among high risk populations; and to integrate student clinical experiences and faculty practice in effective delivery of health care services". The Stork's Nest mission is closely aligned with that of the LCCHWC and specifically with the goals of the NFP program. The three year collaboration has been beneficial to all.

TTUHSC employs two part-time Stork's Nest coordinators, supervised by Michelle Hunter, Certified Community Health Worker. Amy Johnson-Rubio, March of Dimes Director of Program Services and Ms. Hunter work hand in hand to oversee the project. Dr. Linda McMurry, LCCHWC Executive Director, oversees the entire grant project. Stork's Nest also relies on volunteers including long-time March of Dimes volunteers, Zeta Phi Beta members, and Texas Tech University Health Sciences Center School of Nursing interns.

Stork's Nest has had success in accessing its target population through partnerships with many local organizations. Stork's Nest collaborates with Zeta Phi Beta Sorority-both graduate and undergraduate chapters, March of Dimes, Texas Tech University Health Sciences Center School of Nursing, YWCA, University Medical Center, Covenant Health System, Superior MCO, FirstCare MCO, Amerigroup MCO, Community Health Centers of Lubbock, Texas Tech

University Health Sciences Center-Nurse Family Partnership, Texas Department of Human Services, Texas Department of State Health Services, Early Head Start, Success by Six, the Parenting Cottage, WIC, Managed Care Center for Addiction, Project Apple and the Center for the Elimination of Disproportionality and Disparities. These groups are comprised of professionals willing to refer clients, accept referrals from Stork's Nest, spread the word about the program and provide facilitators to teach the Stork's Nest curriculum. While many clients are referred formally through the aforementioned organizations and health care providers, the majority are referred by word of mouth from friends and family members who have participated in the program. In the 2013 grant period we will publicize the program using new promotional posters and palm cards developed by the March of Dimes and will continue to promote the program through local media, and through participation in community events and health fairs. We regularly provide updated information to clinics, DHS, WIC, and Medicaid managed care organizations.

Project Objectives, Activities and Methods

Progress toward meeting program objectives is monitored through the data collection techniques described in the evaluation section. TTUHSC staff along with March of Dimes staff and volunteers including members of the Program Services Committee and the March of Dimes Board of Directors are kept informed of progress and provide guidance.

Michelle Hunter, Certified Community Health Worker of TTUHSC's LCCHWC and Amy Johnson-Rubio, March of Dimes Director of Program Services in Lubbock are directly responsible for overall program operation. Duties include managing the part-time coordinator, being the liaison with Zeta Phi Beta, seeking external program grants to cover program expenses and recruiting volunteers. One part-time coordinator recruits, trains and recognizes volunteers;

schedules volunteers to work at the Nest; manages a referral network to maintain client base; collects evaluation forms from participants and conducts follow-up surveys; and staffs the Nest. Zeta Phi Beta provides volunteers to the program, assists with Stork's Nest awareness at community events, at health fairs and through their churches, and participates on the Region 1 March of Dimes Program Services Committee. Other community partners oversee the project, seek donations of incentives and other program supplies, seek external program grants to cover program expenses when needed, and review program evaluation reports and recommend implementation changes to improve program outcomes. Other volunteers staff the Nest; sort, display, and distribute incentive items; teach education classes and call to remind participants of education classes. The Region 1 Program Services Committee assists with all aspects of program implementation, recruiting/providing volunteers, and linking with community resources.

Evaluation Plan

We continue to track demographic information, pregnancy information, class attendance, and outcomes. Since the project began, Stork's Nest has been collecting demographic data for each of the participants, tracking number of educational classes attended, and use of the incentive program by participants. After every educational class, participants fill out an evaluation of that class. In 2007 we began tracking knowledge and behavior change of class attendees to better gauge program impact. Participants complete an evaluation after each class that includes a question on whether or not clients learned something new in the session and if the knowledge convinced them to change anything. From January 2012 through August 2012, of the 361 Stork's Nest "Participant's Evaluation Forms" collected, 328 (91%) contained "yes" replies to the following question: *Did you learn anything new in this session?* 254 (70%) contained "yes"

replies to the question: *Did anything in this session convince you to do something specific for your health, or the health of your baby?*

In February we gained access to outcomes data from the delivery book at University Medical Center. The vast majority of Stork's Nest clients deliver at this hospital. Previously we relied on entirely self-reported outcomes data from Stork's Nest participants. Often this was unreliable or we were simply unable to collect it at all. Blan Laymon with Texas Tech Ob/GYN has been granted access to the records, and provides them to Stork's Nest. Ms. Laymon also serves on the March of Dimes Program Services Committee and the Lubbock Perinatal Coalition. An Access data base to track all Stork's Nest process and outcomes data is being developed by a volunteer who is an epidemiologist at DSHS. TTUHSC will continue to assist with data collection and data analysis. Out of 74 birth records collected so far we are pleased report that 92% have been full term. A participant preterm birth rate of 8% is a definite improvement over the Lubbock average of 16.3%. Participants are asked to submit a follow up survey after delivery of their baby. The follow-up survey asks about overall satisfaction with the Stork's Nest program, what they liked best, what they would improve, and whether or not they made lifestyle changes as a result of the classes. Over 95% report satisfaction with the program overall.

Project Impact, Visibility and Sustainability

Stork's Nest is a well-known resource in the community for maternal and child health needs. As a result of the Healthy Texas Babies grant new Stork's Nest promotional materials are being developed by the March of Dimes communications staff. These materials include a palm card and two posters, one with a tear-off pad of Stork's Nest information. Stork's Nest is a signature program of the March of Dimes in Lubbock and as such provides the March of Dimes

much visibility. The program is a true partnership between March of Dimes, TTUHSC and Zeta Phi Beta with all entities afforded involvement and visibility.

Project results are shared with the Lubbock March of Dimes Program Services Committee, March of Dimes Board of Directors, and Zeta Phi Beta members, the Lubbock Perinatal Coalition and the media.

The project has been sustained since 2000 with March of Dimes funding, external grant funding and with funds and incentive items donated through the annual Stork's Nest Baby Shower. We will continue to seek funds from these sources as well as pursuing other avenues of funding as necessary. The Stork's Nest is well-known and supported by the community. We anticipate continued support of fundraising activities.

Budget Justification (\$20,000)

Funds are requested to support one .475 FTE Coordinator at \$13,200, purchase of office supplies including printer cartridges at \$3,020, printing of point booklets at \$1,000, pregnancy test kits (1 year supply) at \$500, and Phone/internet via AT&T at \$2280 (190.00/mo).

From January, 2012-August 2013 the Healthy Texas Babies grant is providing funds for a second Stork's Nest Coordinator, stipends to facilitators of the four enhanced educational classes, and printing of Stork's Nest promotional materials.

Additional needs are met through March of Dimes covering rent and utilities, postage, educational materials, incentive items, class refreshments and other miscellaneous items as needed through a restricted Stork's Nest fund. Funds to cover these expenses are generated through cash donations during the Stork's Nest Baby Shower and through external program grants when applicable.

STORK'S NEST CLIENT FOLLOW-UP FORM

POST-DELIVERY INFORMATION FROM L & D DELIVERY BOOKS

INFORMATION NEEDED	LEGEND OF INFORMATION
Client #	Client #
DOB	(MM/DD/YYYY)
EDC (Estimated Date of Confinement)	(MM/DD/YYYY)
Weeks Gestation @ Birth	# Weeks
Baby's Sex	#1 – Male #2 – Female
Baby's Weight	_____ lb (Pounds) _____ Grams
Baby's Length	_____ Inches _____ cm
Feeding Baby	#1 – Breastfeeding #2 – Bottle Feeding #3 – Both
Delivery Location	#1 – UMC #2 - Covenant #3 – Home #4 – Other Hospital #5 – Ambulance/Car #6 – Other
Complications During Labor or Delivery	#1 – Abruptio/ Rupture/Hemorrhage #2 – CPD (Cephalopelvic Disproportion) #3 – Diabetes Complications (Type 1, Type 2, Gestational) #4 – Failed Induction #5 – Failure to Progress #6 – Fetal Complications #7 – Hypertension/ Pre-Eclampsia/ HELLP Syndrome #8 – Maternal Infection/Chorioamnionitis #9 – Macrosomia/Shoulder Dystocia #10 – Multiple Gestations #11 – Preterm Birth #12 – Previa #13 – Other Complications Not Listed
Baby in NICU	#1 – Yes #2 - No

INFORMATION NEEDED	LEGEND OF INFORMATION
Type of Delivery	#1 – Normal Vaginal Delivery #2 – Forceps Vaginal Delivery #3 – Vacuum vaginal Delivery #4 – C/Section
Was Patient Induced?	#1 – Yes #2 – No
Induction Reason	#1 – Diabetes Complication #2 – Elective Induction (>38 6/7 Weeks) #3 – Fetal Complications #4 – Infection/Chorioamnionitis #5 – Post Dates (40+ Weeks) #6 – Pre-Eclampsia/HELLP Complications #7 – Other Reasons



Stork's Nest



(New Program)

*Striving to Improve the Health
of Pregnant Women
and
Their Babies!*

762-6730

2315 50th ST Ste B.



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Stork's Nest Point System

Pregnant women and parenting families with a child less than **12 months** of age can earn Stork's Nest points by doing things that will help to ensure they have a healthy pregnancy and a healthy baby. Points earned for each type of activity are listed below, and each activity must be recorded and validated on the Point Booklet. If you do not understand how the system works, call the office at **762-6730** for more information.

Education:	Points
Stork's Nest classes (7-10 sessions)	100
Father of baby or other support person attending classes	100
Stork's Nest Graduation	100
Other approved childbirth class	50
Doctor Visits:	
Each prenatal visit	75-150
First visit during first trimester	200
Postpartum visit for mom	75
Well Baby Visits/ Immunizations:	
2-3 week check up	100
2 month check up	50
4 month check up	50
6 month check up	50
9 month check up	50
12 month check up	50

WIC/Medicaid/Title V Sign Up:

WIC sign up	200
Medicaid sign up	100
Title V sign up	100

Miscellaneous:

Nest sign up	200
Lactation training	50
Breastfeeding:	
Up to 4 weeks	25
Up to 3 months	75
Up to 9 months	100
Up to 12 months	150
Home Visits	20
Case Management	20

Dental Visits:

Visit for Mom	100
Visit for Baby	50

You can only earn points from the date of the Stork's Nest sign up. Only one signature per box is accepted. Signatures and dates outside boxes will not be accepted. If booklet is lost/stolen, previous points earned are not valid & new start up date will be given.

What Your Stork's Nest Points Can Buy:

You can use your points to obtain a variety of baby items at the Stork's Nest. All items are based on availability.

50 Points:

Baby Wash (small)	50
Bibs	50
Bottle & Nipple cleaner	50
Burp cloths (small)	50
Fingernail clippers	50
Hair accessories	50
Lotion (small)	50
Mittens	50
Pacifier (2 pack)	50
Q-tips	50
Shampoo (small)	50
Soap (large)	50
Syringe	50
Teething ring	50
Wash cloths	50

What Your Stork's Nest Points Can Buy (Cont...)

75 Points:

Baby books	75
Baby Wipes	75
Bath set (soap, lotion)	75
Blouses/Shirts	75
Bottles	75
Cloth diapers	75
Feeding sets	75
Hats	75
Knitted caps	75
Layette gown	75
Lotion (large)	75
Onesies	75
1 piece outfit	75
Receiving blanket (thin)	75
Stuffed animals	75
Towel & Wash Cloth set	75
2 piece outfits	75

What Your Stork's Nest Points Can Buy (Cont...)

100-250 Points:

Crib Sheets	100
Disposable diapers (all sizes)	100
Headrest	100
Hooded towels	100
Infant shoes	100
Jackets	100
Lotion (medium)	100
1 piece outfit (\$16-20 value)	100
Shampoo (medium)	100
Sleepers	100
T-shirts	100
Nursery care kit	150
Vaporizer	250

125-700 Points:

2 piece outfits (\$21-25 value)	125-150
Diaper bag	250-500
Boppy Pillow	500
Crib Mattress	600
Car Seat	700

1000 Points:

Bouncer	1000
Walker	1000
Swing	1000
Stroller	1000
Monitor	1000
Bassinet	1000
Breast Pump	1000
High Chair	1000
Pack and Play	1000

* Points cannot be transferred. You must redeem points within 45 days of a miscarriage. Your point booklet is valid up until the child is 15 months old. Any unused points cannot be spent after the 15th month. Only approved personnel can validate your booklet.

Stork's Nest Sign Up

Name	Date	Validate	Points
			200

Education (Approved Classes)

Name of Class	Date	Val.	Pts.	Support Person	
				Val.	Pts.
1. You and Your Pregnancy			100		100
2. Prenatal Care			100		100
3. Eating Healthy			100		100
4. Stress During Pregnancy			100		100
5. Things to Avoid			100		100
6. The Big Day			100		100
7. Caring for Your Baby			100		100
8. Postpartum Care			100		100
9. Stork's Nest Graduation			100		100
10. Nutrition Bonus			100		100
11. Shaken Baby Bonus			100		100
12. Back to Sleep Bonus			100		100
13. Smoking Cessation Bonus			100		100
14. Other childbirth class			50		50

*Only one signature per box is accepted. Signatures should not exceed allotted spaces.

Prenatal Doctor Visits

***Validated by doctor or nurse only.**

# Of Weeks Gestation	Date	Validate	Points
1 ST TRIMESTER BONUS			200
8 WEEKS			100
12 WEEKS			100
16 WEEKS			100
20 WEEKS			100
24 WEEKS			75
28 WEEKS			75
30 WEEKS			75
32 WEEKS			75
34 WEEKS			75
36 WEEKS			75
37 WEEKS			75
38 WEEKS			75
39 WEEKS			150
40 WEEKS			150
POSTPARTUM VISIT FOR MOM			75

Approved Home Visits/ Case Management

Assessment	Date	Validate	Points
			50
			50
			50

Stork's Nest Special Events/ Bonuses

Title	Date	Validate	Points
			50
			50
			50
			50
			50
			50

WIC/Medicaid/Text4Baby sign up

Signature	Date	Validate	Points
WIC sign up			200
Medicaid/ Title V sign up			100
Text 4 Baby sign up (Text BABY to 511411 for free tips)			100

Well Baby Visits/ Immunizations Validated by doctor or nurse only.

Signature	Date	Validate	Points
2-3 week check up			100
2 month check up			50
4 month check up			50
6 month check up			50
9 month check up			50
12 month check up			50

Dental Visits

	Date	Validate	Points
Visit for Mom			100
Visit for Mom			100
Visit for Baby			50
Visit for Baby			50

Follow up Form

	Date	Validate	Points
Follow up Form Turned In			300

Questions & Answers about pregnancy



Pregnancy & Newborn Health Education Center

Find information about:

- Preparing for pregnancy
- Pregnancy
- Genetics
- Drug use & environmental hazards
- Related topics

Access the March of Dimes website at
www.marchofdimes.com.

Or en espanol www.nacersano.org.

Breastfeeding

	Date	Validate	Points
Lactation Training			50
Up to 4 weeks			25
Up to 3 months			75
Up to 9 months			100
Up to 12 months			150

***Validated by doctor or nurse only.**

KNOW THE SIGNS OF PRETERM LABOR:

Preterm or premature labor is when you go into labor 3 or more weeks before your due date. This is too early and your baby could be born too soon. Here are the warning signs:

- Contractions every 10 minutes or more often
- Clear, pink or brownish fluid (water) leaking from your vagina
- The feeling that your baby is pushing down
- Low, dull backache
- Cramps that feel like your period
- Cramps with or without diarrhea

For Childbirth Class information call:

Covenant Health System.....725-6667
University Medical Center.....775-8200
(Main number)

Other helpful numbers:

Safe Riders Car Seat Program.....775-2911
To report Medicaid changes.....797-8870
WIC.....1-800-942-3678
Medicaid Office.....744-7632

Other car seat resources:

Safe Riders Car Seat Program.....775-2911
City of Lubbock Health Dept.....775-2940
South Plains Community Action
Spartan Transportation.....894-3800
Texas Dept. of Transportation.....745-4411
Trinity Heartline Storehouse.....788-0500
Injury Prevention Coalition.....745-6486

NOTE:

Every pregnancy is special & every pregnancy is different. Growing a healthy baby is such an important job. It's one of the most important jobs of your life. Everything you put into your body- eat, drink, or breathe- goes to your baby.

- ✓ **Protecting Your Baby**
 - Do not take drugs or medicine without talking to your doctor.
 - Stop bad health habits: alcohol, smoking, or drugs.

- ✓ **Eating Healthy**
 - Pay attention to what you eat.
 - Eat healthy & drink plenty of fluids (6-8 glasses a day).
 - Take a prenatal vitamin every day.
 - Eat 3 regular meals a day or 6 small meals.

- ✓ **Be Kind to Yourself**
 - Being pregnant is an important job and it's hard work. Not everything about it is fun. You can feel lots of stress during pregnancy. So talk about your feelings. Talk to your partner, family or good friends. Talk to your doctor or nurse about how you feel. If you have a question-ask! You have the right to know all about what's happening to your body and your baby so you can do the right things.

TIPS:

- **Keep up with your booklet!**
- **Attend Stork's Nest prenatal classes!**
- **Keep all of your appointments!**
- **Carry your booklet to every regular prenatal visit!**
- **Have your booklet signed when signing up for WIC and Medicaid!**
- **Participate in Stork's Nest special events and opportunities for bonuses!**
- **Have your point booklet signed for every regular well baby visit!**
- **Complete a Stork's Nest follow-up form for additional points!**
- **Most importantly, take care of yourself and your baby!**

Stork's Nest is a national
Cooperative effort of Zeta Phi Beta
and the March of Dimes. Participants
can receive information and referrals to the
hospital of their choice for delivery and
other community resources to meet
individual health and social service needs



Zeta Phi Beta
Sorority, Inc.

march  of dimes®


LARRY COMBEST
COMMUNITY HEALTH &
WELLNESS CENTER
TEXAS TECH UNIVERSITY
HEALTH SCIENCES CENTER



February
2012



STORK'S NEST REGISTRATION FORM

2315 50th St. Suite B, Lubbock, TX 79412

Office: (806) 762-6730 Fax: (806) 796-0405

Instructions to Patient: Please bring this form (signed and completed) with you to the Stork's Nest, and ask to be registered as a Stork's Nest client. **If the form is completely filled out you will earn 200 points.**
OR Instructions to Provider: Please fax this **completed** form ASAP to the Stork's Nest. The client's point booklet will be mailed to her upon receipt of this registration form.

TO BE FILLED OUT BY CLIENT (ALL INFORMATION IS REQUIRED)

ABOUT YOU:

Today's Date: _____

Client's Name: _____ Signature: _____

Address: _____ City: _____ Zip Code: _____

Phone #: _____ Date of Birth: _____ Age: ____ Email: _____

Marital Status: Single: ____ Married: ____ Race/Ethnicity: _____

Education: 8th Grade or Less: ____ Some High School: ____ High School Grad/GED: ____ Some College: ____ College Graduate: ____

ID # (Last 4 digits of social security number required) _____ Is Baby's Father Involved: Yes ____ No ____

ABOUT YOUR PREGNANCY

Delivery Due Date: _____

Pre-Pregnancy Weight: _____ Height: _____ BMI: (Will Be Figured For You) _____

Prenatal Care Provider: _____ Hospital Delivery Site: _____

Current Trimester: 1st (1 to 13 Weeks) ____ 2nd Trimester (14 to 27 Weeks) ____ 3rd Trimester (28 to 40 Weeks) ____

Date Prenatal Care Started: _____ Trimester Prenatal Care Started: 1st ____ 2nd ____ 3rd ____

Number of Previous Pregnancies: ____ Number of Births: ____ Number of Miscarriages: ____ Number of Abortions ____

Number of Previous Preterm Births (Less than 37 Weeks) ____

Number of Previous Low Birth Weight Babies (Less than 5 lb, 8 oz) ____

Prenatal Insurance Coverage: Private Insurance ____ Medicaid ____ CHIP ____ None ____ Other ____

List of **Previous** Pregnancy Complications: Pre-Eclampsia (High Blood Pressure) ____ Gestational Diabetes ____ Trauma ____

Respiratory ____ Kidney ____ STDs ____ Dental Problems ____

Do You (Check if Yes): Smoke ____ Drink Alcohol ____ Use Drugs ____

List of **Current** Pregnancy Complications: Pre-Eclampsia (High Blood Pressure) ____ Gestational Diabetes ____ Trauma ____

Respiratory ____ Kidney ____ STDs ____ Dental Problems ____ Last Dental Check Up _____

Any Loss of a Newborn (first month) Yes ____ No ____ Any Loss of an Infant (32days up to 1 year) Yes ____ No ____

Who referred you to the Stork's Nest? My doctor ____ Flyer ____ Word of Mouth/Friend ____ Other _____

For Stork's Nest Personnel Only
Client ID # _____ Date: _____ Received By: _____

PARTICIPANT'S EVALUATION FORM

Date: _____ Location: _____ Session Topic: _____

1. Overall, how would you rate this session?

- Excellent Fair
 Good Poor

2. Did you learn anything new in this session?

- No Yes If yes, what?
 eat healthier
 exercise more
 danger of alcohol & drugs
 other _____

3. The information was: easy to understand
 hard to understand

4. The session was: too short
 too long
 just right

5. The leader: (check all that apply)

- was lively was hard to follow
 was boring knew the topic well
 did not know topic well other: _____

6. Did anything in this session convince you to do something specific for your health, or the health of your baby?

- No
 Yes
If yes, what will you do? _____

7. What did you like most about the session?

8. What did you like least about the session?

Stork's Nest Client Follow-Up Form

Date turned in: _____

Congratulations on your new baby! Please come back to visit us at the Stork's Nest so we can celebrate and help you keep earning points as you take care of your baby. It is very important that you take a few moments to complete the form about your new baby and the birth. We would also like you to tell us what you think of our Stork's Nest. Your comments are very important for improving the program for all moms and babies.

Return this form after the birth of your baby and earn 500 points!!!!

Tell Us About You And Your Baby

What is your name? _____ Client # _____

When was your baby born? _____ What was your due date? _____

Baby's sex: _____ How much did your baby weigh? _____ Length? _____

At what hospital did you deliver? _____ Amount of weight you gained: _____

At how many weeks gestation did you deliver? _____ How are you feeding your baby? Breast _____ Bottle _____ Both _____

Any complications with your baby before birth? _____

Any complications with your baby after birth? _____

Did you have any complications during labor? _____

Did you have insurance during your pregnancy? Yes _____ No _____ If yes, which? Private _____ Medicaid _____ TitleV _____ CHIP _____

Did your baby spend any time in the NICU? Yes _____ No _____ If yes, how long? _____

How did you deliver? Vaginally _____ C-section _____ Were you induced? Yes _____ No _____ If yes, why? _____

Tell Us About The Stork's Nest

How did you learn about the Stork's Nest? My Doctor _____ Flyer _____ Word Of Mouth/Friend _____ Other _____

How long did you participate in the program? 1-3 Months _____ 4-7 Months _____ 8-12 Months _____ 12+ Months _____

Did you attend Stork's Nest Classes? Yes _____ No _____ If Yes, how many did you attend? _____

Did Stork's Nest teach you something new about taking care of yourself or baby? Yes _____ No _____ If yes, what did you learn? _____

How can we improve our Stork's Nest Services? _____

Please Rate Stork's Nest	Outstanding	Good	Bad	Not Sure
Location				
Hours of Operation				
Services Provided				
Incentives (Baby Items)				
Stork's Nest Prenatal Classes				
Staff/Volunteers at the Stork's Nest				
New Member Packet				
Point Booklet				

