



# Florida Keys Healthy Start Coalition Quarterly Newsletter

Fall 2009



## September-November Fall Newsletter

Welcome to the Health and Social Services Edition

A newsletter resource designed to benefit those associated with maternal and child health, public health, and the women and children of Monroe County.

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## Improving Maternity Services

In July, the Joint Commission released the following press release related to National Hospital Inpatient Quality Measures and the Perinatal Care Core Measure Set. The Joint Commission accredits and certifies more than 16,000 health care organizations and programs in the United States.

The Joint Commission Board of Commissioners recommended retiring and replacing the Pregnancy and Related Conditions (PR) measure set with an expanded set of evidenced-based measures. A technical advisory panel (TAP) comprising experts in the perinatal care field was convened in February 2009 to select the replacement set of measures from among those endorsed for national use by the National Quality Forum. This expanded measure set, now referred to as Perinatal Care (PC) comprises the following measures.

- Elective deliveries
- Cesarean sections
- Antenatal steroids
- Health care associated bloodstream infections in newborns
- Exclusive breast milk feeding

Refinement of measure specifications has begun and will continue through most of 2009. It is anticipated the PC measure set will be available for implementation by Joint Commission listed vendors by October 1, 2009 to support hospitals data collection beginning with April 1, 2010 discharges.

## Local News

### Training:

6 new providers completed the Florida Outreach Childbirth Education Program training in August. Any provider of Healthy Start childbirth education services must be certified in the State curriculum- the Florida Outreach Childbirth Education Program (FOCEP). FOCEP trainings are also open to other agencies providing services, and to anyone in the community, clinics or local hospitals. The training was held in Tavernier and included field trips to visit Homestead Hospital labor and delivery, Pediatrician Kristi Bagnell, MD, and a session with a personal trainer at the Mariners Wellness Center to learn about being fit during pregnancy.

### Fundraising:

Party for our cause! Join us at our 2nd annual Labor Day event at the [Bottle Cap Lounge](#) in Key West, Friday September 4th, from 5p-8p.

Located just steps from the Health Department on Simonton St. Happy Hour specials, and best of all, tips benefit the Healthy Babies fund for our local moms in need. Go ahead and enjoy, the bar is smoke free until 11pm!

### Health Events and Holidays!

#### September

9th Fetal Alcohol Spectrum Disorders Awareness Day

12th National Child Passenger Safety Week Begins! See the event schedule below.

15th Healthy Start Coalition Board Meeting, public welcome. Marathon EOC 10am-12noon, 2nd Floor.

16th Upper Keys Business and Professional Women host a Working Mothers panel and human resources talk to improve worksites for working mothers.

#### October

National SIDS Prevention and Awareness Month

National Down Syndrome Awareness Month, visit local organization [www.FKDSET.org](http://www.FKDSET.org)

#### November

18 Prematurity Awareness Day visit [www.marchofdimes.com](http://www.marchofdimes.com)

26 Thanksgiving Remember our local food banks this year



### Care Coordinator Corner

Meet Tiffany Pellicier, RN in the Key West Healthy Start Office of the Monroe County Health Department. Tiffany is the newest care coordinator in our program, but is no stranger to mother and baby care. Tiffany is an RN and has worked in the Lower Keys Medical Center labor and delivery unit as well as with a private OB office in Key West. Tiffany is a

dedicated and busy mom, packing full time dedication into a part time position. Tiffany is certified as a breastfeeding counselor and hopes to begin teaching community classes soon.

## October is SIDS Awareness Month



The Florida Keys Healthy Start Coalition wants to help the public be more aware of SIDS and how to reduce the risks. SIDS or Sudden Infant Death Syndrome, is also commonly known as "crib death". SIDS is the unexplained death of a baby from birth up to 12 months.

Most often, the baby is less than 6 months old. One out of every five SIDS deaths occurs in a daycare center or when the baby is under someone other than the parents' care. This is mainly due to caregivers not knowing the ways to protect baby from SIDS. Although SIDS and the cause of SIDS is still a mystery, there are ways to reduce the risk.

Baby should be placed on her back when sleeping. Many people fear that baby will spit up and choke, but this is not a concern for a healthy baby. It is safer for baby to be on her back.

Do not smoke near baby or allow anyone to smoke in the house where a baby is. The risk is much higher for babies to die of SIDS if exposed to any cigarette smoke.

Breastfeed your baby. Breastfeeding provides many ways to protect baby against diseases and illnesses and breastfed babies have less risk of SIDS.

Do not overheat the baby. This is the warm tropical Florida Keys! Keep baby cool and comfortable. Overheating with too many layers or blankets is a risk for SIDS. Recent research shows a benefit to gentle circulating air with a ceiling fan or desk fan in baby's room.

SIDS information is available for new parents from local childbirth classes, clinics, and the Healthy Start home visitors. Babysitters, grandparents, daycare centers, and church nurseries also need to know the right information about protecting a baby from SIDS.

For more information, or for resources in more languages, please contact the Florida Keys Healthy Start Coalition at 305-293-8424

## **National Child Passenger Safety Week is Coming Up!!**

This is a great chance to have a seat checked and properly fitted and installed.

All week long the Healthy Start Coalition, our generous Child Passenger Safety Technician Volunteers and the Florida Highway Patrol bring the community many chances to buckle their child up...properly and safely!

### **Event Schedule:**

Saturday Sept 12, Key West Publix 9a-12

**Sunday** Sept 13th Key Largo Publix 10a- 2p

**Monday**, Sept 14, In front of Coral Shores High School 10-2p

**Tuesday** - Sept. 15 Publix Marathon 10a -2p

**Wednesday** - Sept 16 Publix Key West 10a - 2p

*Special thanks to the New 2009 CPS Technicians in Monroe County who give generously of their time:*

Emily Haessler, RD WIC Program/Monroe County Health Department

Diane Comeforo, Tavernier Healthy Start Office

Ben Kemmer, Florida Keys Children's Shelter

Rose Crum, Monroe County Sheriff's Office

Gail McAteer, Wesley House Family Services

Teri Christian, Wesley House Family Services

Tara Smith, Coalition Voluntee, Key West

Jasmine Alongi, Dept of Children and Families

Krishna Lowe, teacher, Key West High School

Anna Haskins, Monroe County Board of County Commissioners

and the Volunteer Fire Fighters at the Key Largo Fire Rescue

### **Healthy Start Stats**

So far this year in Monroe County:

353 pregnant women

331 women screened for Healthy Start services

264 received a service

### **Prenatal Screens**

Prenatal screens year to date, thank you!

Dr. Peterson, 100

Dr. Ward/Rodriguez, 65

DeLong, 43

Dr. Grizzle, 40

Marathon Health, 38

Dr Kellogg and partners 8

### **Infant Screens**

Hospital year to date infant screens, thank you!

Baptist Miami 36

Homestead Hosp 16

Jackson South 13

Lower Keys 266

## Continued Thanks To Our 2007-2009 Board of Directors

Cheryl Cottrell, Board Chair, CNO Mariners Hospital  
Holly Merrill, Vice Chair, Representative Ron Saunders office  
Michael Cunningham, Past Chair, Florida Keys AHEC  
Lynn Wintermyer, Secretary, Healthy Families  
Linda Welsh, Treasurer, Child Find Program

Members at-large  
Maggie Vogelsang, Lower Keys Medical Center, Maternal/ Infant Care Unit  
Mary Williams, Early Learning Coalition of Miami Dade/Monroe

Liz MacGard, Monroe County Detention Center

Denise Vedrenne, DDS, Pediatric Dentistry

[www.KeysHealthyStart.org](http://www.KeysHealthyStart.org)



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