

Women's Association Spring Fundraiser 2024



Proceeds to Benefit the Fourth Stage of Pregnancy to Improve Postpartum Health

About the Fourth Stage of Pregnancy Program

The weeks and months after giving birth — which many health experts call the fourth trimester — are just as crucial to a mother's health as the first three trimesters. In fact, the CDC says that one-third of maternal deaths in the United States occur *after* the birth of the baby, from one week through one year after delivery, with African American women three to four times more likely to die of a pregnancy-related cause than white women. Morristown Medical Center takes this situation seriously and is working to change the landscape, especially for our community's underserved women and women of color.

Improving Access to Improve Care

The Fourth Stage of Pregnancy, developed by Einat Manor, MD, director of OB/GYN Ambulatory Services for Morristown Medical Center, provides essential post-partum telehealth visits for patients who deliver at the hospital's Women's Health Clinic. The clinic is a full-service OB/GYN center that provides high-quality medical care to 11,000 underserved women and delivers over 600 babies each year.

Many of these women live below the poverty line and cannot afford essential resources such as health care, housing, and good nutrition. Consequently, they suffer from chronic conditions like diabetes, cardiovascular disease and pre-natal and childhood obesity.

While some women smoothly transition from pregnancy to postpartum life, many others face a number of challenges. These issues include maternal mood and emotional well-being, infant care and feeding, contraception and birth spacing, sleep and fatigue, physical recovery from childbirth, and medication and substance misuse. Dr. Manor and her colleagues aim to improve the overall health and well-being of both mother and child by addressing these challenges within the patient's cultural and social context.

Nurse Navigators: Essential Care Coordination

Through the Fourth Stage of Pregnancy Program, nurse navigators will help reduce these health disparities by providing telehealth visits after delivery for up to one year, depending on patient need. Particular attention is placed on high-risk patients, such as those who had preeclampsia or gestational diabetes during pregnancy.

During these virtual visits, the nurse navigators assess a patient's health history and risk factors, educate them on postpartum care and warning signs of health complications, and address other common postpartum issues such as postpartum depression, birth control, substance misuse, bereavement support for women who have suffered a loss and nutrition counseling.

Call for Philanthropy

Thanks to the funds already raised, a part-time nurse navigator has been hired. However, due to the program's success and patient demand, additional philanthropic funding is needed to hire a full-time nurse navigator. This position is not reimbursed by insurance, making your support vital, now more than ever.

WAMMC Spring Fundraiser

All proceeds will support the **Fourth Stage of Pregnancy Program** at Morristown Medical Center. For additional details about the WAMMC Spring Fundraiser please visit, wammc.org



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