The benefits of integrating a patient-centered pregnancy support tool in routine prenatal care: Patient perspectives

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BACKGROUND/AIMS

Pregnancy care plans are inherently burdensome and often present challenges to adherence, especially for low-income patients. The CONTINUE study examined the benefits of integrating a patient-centered pregnancy support tool into routine prenatal care. Understanding potential benefits of the tool is especially important among low-income patients, who often have more limited resources, encounter more barriers to care and are less likely to navigate clinical challenges effectively.

METHODS

Design/Participants

This experimental pilot study team developed and distributed a pregnancy support tool (see Figure 1) to 187 prenatal patients at the beginning of their pregnancies (8-12 weeks) by their prenatal healthcare providers in three clinics throughout Chicago. After using the tool for at least 8 weeks, 71 patients who were at least 27 weeks pregnant were interviewed or surveyed to share their experiences with the tool, particularly benefits experienced.

Data Collection

Interview participants were presented with a validated human-centered design-based card sort activity and instructed to sort 18 potential benefits by those they experienced vs. felt neutral about vs. did not experience. Survey participants were presented with 18 electronic survey items and instructed to rate the same benefits in the same way. Response options were collapsed into “Experienced” or “Neutral/Did Not Experience”.

Figure 1. Front and Inside of Support Tool Tri-Fold

Table 1. Demographics of Sample, Overall and by Income Status

<table>
<thead>
<tr>
<th>Variables</th>
<th>Overall (N=71)</th>
<th>Income&lt;sup&gt;a&lt;/sup&gt;</th>
<th>Odds Ratio (OR)</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Data Type</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Interview</td>
<td>17 (24.13%)</td>
<td>12 (21.43%)</td>
<td>57.67%</td>
<td>1.00 (0.37, 3.72)</td>
</tr>
<tr>
<td>Survey</td>
<td>44 (62.50%)</td>
<td>31 (64.58%)</td>
<td>0.4136</td>
<td>0.0920</td>
</tr>
<tr>
<td>Race</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Non-Hisp/Lat/Span</td>
<td>29 (72.50%)</td>
<td>20 (75.00%)</td>
<td>0.7082&lt;sup&gt;a&lt;/sup&gt;</td>
<td>0.08 (0.01, 0.53)</td>
</tr>
<tr>
<td>White</td>
<td>22 (27.50%)</td>
<td>18 (25.00%)</td>
<td>1.00 (0.37, 3.72)</td>
<td></td>
</tr>
<tr>
<td>Income</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Low (&lt;$50,000)</td>
<td>31 (43.66%)</td>
<td>19 (39.58%)</td>
<td>1.49 (1.21, 10.07)</td>
<td>0.0180</td>
</tr>
<tr>
<td>Mid ($50,000-$74,999)</td>
<td>16 (22.50%)</td>
<td>11 (22.50%)</td>
<td>1.00 (0.37, 3.72)</td>
<td></td>
</tr>
<tr>
<td>High ($75,000+)</td>
<td>24 (33.82%)</td>
<td>11 (22.50%)</td>
<td>1.00 (0.37, 3.72)</td>
<td></td>
</tr>
</tbody>
</table>

*Income variable composed of composite insurance by provider variable values

Table 2. Benefits of Pregnancy Support Tool Experienced by Patients (N=71)

<table>
<thead>
<tr>
<th>Variables</th>
<th>Low ($&lt;50,000)</th>
<th>High ($75,000+)</th>
<th>Odds Ratio (OR)</th>
<th>P-Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>The pregnancy support tool was easy to understand what was coming next in my pregnancy care.</td>
<td>16 (69.57%)</td>
<td>21 (43.75%)</td>
<td>2.94 (1.02, 8.44)</td>
<td>0.0446*</td>
</tr>
<tr>
<td>Manage my other life responsibilities.</td>
<td>15 (21.43%)</td>
<td>19 (39.58%)</td>
<td>1.49 (1.21, 10.07)</td>
<td>0.0180*</td>
</tr>
<tr>
<td>Feel my financial situation was being considered.</td>
<td>6 (31.58%)</td>
<td>11 (22.50%)</td>
<td>1.00 (0.37, 3.72)</td>
<td>0.0120&lt;sup&gt;a&lt;/sup&gt;</td>
</tr>
<tr>
<td>Make the financial tradeoffs needed to get through my pregnancy.</td>
<td>12 (66.67%)</td>
<td>14 (50.00%)</td>
<td>1.56 (0.57, 4.27)</td>
<td>0.8901</td>
</tr>
<tr>
<td>[...]</td>
<td>7 (39.13%)</td>
<td>11 (22.50%)</td>
<td>1.00 (0.37, 3.72)</td>
<td>0.0120&lt;sup&gt;a&lt;/sup&gt;</td>
</tr>
<tr>
<td>Plan ahead and feel less stressed.</td>
<td>22 (66.67%)</td>
<td>14 (50.00%)</td>
<td>1.56 (0.57, 4.27)</td>
<td>0.8901</td>
</tr>
</tbody>
</table>

*Generated from Fisher’s exact test if cell counts (<5)