Odessa Regional Medical Center
Odessa, TX

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DSRIP Project 3.6

IT-8.12: Pre-Term Birth Rate

- Percentage of births delivered pre-term
  - Denominator – All live births
  - Numerator – Singleton live births <37 gestational weeks

- Category 1 project tie-in (Area 1.9, Option 2)
  - Expand Maternal-Fetal Medicine program to include Gestational Diabetes (GDM) component
Gestational Diabetes (GDM):

Carbohydrate intolerance resulting in hyperglycemia of variable severity with onset or first recognition during pregnancy (World Health Organization)
The Statistics …

Texas and Diabetes 2002 – 2012*

- Diabetes has increased among general population almost 50%
  - Among child-bearing age women almost 40%
  - Growing health concern for pediatric population
  - All increases directly correlated to increase in obesity rates

- Gestational Diabetes estimated to be 50% more common than reported (5%)
  - 9% Medicaid patients Dx with Gestational Diabetes
  - 4.1% Medicaid patients Dx with Pre-Gestational Diabetes
  - 11.1% CHIP patients Dx with Gestational and Pre-Gestational Diabetes

* Gestational Diabetes in Medicaid: Prevalence, Outcomes, and Costs. Texas Health and Human Services Commission, August 2014
The Statistics …

Texas and Diabetes 2002 – 2012*

- 53.8% of all Texas pregnancies paid for by Medicaid in 2012
- Length of Stay after delivery vs. non-Gestational/Pre-Gestational Diabetes patients
  - Extra ½ day for Gestational Diabetes patients
  - Extra 1–½ day for Pre-Gestational Diabetes patients
- Infants born to Gestational and Pre-Gestational Diabetes patients admitted to NICU 12.5% of the time
- Estimated excess cost to Medicaid $17.5M (Gestational Diabetes); $38M (Pre-Gestational Diabetes)

* Gestational Diabetes in Medicaid: Prevalence, Outcomes, and Costs. Texas Health and Human Services Commission, August 2014
The Statistics …

Texas and Diabetes 2002 – 2012*

**Increased risks to infant**

- Macrosomia
- Respiratory distress
- Neonatal hypoglycemia
- Intracranial hemorrhage
- Shoulder dystocia
- Predisposition to obesity
- Development of insulin resistance and Type II Diabetes

* Gestational Diabetes in Medicaid: Prevalence, Outcomes, and Costs. Texas Health and Human Services Commission, August 2014
The Statistics …

Texas and Diabetes 2002 – 2012*

Increased risks to Gestational and Pre-Gestational Diabetes patient

- Pre-term gestation delivery (<37 weeks)
- Delivery by C-Section
- Hypertension and/or Pre-eclampsia
- Retaining Type II Diabetes (5% - 10%)
- Developing Type II Diabetes within 20 years (60%)
- Developing Metabolic Syndrome (MetS)
- Developing Cardiovascular Disease

* Gestational Diabetes in Medicaid: Prevalence, Outcomes, and Costs. Texas Health and Human Services Commission, August 2014
The Data …

• DY3 Baseline – 50.71% MLIU
  • Numerator – 337
  • Denominator – 2584

• DY4 PY1 – 55.40% MLIU
  • Numerator – 317
  • Denominator – 2676

Pre-term deliveries (<37 wks) 13.04%

11.85%
The Players …

Regional Perinatal Center

- Specialize in high-risk pregnancies
- 2 locations: Midland and Odessa
  - Board Certified OB/GYN Physicians with Maternal-Fetal Medicine Specialty, Ultrasonographers, Nurses, Genetic Counselor
  - State-of-the-art equipment and methods, previously not available outside DFW/Houston area before
  - Collaborating with OB/GYN’s in Permian Basin Region (up to 22 counties)
The Players...

**Community Health Center at ORMC**

- Gestational Diabetes Self-Management Education Program
  - Education and Behavior Modification
- Certified Diabetes Educator, Registered Nurse, Registered Dietician
- Complimentary Community Screens: Glucose, A1c, Lipid Panel, TSH
- Community Speaking Engagements
- Diabetes and Gestational Diabetes Self-Management Education, Dietician programs
  - Group, Individual, Inpatient, Provider Offices
The Players ...

Odessa Regional Medical Center

- 225 bed hospital; Regional Leader in Maternity Care
- Level III NICU, 49 beds (First NICU in Permian Basin – 1975)
- Antepartum Unit supported by Regional Perinatal Center Physicians
- Board Certified Neonatologist’s and Neonatal Nurse Practioner’s on-site 24 hours a day
- Maternal and Neonatal Transport Team
- NICU Tele-med collaborative with Dallas Children’s Medical Center
- “Best Hospital” (2012-2016) Odessa American Readers Choice
- “Best Employer 100+ Emp” (2016) Odessa American Readers Choice
The Purpose ...

- **Identify** those with Gestational and Pre-Gestational Diabetes and Diabetes Mellitus.

- **Provide** patient-directed education to the patient, family and community using evidence-based tools and resources.

- **Empower** the patient, family and community to take ownership of their disease through behavior modification; and impact diabetes growth in our community.
Gestational Diabetes:
A program to educate and monitor patients; therefore, improving fetal outcomes.

It is estimated that 5% of pregnancies will be affected by gestational diabetes. Gestational diabetes places women at a greater risk for pregnancy complications including preeclampsia, prematurity, macrosomia (birth weight > 8 lbs 13 oz), neonate respiratory difficulties, neonate hypoglycemia, birth injury, and still birth. With proper diet, medication, and monitoring complications, gestational diabetes can be controlled.

Routine GDM screen by OB at 28 weeks, unless early testing is indicated (GTT). Timely referrals for one-on-one individualized education. Distribution of supplies for all payor sources. Screening with Hemoglobin A1c. Early intervention to maximize glycemic control. Follow up consults as clinically indicated.

Identify and educate gestational diabetics in a timely manner. Increase compliance with personalized follow up. Decrease maternal and fetal morbidity. Improve Hemoglobin A1c to < 7%.

The Regional Perinatal Center
420 East 6th Street, Suite 203
432-582-8757
The Process ...

**Identify:**

- Screen pregnant women for Gestational Diabetes (24wk – 30wk gestation)
  - GTT; A1c; medical history; obstetrical history; family history
- Frequent diabetes screenings in community and health fairs
- Diabetes screens at childbirth classes with Gestational Diabetes education
- Screenings include assessment on BMI and Blood Pressure, with follow-up education and materials for “abnormal” results.

* Gestational Diabetes in Medicaid: Prevalence, Outcomes, and Costs. Texas Health and Human Services Commission, August 2014
The Process ...

Provide:

- Patient-Directed Education to encourage ownership through participation.
- Material from evidence-based resources (AADE, TDC, ACOG, etc)
- Varied delivery system (Printed material, video, tracker, apps, etc)
- Individualized hands-on Glucometer and Insulin training
- Complimentary education session(s) with CDE/RN/RD
- Quick access to Gestational Diabetes Self-Management appointment (Within 1 business day)
- Education to adolescents on obesity and diabetes
The Process ...

**Empower:**
- Patient, Family and Community action through knowledge
- Self-Care Behavior (American Association Diabetes Educators)
  - Healthy Eating
  - Being Active
  - Monitoring / Controlling
  - Taking Medication
  - Problem Solving
  - Reducing Risks / Avoiding Complications
  - Healthy Coping / Staying Positive
Key Elements ...

- Collaboration with Patient, Providers, Educators and Services
- Patient provides glucose-monitoring information weekly
- Gestational Diabetes Self-Management appointment in 1 business day
- Inpatient services to ORMC High-Risk Antepartum Unit
- Remove barriers
  - Gestational Diabetes Self-Management Lifestyle Sessions – Complimentary
  - Registered Dietician Sessions – Complimentary
  - High-risk Perinatal Center available locally (travel to Dallas/Houston no longer necessary)
Key Elements ...

- ORMC – specializing in high-risk Labor and Delivery services locally

- Screening and Prevention
  - Complimentary screenings: Glucose, A1c, Lipid Panel, TSH, BMI, Blood Pressure
  - Follow-up on abnormal results by a Physician and with printed material via mail
  - Complimentary educational sessions (Diabetes, Nutrition)
  - Involvement in community groups (First Five Luncheons, etc)
Questions?

Community Health Center
At Odessa Regional Medical Center