



Prenatal Provider Manual





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Purpose of this manual

Serve as a reference manual for providers who serve pregnant women regarding effective screening and the referral process for Healthy Start services. If you ever have a problem or questions that are not covered in this manual, please call:

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Florida's Healthy Start Overview



What is Healthy Start?

Healthy Start is a statewide program that can help your patients have a healthy baby. The Capital Area Healthy Start Coalition funds the Healthy Start program with dollars received from the State of Florida Department of Health and through grants and community match dollars - fundraising. ALL pregnant women (and infants up to age 3) are eligible to receive the FREE Healthy Start services regardless of their marital, economic or immigration status. The Healthy Start program is voluntary and all information shared is kept confidential.

Healthy Start services include:

- Outreach
- Care coordination to ensure access to needed services
- Childbirth education
- Parenting education and support
- Nutrition services and counseling
- Counseling
- Tobacco education and cessation assistance
- Breastfeeding education and support
- Interconceptional education and counseling
- Many other services to address individual identified

Women who score greater than or equal to 6 on the Healthy Start screen are referred for any of these services that are designed to support families in reducing their risk factors.

Clients are identified by the risk screening tool administered by their OB provider at their first prenatal visit. The prenatal screen assesses risk factors for adverse health outcomes. Studies indicate that a woman who scores greater than or equal to 6 on the Healthy Start prenatal screen is 1.8 times more likely to experience preterm labor or to have a low birth weight infant than a woman who scores less than (<) 6 points on the screening form.

Key Elements of Florida's Healthy Start Legislation

The Healthy Start Legislation, passed by the Florida Legislature in April 1991, marked a significant policy shift toward prevention and reduction of risks associated with poor birth and developmental outcomes for children. The legislation includes:

- Universal risk screening for all pregnant women and newborn infants in the state of Florida
- Increased Medicaid eligibility for pregnant women and infants from 150% of federal poverty level (FPL) to 185% of FPL
- Increased Medicaid reimbursement for obstetrical services
- Expansion of Children's Medical Services rural OB satellite clinics, pediatric primary care services and developmental evaluation and intervention programs
- Implementation of the Healthy Start care coordination (case management) system for all women and infants identified to be at-risk for poor birth or child health outcomes
- Creation of Healthy Start Coalitions to shift decision-making and accountability to the community to provide high-quality care and support services for mothers and healthcare for children



Why Do We Need Healthy Start?

Infant mortality is a complex issue that impacts everyone regardless of circumstances. That is why infant mortality has always been viewed as a good overall indicator of a community's quality of life as well as the health status of its citizens.

There are several interconnecting factors that influence infant mortality. Each requires our attention as we work to improve the health of the women, children and families in our community. Certainly, we need to consider the healthcare available. However, we must further consider general community resources, policies, social conditions and quality of life factors, each of which can also influence infant mortality.

Improving infant mortality has been a primary goal of Healthy Start since the program was initiated in the state of Florida. Through a combination of Medicaid changes and locally specific initiatives, the state of Florida has been able to affect the outcomes for mothers and babies in a positive way. Since the inception of Healthy Start in 1992, Florida's infant mortality rate has dropped from 8.8 per 1,000 live births in 1992 to 7.2 per 1,000 live births in 2006.

What Is the Healthy Start Screening?

The Healthy Start screening is used statewide. Every OB provider in the state of Florida is required to offer a Healthy Start prenatal screening to all pregnant women. The screening will let women know within minutes if they have any individual health risks. Healthy Start believes every woman deserves to know if she is at risk. *(Note: All birthing facilities are required by Florida statutes to complete a postnatal/infant screening form on all newborns.)*

After completing the Healthy Start screen, the healthcare provider will refer his/her patient to the Healthy Start program based on their answers provided on the screening form. Healthy Start and the healthcare provider will continually communicate with each other to make sure the patient has the best outcome possible.

Even if women do not feel Healthy Start is the right program for them, by completing the screening their de-identified statistical information can be gathered to help improve healthcare for all of Florida's moms and babies.

How Can I Make Healthy Start Available for My Patients?

For a patient to be referred to the Healthy Start program the following must occur:

- Complete and submit a screening form
- Complete all sections of the screen
- Obtain signature and initials of patient consenting to screening and release of information
- Sign as the provider or healthcare professional referring the patient
- Indicate reason for referral - if score < 6, specify "**Risk Factor**"

Healthy Start Universal Risk Screen Florida Statute 383.14

Florida Statute 383.14 mandates that all pregnant women be offered the Healthy Start prenatal risk screening at their first prenatal visit. Florida statute 383.14 requires Healthy Start infant (postnatal) risk screening be offered to parents or guardians of all infants born in Florida before leaving the delivery facility.



Submit all Healthy Start screens to the local county health department on a weekly basis (every 5 business days).

Healthy Start Screening Instruments

The Healthy Start prenatal risk screening instrument is designed to identify medical and psychosocial risk variables known to be associated with poor pregnancy outcomes. The instrument is brief and simple to administer. A review of the scientific literature and an analysis of infant deaths in Florida identified those variables most closely associated with infant mortality. The items selected for the instrument are those with high predictive validity. A copy of the Healthy Start prenatal risk screening instrument is included with this manual. Instructions for scoring the instrument are provided on the back of the screening form. A patient can be eligible for Healthy Start services and care coordination when:

- **Patient has a screening score of ≥ 6**
- **Patient who, in the provider's professional judgment, is at risk for a poor pregnancy outcome**
- **A woman who requests services for herself**

To help ensure a healthy pregnancy outcome, please explain the form thoroughly to your patients and ***ENCOURAGE*** their participation.

The Healthy Start Screening Process

The form is titled "Help your baby have a healthy start in life!" and contains 20 numbered questions. The questions are as follows:

1. Have you gained at least 10 pounds since you started your pregnancy?
2. Are you worried about your baby's health?
3. Do you have any conditions or chronic problems that could affect your pregnancy?
4. Do you have any conditions or chronic problems with your heart or blood pressure?
5. Is there a good reason for you to be pregnant?
6. In the last month, have you had stress, depression or feelings of hopelessness?
7. In the last month, have you felt alone or like you're not getting enough support?
8. Have you ever received mental health services or counseling?
9. In the last year, has someone you know tried to hurt you or threaten you?
10. Do you have trouble getting your sleep?
11. What are you eating? (Check one or more)
12. In the last month, how many alcoholic drinks did you have on average?
13. In the last month, how many cigarettes did you smoke a day? (Include low tar cigarettes)
14. How long have you been pregnant? (Are you having twins?) (Are you getting pregnant, are you pregnant?)
15. In the last month, how many times did you have sex?
16. Please check any of the following that have happened:

The form also includes a section for patient information and a section for provider information.

The Florida Healthy Start program begins with your patient's first OB visit, when you ask them to complete a **confidential** Healthy Start screening form to determine if there are any risk factors that may increase their chances of having a baby being born too early or too small. It also identifies conditions that could cause problems during pregnancy or with the health, growth and development of the baby.

The OB provider then encourages the patient to "**complete**" the Healthy Start screen that will aid in gathering information that can make healthcare better for her and all of Florida's moms and babies.

Once the screening form has been completed and submitted, Healthy Start services will be offered to the patient based on the results of her screen. If the patient agrees to services and the physician has referred her to the program, a Healthy Start Care Coordinator will get in touch with her. The Care Coordinator will explain the results of her screen and answer any questions that she may have.

Every OB provider in the state of Florida is required by Florida Statute 383.14 to complete a Healthy Start screen on EVERY pregnant woman at her first prenatal visit.

Healthy Start Prenatal Risk Screen Matrix

Each risk factor scored on the Healthy Start screening tool is weighted to adjust for characteristics that place pregnant women at a higher risk for poor health outcomes. This is calculated statistically and expressed as a "risk ratio." The risk ratio for each factor is provided below. (For example, if a pregnant woman is less than 18, she is 1.38 times more likely to experience pre-term labor or to deliver a low birth weight infant than a woman who is over 18.)

Question	Screen Score	Risk Factor	Risk Ratio	Possible Underlying Situations and Related Risks that Need Evaluation and Possible Intervention
1	1	Less than H.S. Education	1.32	<ul style="list-style-type: none"> • Limits job opportunities • Unemployment • High stress from difficult or demanding working conditions
2	1	Unmarried	1.86	<ul style="list-style-type: none"> • May lack social, emotional or financial support • More likely to have low birth weight baby • Paternity and child support issues
6	1	Depression	N/A	<ul style="list-style-type: none"> • Negative impact on good prenatal care, particularly in the areas of nutrition, sleeping habits, exercise and following care instructions from the doctor or midwife.
11	3	Race = Black	2.14	<ul style="list-style-type: none"> • Although there is clear statistical evidence that blacks are twice as likely to have a preterm or low birth weight baby or experience an infant death, the reasons underlying the evidence are not clear.

				<p>Until continuing research provides more specific insight into these risk indicators, it remains necessary to apply extra weight to this population in order to counter poor birth outcomes.</p> <p>Possible underlying situations may include difficulty accessing quality services and possible stress from real/perceived discrimination.</p>
12	1	Alcohol use	1.51	<ul style="list-style-type: none"> • Endangers fetal development • Endangers child after birth • Possible legal implications • Potential child abuse and neglect of all 14 children in household • Lifestyle factors and increased exposure to STDs/violence • Poor nutrition
13	1	Tobacco	1.12	<ul style="list-style-type: none"> • Substantially increases risk for IUGR • Possible association with spontaneous abortion • Reduced weight gain during pregnancy/danger to child after birth (higher SIDS incidence, respiratory problems)
14	1	Timing of pregnancy	1.76	<ul style="list-style-type: none"> • May delay initiation of prenatal care • May engage in behaviors that increase risk for

				<p>adverse birth outcomes (e.g., substance abuse)</p> <ul style="list-style-type: none"> • May have access to healthcare issues/barriers (if unplanned) • If pregnancy is unwanted, may have problems with attachment to newborn (risk abuse/neglect; poor development)
15	2	First pregnancy	N/A	<ul style="list-style-type: none"> • May not have experience parenting • At increased risk for poor pregnancy outcomes
16	3	Previous poor pregnancy/birth outcomes	1.47	<ul style="list-style-type: none"> • Hereditary risks • Red flag for increased risk (previous poor outcome is best single predictor of poor outcome)
17	1	Age less than 18	1.38	<ul style="list-style-type: none"> • May not have experience parenting • Has not finished high school education • Financial support issues • Possible paternity issues • Inadequate nutrition
18	1 - 2	Body mass index (BMI)	N/A	<ul style="list-style-type: none"> • Inadequate nutrition • More likely to have chronic medical conditions
19	1	Baby spacing (less than 18 months)	N/A	<ul style="list-style-type: none"> • Pregnancy too soon after having a baby can lead to the next baby not getting enough nutrition.
20	1	Trimester care = 2 nd (14-26 weeks)	1.46	<ul style="list-style-type: none"> • Dramatically increases risk of low birth weight and poor infant health outcomes • May be attributable to lack of access or avoidance of system (domestic

				violence victim, substance abuser) • May be sign of problem in healthcare delivery system
21	2	Illness requiring ongoing care	1.23	• May require specialized prenatal care • May contribute to maternal or fetal morbidity (e.g., diabetes, hypertension) • May reflect reduced access to care

Risk factors that may indicate pregnant women or infants are at increased risk for poor pregnancy, health, or developmental outcomes are identified through Healthy Start risk screening or other referrals. Care Coordinators evaluate the risk status of participants and determine whether services are required to help reduce the risk. Although some risk factors identified on the Healthy Start screen cannot be changed with interventions (e.g., single marital status, race), these factors serve as markers for underlying situations that can be addressed. The matrix provides examples of situations that may be associated with the risk factors identified through Healthy Start prenatal risk screening.

How to Administer the Healthy Start Risk Screen

The easiest way to ensure the screen is completed is to include the screening form with the standard intake forms on the first prenatal visit. Be sure to give the Healthy Start information sheet to each patient with the screen.

Required Patient Information

1. Ask the patient to complete question 1-16 and the box titled "Patient Information."
2. Encourage the patient to consent to be screened by signing below the "Patient Information" section (i.e., "Patient Signature").
3. Request patient to initial the "yes/no" selection to authorize specific release of health information.
4. Assure the patient that the information is confidential, that participation in the program is voluntary, and that there is no charge for services.

If the Patient Agrees to Participate in the Screening Process (Consent is "Yes")

1. Ensure the patient has signed where it is labeled "Patient Signature", found below the "Patient Information" section.
2. Review all 16 questions along with the "Patient Information" section to ensure that information is complete and that she understood the screening questions.

If the Patient Does Not Want to Participate in the Screening Process (Consent is "No")

1. Ensure the patient has signed by the (*) signifying her decline to participate in screening.
2. Review that she has completed the required "Patient Information" section.

Provider Required Information if The Patient Agrees To Be Screened (Consent is "Yes")

1. Make sure the patient has completed screening questions 1-16 and the "Patient Information" section.
2. Answer questions 17-21 regarding age, pre-pregnancy weight, height, body mass index, pregnancy interval, trimester at 1st visit, and specific illnesses.
3. Complete the "Provider Only" section in its entirety.

4. Calculate the screening score using the subscripts found at the right bottom corner of each scoring screening question. (See "Calculating the Screening Score.")
5. Enter the screening score in the "**Provider Only**" section (Healthy Start Screening Score: _____).
6. Consider any other factors that may indicate a risk for poor pregnancy outcome and a need for Healthy Start services. (See "Referring for Possible Factors Other Than Score.")
7. Mark the appropriate box regarding patient's referral status:
 - A. If patient has score of ≥ 6 , check "referred to Healthy Start."
 - B. If patient has score of < 6 and healthcare provider identifies a risk for poor pregnancy outcome, check "referred to Healthy Start" and specify reason for referral (e.g., maternal age).
 - C. If patient has score of < 6 and healthcare provider identifies no risk factors, check "not referred to Healthy Start".
8. Sign, including title, and date the form at the bottom of the "**Provider Only**" section.

If the Patient Does Not Agree To Be Screened (Consent is "NO")

1. Review form ensuring the patient has completed the "**Patient Information**" section and signed by the (*) signifying that the screen has been declined.
2. Mark the appropriate box regarding patient's referral status.
 - A. If patient has declined the Healthy Start screen, check "not referred to Healthy Start".
3. Sign and date the form at the bottom of the "**Provider Only**" section.

Calculating the Healthy Start Screening Score

The subscript below each risk factor on the Healthy Start screening form is used to calculate the screening score. Circle the corresponding number of each item indicated for score. Not all items on the screening are used for scoring. Remember that factors other than score may be present and should be considered. Patients may be referred to Healthy Start for factors other than score if these factors indicate a need for Healthy Start services (See "Possible Factors Other Than Score"). To calculate the score, circle points in subscript below risk factor.

Question	Risk Factor Questions	Answers	Point(s)
1	Have you graduated from high school or received a GED?	No	1
2	Are you married now?	No	1
3	In the last month, have you felt down, depressed or hopeless?	Yes	1
4	What race are you?	Black	3
5	In the last month, how many alcoholic drinks did you have per week?	1 or more	1
6	In the last month, how many cigarettes did you smoke per day?	1 or more	1
7	Thinking back to just before you got pregnant, did you want to be?	Not pregnant	1
8	Is this your first pregnancy?	Yes	2
9	Previous obstetrical history - Mark any of the following that have happened. • Baby not born alive • Baby born 3 weeks or more before the due date • Baby that weighed less than 5 pounds, 8 ounces		3 3 3
10	Age is less than 18	Yes	1
11	Pre-pregnancy BMI • <19.8 • >35.0		1 2
12	Pregnancy interval less than 18 months	Yes	1
13	Trimester at 1 st prenatal visit?	2 nd	1

		Trimester	
14	Does patient have any illness that requires ongoing medical care?	Yes	2

Simply add up the circled points in the subscript to calculate the score.

Processing the Completed Screen

Before submitting the Healthy Start prenatal screening forms for processing, ensure that the following have been completed:

1. Ensure that all information is completed and the form is signed appropriately.
2. Give the green copy to the patient.
3. Place the pink copy in the patient's medical chart.
4. Submit the remaining portions (white & yellow) within five (5) business days to your local county health department.

Provider Benefits of Healthy Start Screening and Related Prevention

Because the foundation of Healthy Start is based on the identification of pregnant women at risk of poor pregnancy and birth outcomes, OB providers play an essential and invaluable role in the Healthy Start system of care. Through understanding of the purpose and provisions of the program, providers can assist in ensuring that all pregnant women in need of Healthy Start services are properly referred to the program. Healthy Start Offers:

- Direct relation to more positive birth outcomes
- Support and assistance for the medical provider in delivering effective care to each mother
- Support and assistance for each mother to help her follow her OB provider's plan of care
- Enhanced education so that mothers receive an opportunity to learn about their pregnancy and the care they need
- Assistance in locating difficult patients, checking on their compliance with care, assisting with transportation coordination, and reinforcing instructions or education
- Direct connection to other public health services such as HIV testing and counseling and sexually transmitted disease treatment

About Medicaid Reimbursement

Healthy babies save taxpayer dollars. Florida Medicaid recognized this potential savings and therefore reimburses OB providers for completing the Healthy Start prenatal risk screen.

Reimbursement for a completed Healthy Start screening is billed as a type of antepartum visit.

An enhancement of up to \$162.24 to the antepartum visit reimbursement is offered if the screen is completed in the first trimester. Reimbursement for Healthy Start screening is limited to mothers who are under fee-for-service care and not participating in a bundled cost-based reimbursement rate (i.e. county health departments and community health centers) program.

<i>Reimbursement Code</i>	<i>Type of Antepartum Visit</i>	<i>Age 21 and above</i>	<i>Age 20 and below</i>
H1000	Without Healthy Start prenatal risk screen or a declined Healthy Start prenatal risk screen	\$52	\$54.08
H1001	With a completed Healthy Start prenatal risk screen performed within the 2 nd or 3 rd trimester of pregnancy	\$104	\$104
H1001 TG	With a completed Healthy Start prenatal risk screen performed within the 1 st trimester of pregnancy	\$156	\$162.24

Reimbursement for the Healthy Start prenatal risk screen is provided once per pregnancy. For more information please refer to Florida Medicaid - Agency for Health Care Administration: Physician Services Coverage and Limitations Handbook (floridamedicaid.consultec-inc.com).

Healthy Start Program



What Happens After Screening?

The Healthy Start Program office reviews each screen to ensure all of the information is complete. Those screens that are found to be incomplete are photocopied and returned by fax or mail to the healthcare provider for completion. NOTE: Forms that are incomplete cannot be entered into the data system. Reports are generated from the system monthly and quarterly to help communities monitor their screening efforts.

What happens next?

Initially, the Healthy Start program will:

- Send a letter of welcome inviting the mother to contact the care coordinator
- Attempt to contact (by phone or home visit) to explain the Healthy Start program and determine needs for further care

After contact is made

Care coordinator will complete the first face-to-face meeting:

- Assess the mother's overall risk factors, living situation, financial resources and special healthcare or pregnancy-related needs
- Assist the mother in making any needed appointments
- Determine the level of ongoing care services

After the 1st contact, how long does a participant receive services?

If a need is mutually determined:

- A plan of care or Family Support Plan is developed based on risk factors, available services and the goals of the Healthy Start participant
 - Communication is made with the participant's healthcare provider of the risks identified, the plan for ongoing care, and the name of the care coordinator
- The program is extremely beneficial for noncompliant or hard-to-serve patients
- Ongoing communication and coordination of services is provided to assist the mother in accessing healthcare, education and related services

What other services does Healthy Start provide?

- Pregnancy and baby care education
- Childbirth education
- Parenting education and support
- Nutrition services and counseling

- Psychosocial counseling
- Tobacco education and cessation assistance
- Breastfeeding education and support
- Interconceptional education and counseling
- Many other services to address individual identified risks

**For more information on Healthy Start services call your
Healthy Start Program Office at 488-0288 or visit our
website at www.capitalareahealthystart.org**

Healthy Start Prenatal Provider Script

Provider: We screen all of our patients for the Healthy Start program. Could you please take a moment to complete this screening form?

Patient: Sure, but what's the Healthy Start program?

Provider: Healthy Start is a voluntary program that offers free health services designed to help pregnant women have a healthy pregnancy and baby.

Patient: What are the free services they offer?

Provider: Healthy Start offers childbirth education classes, nutrition counseling, psychosocial counseling, breastfeeding support, help to quit smoking and care coordination.

They can also help you access other needed community resources as well.

Patient: Are the Healthy Start services based on income?

Provider: No, the services are not based on income but rather on needs. If you'd like to learn more about the program, complete the screening form and sign the consent statement. A Healthy Start care coordinator will contact you.

Every baby deserves a Healthy Start!

We strive to ensure our patients have the healthiest pregnancy possible. One way we do this is by offering the Healthy Start program to complement our patient care. The Healthy Start program offers free services to **ALL** pregnant women and is based on needs, not income!

FREE Services Available Through Healthy Start:

Childbirth Education & Classes

Nutrition Education

Breastfeeding Support

Help to Quit Smoking

Parenting Support & Education

Counseling Services

Coordination of Other Community Services

Home Visits by Health Professionals

Please take a moment to complete the form attached. If you choose to receive Healthy Start services, a Healthy Start care coordinator will contact you. If you choose not to receive Healthy Start services, please complete the patient information section and sign the line stating you do not want to participate.

Thank you!