



Society of Rural Physicians of Canada
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SESSION 166

Group Prenatal Care in Sheshatshiu: Experience to Date

There are significant challenges providing prenatal care and enabling mothers to have healthy pregnancies in some rural Indigenous communities. In order to improve child and maternal health in the community of Sheshatshiu Innu First Nation in Labrador, the community's clinic has begun delivering the CenteringPregnancy program as an alternative to conventional prenatal care. The program provides group visits that combine health assessment, interactive learning and community building, with the aim of empowering mothers to play an active role in their health during pregnancy and into motherhood. However, there is still much to be learned about adapting the program to be culturally relevant and effective in improving health outcomes for mothers and children in Sheshatshiu. This workshop will bring together practitioners working to improve prenatal care in Indigenous communities, to share knowledge and experience, identify common and unique barriers and opportunities, and to develop ideas about the best ways to deliver prenatal care. The facilitator will share her experiences providing prenatal care in the community of Sheshatshiu, and provide findings from interviews which has assessed mothers' experiences with the CenteringPregnancy program and their prenatal care experience more generally. Providers have aimed to identify ways to adapt the program to be effective and beneficial for both participants and practitioners, and culturally relevant for the community.

1. To learn from the Sheshatshiu experience about the efficacy of employing a program such as CenteringPregnancy.
2. To learn from insights provided by pregnant women regarding their experience with prenatal care.
3. To learn together, through sharing of ideas and knowledge, ways of improving prenatal care and patient outcomes in rural remote and indigenous communities.