

Rolling into Parenthood

Key Physical, Mental Health and
Breastfeeding Considerations When
Working with Pregnant and New Parents
with Physical Disabilities

Who We Are and Why We Are Here Today

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Our Goals Today

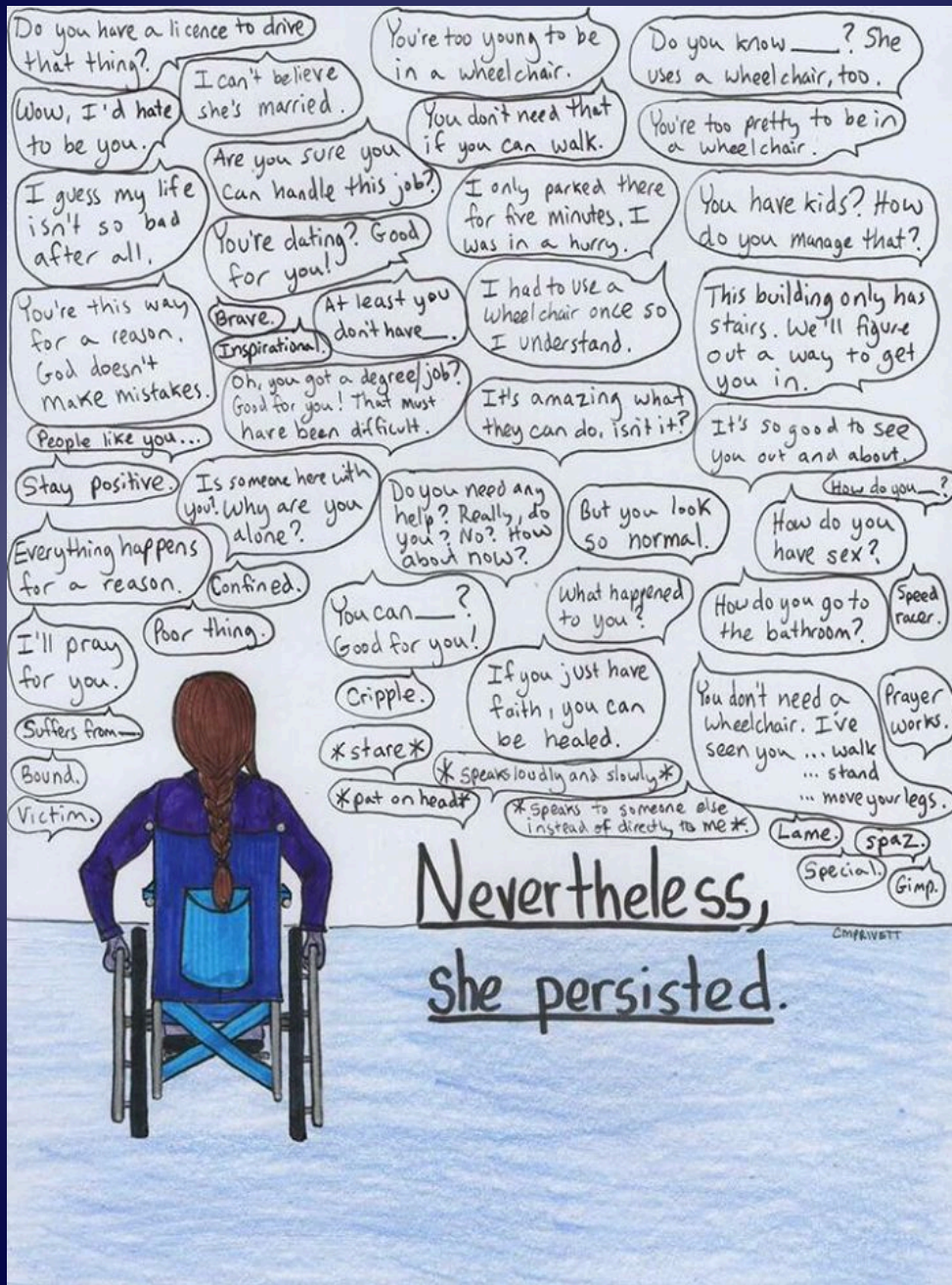
- Cite current evidence to help dispel myths and misconceptions about pregnancy and parenting with a disability
- Identify key needs regarding parent and infant mental health and adaptations to the physical environment across care continuums (prenatal, antepartum, postpartum - home, hospital, community) when supporting parents with physical disabilities and their young children and summarize new research findings related to lactation and women with spinal cord injuries and the clinical implications
- Examine screening tools, evidence based interventions and key community resources to support parents with physical disabilities, their children, and their health care team throughout preconception, pregnancy and early parenthood

Karen's Path to Motherhood

My Wonderfully Ordinary Life - YouTube Video

<http://www.youtube.com/watch?v=q2iKL2609Gg&list=UUDvZfbRLaWlsP-8uiZcDO6w>





A lot of judgement and misconceptions about disability still exists in our world.

Physical Needs/Barriers



Accessible Clinical Spaces

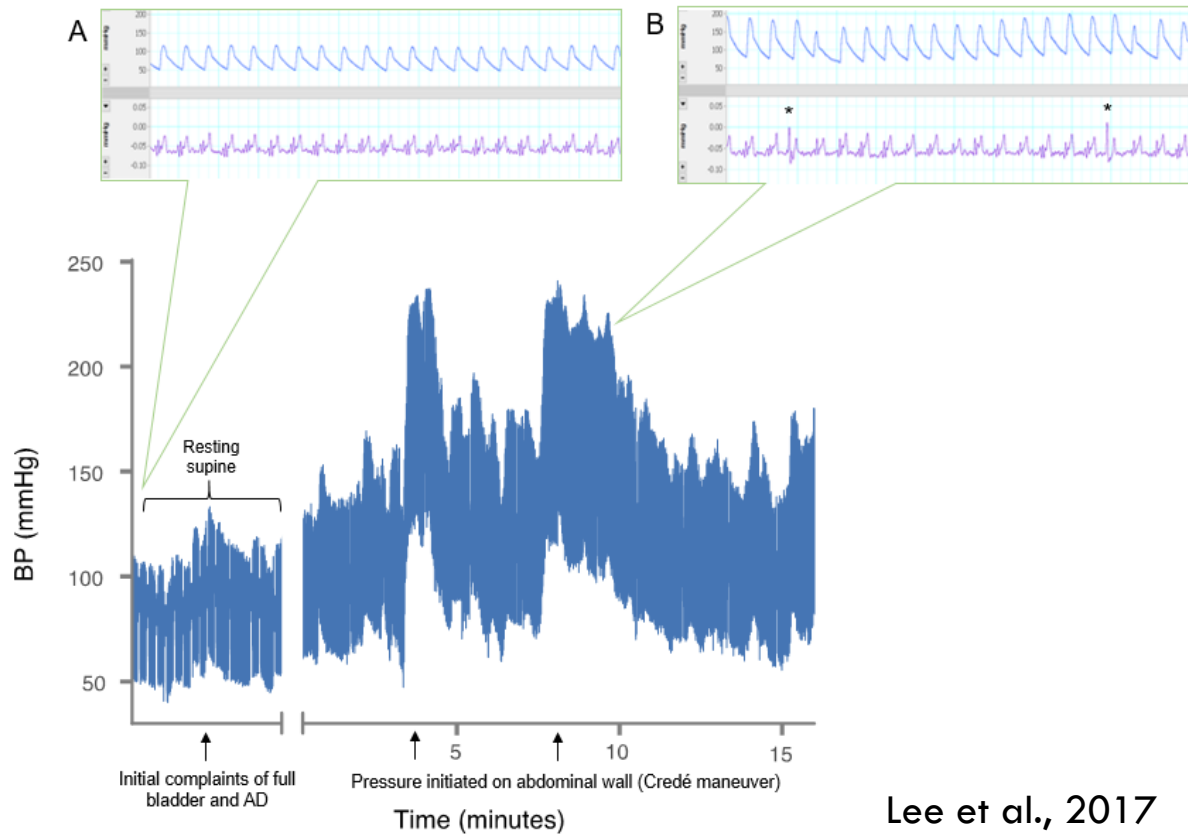


Pre-Pregnancy Planning



What is Autonomic Dysreflexia?

- Hypertensive crisis triggered by stimuli below SCI
- Systolic blood pressure can rise to 200-300 mmHg



Lee et al., 2017

Information Gathering:

Guiding Parents, Caregivers and Community Providers



Suggested Resources

- SCI Pregnancy Booklet/brochure – <https://scisexualhealth.ca/>
- BCW Fetal Newborn Maternal Health Policies: SCI Related Best Practice Guidelines (search “spinal cord injury”) (<http://policyandorders.cw.bc.ca/>)
- Motherhood after SCI Guidelines (lactation focus) for HCP and consumers (coming soon)
- Christopher Reeves Foundation: Autonomic Dysreflexia Information <https://www.christopherreeve.org/living-with-paralysis/health/secondary-conditions/autonomic-dysreflexia>



Preconception: Mental Health Considerations



First Trimester: Physical Considerations



Second Trimester: Physical Considerations



Third Trimester: Physical Considerations



Mental Health Considerations During Pregnancy



Breastfeeding Considerations During Pregnancy



Intrapartum Physical Considerations



Intrapartum Mental Health



Intrapartum: Breastfeeding Considerations



Postpartum: Physical Considerations



Postpartum: Breastfeeding Considerations



Spinal Cord Injury and Lactation Study Results



Preparing for Return Home with Baby



Ensuring Continuity of Care: Who to call when problems arise upon return home with baby



Postpartum Mental Health



But....

Sometimes we need someone to simply be there...Not to fix anything or do anything in particular, but just to let us feel we are supported and cared about.



Questions/Next Steps...





“Never get tired of doing little things for others because sometimes those little things occupy the biggest part of their hearts.”

Our Contact Information

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