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=UU6vZfArlaW1sP-SuiZcDO6w
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

i wish...
Intrapartum: Breastfeeding Considerations
Postpartum: Physical 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.”

Artwork found at:
https://my2ndheartbeat.files.wordpress.com/2012/05/heart-mother-child.jpg
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