



# A Health Care Program for First-Time Adolescent Mothers and their Infants

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## FOCUS

- Primary Pregnancy Prevention
- Secondary Pregnancy Prevention
- STD/HIV/AIDS Prevention

## ORIGINAL SITE

- School-Based
- Community-Based
- Clinic-Based

## APPROACH

- Abstinence
- Behavioral Skills Development
- Community Outreach
- Contraceptive Access
- Contraceptive Education
- Life Option Enhancement
- Self-Efficacy/Self-Esteem
- Sexuality/STD/HIV/AIDS Education

## COMPONENTS

- Adult Involvement
- Case Management

## SUMMARY

Originally designed for low-income, unwed teens, this program combines secondary and tertiary prevention goals. It aims to help first-time mothers prevent repeat pregnancies, return to school, improve immunization rates for their infants and reduce their use of hospital emergency room services for routine infant care. A variety of services are offered in the context of a teen baby clinic, including: (1) well-baby care at 2 weeks, and when the baby is 2, 4, 6, 9, 12, 15 and 18 months of age; (2) family planning discussions and referral, as appropriate, to a birth control clinic; (3) instruction in parenting skills; and (4) informal parenting education through videotapes, slides and discussions with nurse practitioners or trained volunteers. The effectiveness of the program was assessed in a study in which 243 African-American teen mothers at an urban teaching hospital were randomly assigned to either the treatment (i.e., program) or control group. Compared to members of the control group, who received traditional well-baby services, program participants experienced significantly fewer repeat pregnancies and were more likely to obtain full immunization for their newborns. Mothers who continued attending the clinic for the duration of the program also reduced their use of the emergency room for routine infant medical care.

## SUITABLE FOR USE IN

This program is suitable for use in hospital or community clinics, providing that comprehensive medical and counseling services are available.

## ORIGINAL INTERVENTION SAMPLE

### Age, Gender

The field study involved 243 first-time mothers ages 18 and younger (avg. age=16.5 years).

### Race/Ethnicity

100% African-American.



Group Discussion



Lectures



Peer Counseling/Instruction



Public Service Announcements



Role Play



Video



Other

Other informal parenting education through slides, tapes & one-on-one teaching

## PROGRAM LENGTH

In the field study, participants received services from pregnancy until their child reached 18 months of age.

## STAFFING REQUIREMENTS/TRAINING

In the field study, the teen baby clinic was staffed by a part-time pediatrician, a part-time master's level nurse practitioner, a part-time social worker, and a full-time master's level nurse practitioner, who also served as director. The nurse practitioner and pediatrician alternated in providing health care services to each mother. Trained volunteers were recruited to serve as informal parent educators in the clinic waiting room.

## PASHA PROGRAM PACKAGE

**The PASHA Program Package for this program includes:**

*PASHA* User's Guide

A Set of Sample Educational pamphlets

A Set of Sample Appointment Reminder Notices

Schedule of Services

Nursery Songs

A Set of Original Evaluation Instruments

Minimum Evaluation Data Set for Care Programs (MEDS)

Prevention Minimum Evaluation Data Set (PMEDS)

Local Evaluator Consultant Network Directory

Telephone technical support on implementation and evaluation for 1 year