



# Supporting Safe and Joyful Black Birth Through Respectful Care at ZSFG

*Respectful Care Pathways for Black Birthing People: The Patient Perspective*

San Francisco Health Commission  
ZSFG Joint Conference Committee  
September 26, 2023



# OUR TEAM



Bri Skinner, SNM  
UCSF Midwifery Student



Alexandra Mitchell, CNM  
BMF (test) Fellow



Savanah Washington, CNM  
Midwife



Charmaine Lea, MA  
Co-facilitator



Judith Ball, RN  
Midwife



Asmara Gebre, CNM  
Midwife



Questions?  
**CONTACT US!**

✉ [blackcentering@ucsf.edu](mailto:blackcentering@ucsf.edu)  
🌐 [blackcentering.ucsf.edu](http://blackcentering.ucsf.edu)  
📷 [@blackcentering](https://www.instagram.com/blackcentering)

## BLACK CENTERING MIDWIFERY-LED GROUP PRENATAL CARE

Our Mission is to make Black Midwifery-led care accessible in SF to Black people & their loved ones during pregnancy, postpartum, & beyond. How? Through group & 1:1 care, community activities, & trusted collaborations.

## BLACK CENTERING COOKING CLASSES

Chef Eskender hosts a 4 part cooking class series at Radio Africa Kitchen for all Black Centering participants past & present. All ingredients, cooking supplies, and a community dinner is provided each class. The cooking classes build on each other from cutting basics to preparing a full ll nourishing meal.



## BLACK CENTERING CPR CLASSES

made possible quarterly by a local Black Nurse Sorority



MoAD

## BLACK CENTERING COMMUNITY GATHERING

An annual event for all past & present Black Centering participants and their loved ones. An opportunity to share community. We dress up, share memories, introduce babies, share birth stories, and enjoy a private tour of a beautiful & safe space in SF, the MoAD.

# MORE

## COLLABORATORS



Postpartum Justice is a CBO that provides Black Centering households 6 weeks of postpartum nourishing meals delivered to their doorstep. Each week there are 8 meals included for the household to share.

One Love Black Community is a CBO that provides Black Centering households a show up during pregnancy & postpartum. This includes a One Love Box filled with produce, over 20 essential household items, diapers, wipes, clothes, resources and so much.



The Children's Book Project is a CBO that provides new racially concordant books to Black Centering participants during their pregnancy.

## BLACK MIDWIFERY FELLOWSHIP, CA

The purpose of the Black Midwifery Fellowship (BMF) in California is to create a comprehensive full scope midwifery fellowship with a focus on Abortion Training.



Alexandra Mitchell, CNM (test) Fellow 2023-2024



Savanah Washington, CNM SFGH Clinical Site Midwife



Asmara Gebre, CNM UCSF Co-Director



Kara Myers, CNM Midwifery Supervisor



Biftu Mengesha, MD Clinical Site Physician Supervisor



Katherine Brown, MD Clinical Site Physician Supervisor



Chantal Davis, CNM Highland Co-Director



Amber Bell, CNM Highland Clinical Site Midwife

## CHOICES. Center for Reproductive Health



Nikia Grayson, CNM BMF Fellowship Expert + Didactic Education Consultant

Founded the first Black Midwifery Fellowship in the nation. As a consultant she will support creation of the didactic curriculum & collaboration with the BMF in TN.

## AB1918 CA Reproductive Health Service Corp Consortium



## DOULA FOR THE PEOPLE

Doula for the People is collective of doulas who will create an abortion doula training, host a community based workshop for community members, and provide 72 bay area families with doula support after accessing abortions each year. This includes home made meals with each visit.

One Love Black Community is a CBO that will be providing 24 post abortion families in SF each year a show up. This includes a One Love Box filled with produce, over 20 essential household items, clothes, resources and so much.



## BMF in CA will launch in 2024. 2 fellows. 12m inclusive of:

### Experiences

- Labor & Delivery Unit
- Black Centering Group Care
- 1:1 outpatient care
- Abortion clinic [comprehensive training to be a trainer]
- Postpartum Home Visits
- Teaching experience in the midwifery education program
- Community based activities

### Didactic Education

1. Weekly Group Discussions
2. Independent readings
3. BMF quarterly conferences
  - Collaboration with Complex Family Planning Fellows
  - Black midwives & nurses Abortion Workshops
  - Peer space for all fellows (CA + TN)

### Reproductive Justice Tour

- Nashville, Tennessee
- Washington, DC
- Atlanta, Georgia
- Various Conferences

Questions?  
**CONTACT US!**

✉ [blackmidwiferyfellowship@ucsf.edu](mailto:blackmidwiferyfellowship@ucsf.edu)

# Respectful Care: Do No Harm

## *Risk assessment and harm prevention in the Family Birth Center*

### Judicious use of OB interventions

- Fetal monitoring
- IOL
- C/s

### Standardized protocols for OB emergencies

- Emergency C/s (CODE OB)
- Hypertensive crisis
- Postpartum hemorrhage

### POST-VAGINAL BIRTH DEBRIEF:

To be done prior to provider leaving room after birth; make sure patient is covered and comfortable for this conversation

- **Pt name:** \_\_\_ had a vaginal birth (with forceps/vacuum PRN) @ \_\_\_\_\_ (delivery time).
- **Quick summary in less medical language for the family:**  
(e.g., "You pushed with such great energy for 2 hours, which is a normal amount of time and your baby transitioned to life outside the uterus really well right on your chest. You have a small tear in your vaginal tissue, but I did not need to use stitches because it will heal well on its own.")
- **Baby's Apgars were** \_\_\_\_\_ **&** \_\_\_\_\_
- **There was a** \_\_\_\_\_ **laceration/no tear/episiotomy**
- **QBL is** \_\_\_\_\_
- **Send placenta?** Yes / No
- **PPH risk is:** \_\_\_\_\_ (low/med/high)\*\*\*
- **Concerns that remain are:** \_\_\_\_\_ (e.g., "Chorio -We will be continuing antibiotics for 24 hours. PPH – We will check a CBC in the morning and consider IV iron PRN).
- Patient-/family-directed question: Do you have any concerns / questions?
- What went well?
- When should the team meet for a PPH debrief (if > 1000 mL) or if a team member wishes to have a Team Debrief?



# Respectful Care is central to the patient experience



## Community Involvement

- Patient navigators
- Public Health Nurses
- Doulas



## Training

### Pediatric & Perinatal Equity Toolkit

- Feedback tools for peer coaching and support
- De-escalation tools
- Debriefs and timeouts with an equity lens
  - Dyad care coordination meetings to help families stay together

### Intentional solicitation of feedback

# Respectful Care supports the whole family



**Pregnancy  
Pop-Up Village**  
*2<sup>nd</sup> Saturdays  
outside the Bayview  
Opera House*

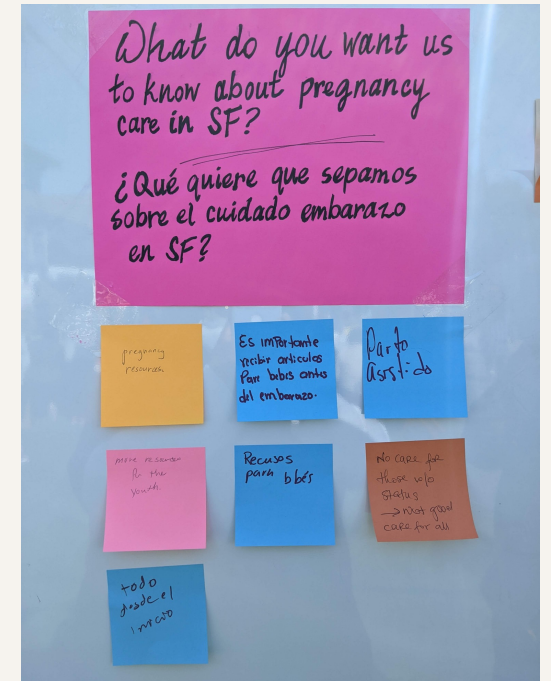
Offering perinatal and family services, community resources, baby and childcare items, resources for partners/co-parents, children's activities, art, music, community lunch, basic medical/ dental care and referrals, community engagement, and more



*The mobile clinic offers basic  
medical care and referrals to ZSFG*



**Scan for  
October 2023  
Pop-Up info**



*The Vision Board promotes  
community engagement*

# Respectful Care is strengthened by community collaboration



*HPP CHW Manager Maisha Jones (center) with Solid Start's Medical Director Melanie Thomas (L) and Care Navigator Gaby Diaz (R)*



## **Solid Start at ZSFG + Homeless Prenatal Program** *Community Health Worker (CHW) Internship Program*

Holistic needs assessment, care navigation, and optimized connections to community resources through sustainable partnerships

- CHWs work side-by-side with Solid Start's care navigation team onsite in 5M/6M/L&D
- Patients have access to rapid intake for HPP services and baby care items, food, and other essentials during their clinical visit, minimizing referral wait times



*CHWs delivering car seats to L&D for families being discharged after birth*

# Respectful Care includes attention to mental health

In 2022, 168 Black pregnant people received prenatal care in 5M (Centering, CNMs, High Risk OB, MDs, NPs, Team Lily, HIVE clinics)


- 13.6% of 5M's prenatal care population in 2022

## *Black Perinatal Mental Health*

- Since January 2023, 40 Black-identifying patients have been connected to patient-centered, race-concordant perinatal MH services offered by Solid Start's Black-identifying perinatal MH provider
  - 17/40 participate in ongoing therapy
  - 10/40 receive periodic MH check-ins aligned with clinical visits in 5M







# What's Next?

How do we ensure all Black birthing people feel welcome and have access to offerings that center Black pregnancy and Black birth?

- ZSFG clinical leaders + Solid Start, led by Black providers and staff

Medi-Cal's CalAIM Initiative: Birth Equity Population of Focus

- Starting January 2024, all Black-identifying pregnant and postpartum people will be eligible for Enhanced Case Management (ECM)
- Anthem and SFHN have approved Solid Start as ECM provider for pregnant/postpartum people and families at ZSFG