LMCH EVIDENCE-BASE

Evidence-Based/Informed Strategies

Local Maternal Child Health

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Welcome & Introductions

- Trudy Esch, MDHHS
- Carrie Tarry, MDHHS
- Robin Orsborn, MDHHS
- Julia Heany, MPHI

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Today's Agenda

1. Why the overview?
2. Review of Step 8 MCH Needs Assessment
3. Finding Evidence Based Strategies
4. Introduce LMCH Evidence-based strategies by Performance Measure
5. Translating Research into Practice
6. Future needs? (adapting for culture & context, the science of implementation, other?)

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Evidence-based strategies

Why the overview?

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Tying the MCH Needs Assessment to the LMCH Plan and Work Plan

USING STEPS 7 & 8 IN THE LMCH WORKPLAN

Local MCH Action Plan – by National/State Performance Measure | FY 2019

Select Local Health Department from drop down menu: Select Agency

Identify the NPM and/or SPM that aligns with your MCH priority strategic issue. Select the NPM or SPM on the pull down menus below, OR, specify the locally defined performance measure.

- Use a separate action plan table for each NPM, SPM or LPM selected. Please select the appropriate service by pyramid level in the table under action steps
- Please avoid abbreviations, if possible. Alternatively, spell out the first time and give abbreviation in parenthesis. Thereafter, you may use the abbreviation.

NPM or SPM: Select NPM or SPM

LPM (specify): Click here to enter text.

Priority Strategic Issue #1:

Goal: *[Step 7, Table 13]*

Objective: *[Step 7, Table 13]* (Objectives should be SMART: "specific, measureable, assignable, realistic and time-related):

Data List local MCH-specific data or needs assessment findings that led you to select this NPM/SPM/LPM. *[Step 4]* This section should identify your baseline data, year and source of data.	**Strategies** *[Step 8, Table 14 &15]* Describe strategies that will be used to directly impact the identified NPM/SPM or LPM with MCH funds	**Action Steps** Describe the specific steps you will use to achieve your goals and objectives through your selected strategies with MCH funds	**Stakeholders/ Responsible Person** *[Step 8, Table 15]*	**Anticipated Outputs** Describe outputs *(e.g. product or units of service). [Step 8, Table 15]* How will you know that your strategy was implemented?	**Final Reporting** Describe your progress toward achieving goals and objectives with MCH funds.	**Final Progress Reporting** Describe your progress toward implementing strategies/action steps, and achieving outputs. Briefly describe any challenges and successes experienced.
		Select service by pyramid level.			Choose met or unmet.	Choose an item.

- In preparing the FY 19 LMCH Plan, many agencies struggled with the Evidence-based strategies.
- Some agencies may not have access to library systems for locating the evidence
- Finding resources for evidence base/informed may be time consuming

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Evidence-based strategies

A Review of MCH Needs Assessment
Step 8 – Identify Strategies

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LMCH Needs Assessment Refresher

Strategies
Describe strategies that will be used to directly impact the identified NPM/SPM or LPM with MCH Funds

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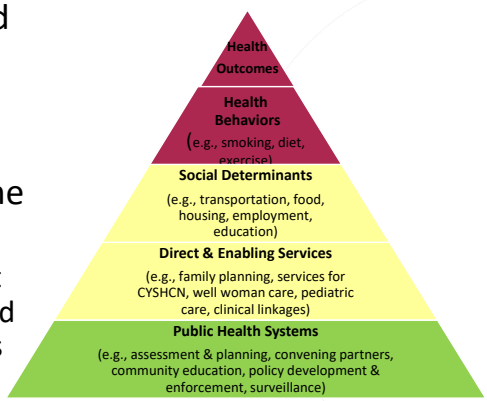
Step 8 Overview

- Step 8 identifies how each goal identified in Step 7 will be achieved.
- Carefully consider strategies with the greatest impact on identified strategic issues and goal achievement based on the Public Health Pyramid
  - It is important to consider how outcomes at one phase of the life course can be impacted by earlier phases of the life course or across generations
- Strategies should be evidence-based or evidence-informed



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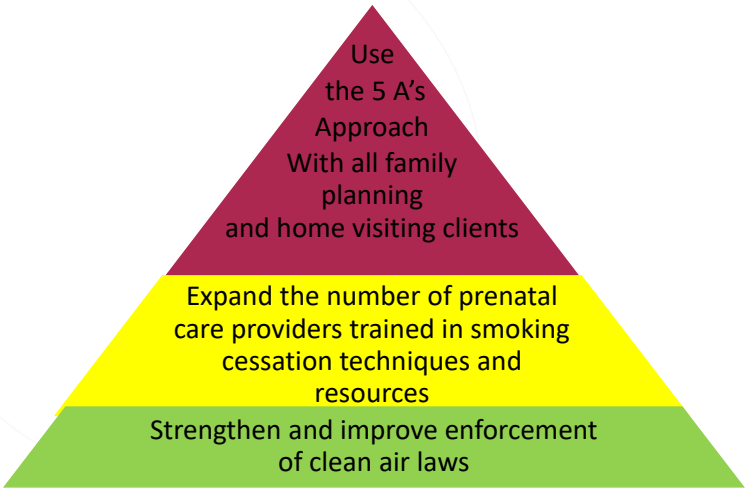
Back to the Pyramid



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Identifying Strategies

Begin by identifying potential strategies for addressing each strategic issue:

- Brainstorming
- Searching the Literature
- Google
- Ask a friend

Strategic Issue → How can we reduce barriers to breastfeeding?

Evidence-based Strategy → Developing feeding plans with MIHP clients

Evidence-based Strategy → Expanding the number of health department staff trained as lactation consultants

Evidence-based Strategy → Increasing the number of workplaces with breastfeeding policies

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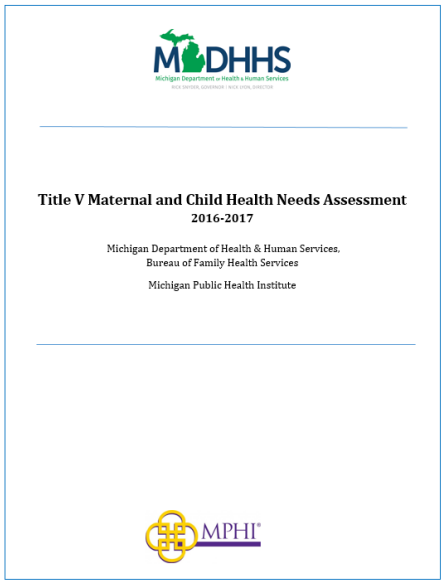

LMCH Tool Questions

- After you have prioritized your strategies, you will answer questions 19, 20, and 21 in the LMCH Assessment Tool (*Full Tool, pg. 29*)
  - #19 – What process did you use to identify potential strategies?
  - #20 – How did you determine which strategies to prioritize?
  - #21 – Will you be pursuing a promising strategy that lacks an evidence base? If so, describe your evaluation strategy.

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Evidence-based strategies

How do you find them?

How do you prioritize them?

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Finding Evidence-based information Health Science Library

- Access to a health science library
  - U/M Taubman Health Sciences Library https://www.lib.umich.edu/taubman-health-sciences-library
  - MSU Libraries | Health Sciences Digital Library @MSU https://lib.msu.edu/health/nursing/

Source: Taubman Health Sciences Library. Available: https://www.lib.umich.edu/taubman-health-sciences-library/about-library

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Michigan Electronic Library

Michigan Electronic Library

For residents of the State of Michigan, MeL (the Michigan eLibrary) provides a free comprehensive electronic information tool for Michigan's libraries with a number of valuable resources in the biomedical area, including journals and databases. Login requires a Michigan driver's license, State ID number, or a Michigan Public Library card.

http://www.mel.org/

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Finding Evidence-based information Free Health Science Databases Online

The databases listed below are freely available online. They may take some orientation on how to do a search.

- PubMed, a service of the National Library of Medicine, includes over 15 million citations from MEDLINE and additional life science journals for biomedical articles back to the 1950s.
- PubMed Central (PMC) is the U.S. National Institutes of Health (NIH) free digital archive of biomedical and life sciences journal literature.
- AEGIS (AIDS Education Global Information System) includes a searchable database, an HIV/AIDS Encyclopedia, an online Bulletin Board System, and current news items.
- AIDSinfo contains federally approved treatment guidelines for HIV infection and AIDS-related illnesses, as well as HIV/AIDS clinical trials, vaccines, and durg information in English and Spanish.
- Alcohol Studies Database contains over 70,000 citations for journal articles, books, book chapters, dissertations, and conference papers.
- Environmental Health and Toxicology contains comprehensive environmental health and toxicology resources.
- Google Scholar provides a way to broadly search for scholarly literature. It searches a variety of resources, including PubMed, electronic journals, and Google Book Search. However, Google Scholar may not include the most current or the most complete records from a database, so it is generally a good idea to search specific databases individually.
- Household Products contains health and safety information for 7,000 brands, including personal care, automotive, garden, and cleaning products.
- Native Health Database contain bibliographic information and abstracts of health-related articles, reports, and surveys pertaining to the health and health care of American Indians, Alaska Natives, and Canadian First Nations.
- POPLINE® (POPulation information onLINE) is the world's largest database on reproductive health.
- SafetyLit includes abstracts of reports in several disciplines relevant to preventing unintentional injuries, violence, and self-harm.
- TOXMAP coontains environmental health maps of certain toxic chemicals in the air, water, and ground.
- TOXNET (Toxicology Data Network) is a cluster of databases on toxicology and hazardous chemicals from the National Library of Medicine.

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Resources to Find Evidence-based Strategies

- The Community Guide to Preventive Services
  - https://www.thecommunityguide.org
- NACCHO Model Practice Database
  - http://www.naccho.org/topics/modelpractices/database/index.cfm
- Partners in Information Access for the Public Health Workforce
  - http://phpartners.org/hp2020/index.html
- SAMHSA's National Registry of Evidence-based Programs and Practices
  - https://www.samhsa.gov/nrepp
- The Community Tool Box: Comprehensive Resources (lots more links!)
  - http://ctb.ku.edu/en/databases-best-practices

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Evidence-Based Practice Tutorial

- Duke University Medical Center Library & Archives, University of North Carolina at Chapel Hill
  - "Welcome to the Introduction to Evidence-Based Practice Tutorial" (December 2014)
  - This tutorial is intended for any health care practitioner or student who needs a basic introduction to the principles of Evidence-Based Practice. Upon completion of this self-paced tutorial, you will be able to:
    - define Evidence-Based Practice (EBP)
    - identify the parts of a well-built clinical question
    - identify searching strategies that could improve PubMed searching
    - identify key critical appraisal issues that help determine the validity of a study
  - https://guides.mclibrary.duke.edu/ebmtutorial/home

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Prioritizing Strategies

- Questions to consider:
  - Strength of the evidence
    - Relevance of the evidence to the community you serve
  - Reach of the strategy
    - Cost / benefit
  - Feasibility & buy-in
  - ***Perspective of the community members you hope will most benefit***
    - Please, please, please don't forget to ask!

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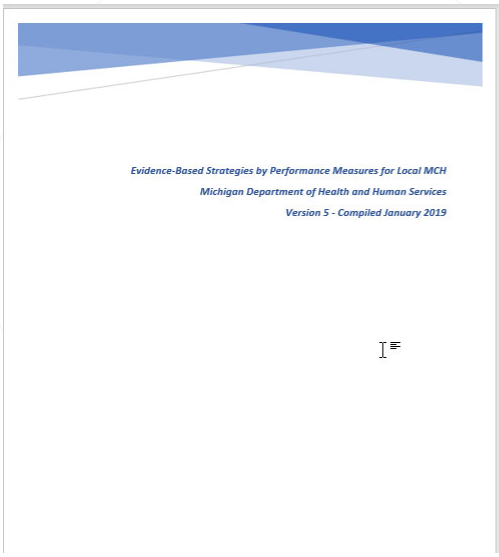
LMCH Team Developed a Resource
Hopefully will simplify "finding" the evidence



Evidence-Based Strategies by Performance Measures for Local MCH

Michigan Department of Health and Human Services

Version 5 - Compiled January 2019

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NPM #5: Safe Sleep

"Sleep-related infant deaths, also called Sudden Unexpected Infant Deaths (SUID), are the leading cause of infant death after the first month of life and the third leading cause of infant death overall. Sleep-related SUIDs include Sudden Infant Death Syndrome (SIDS), unknown cause, and accidental suffocation and strangulation in bed. Due to heightened risk of SIDS when infants are placed to sleep in side (lateral) or stomach (prone) sleep positions, the AAP has long recommended the back (supine) sleep position. However, in 2011, AAP expanded its recommendations to help reduce the risk of all sleep-related deaths through a safe sleep environment that includes use of the back-sleep position, on a separate firm sleep surface (room-sharing without bed sharing), and without loose bedding. Among others, additional higher-level recommendations include breastfeeding and avoiding smoke exposure during pregnancy and after birth. These expanded recommendations have formed the basis of the National Institute of Child Health and Development (NICHD) Safe to Sleep Campaign®." (Source: MCH Evidence. Strengthening the evidence for maternal and child health programs. https://www.mchevidence.org/tools/)

Potential evidence-based/informed strategies for Safe Sleep

- Analysis of PRAMS and SUID data to identify program targets, inform interventions, develop fact sheets
- Promote infant safe sleep environmental interventions as recommended by AAP
- Provide consistent safe sleep messaging as recommended by AAP
- Educate families, caregivers, and early care and education providers about Safe Sleep practices
- Provide training to healthcare providers, hospital/NICU, OB/GYN and pediatric clinic staff, WIC staff and home visitors on safe sleep messages and how to be appropriate role models for families
- Promote interventions focused on breaking down barriers to safe sleep
- Implement a safe sleep media campaign to raise public awareness
- Partner with WIC, home visiting, faith-based organizations to provide safe sleep education and counseling as recommended by the AAP
- Assist birthing hospitals with review and development of safe sleep protocols
- Interventions to provide culturally-competent practice utilizing traditions and norms that are protective for health

LMCH Evidence-based Resource, cont

Arranged by National, State and some Local Performance Measures

- Contains brief overview
- Some potential evidence-based/informed strategies
- References

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Department Resources
Using National/State/Local Performance Measures

- We consulted with our MDHHS colleagues and MPHI colleagues in developing the EB Resource
- Don't forget that the department has many staff that can be resources
- We strongly encourage use of national and state performance measures; local measures are included as resource for EBS
- We have allowed local measures that reflect MCH NA priorities; however strongly encourage use of National/State performance measures

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USING Evidence-based/informed Strategies IN THE LMCH WORKPLAN For FY 2020

Local MCH Work Plan – by National/State Performance Measure	FY 2020

Local Health Department Name:

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		Select Service by Pyramid:				
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Translating Assessment into Action

- Theory of Change
- Planning for Implementation

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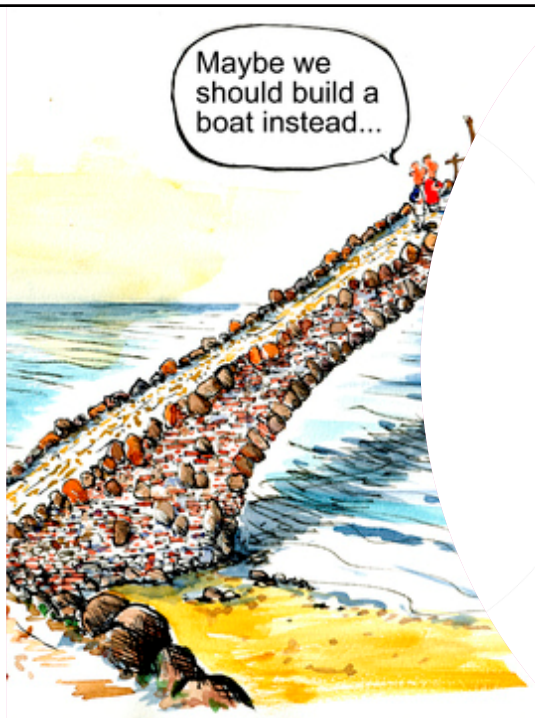

Theory of Change

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A Theory of Change (TOC) helps to…

- Describe ***how*** interventions can bring about long term outcomes
- Acknowledges the role of context
- Provide framework for monitoring & evaluation
- Articulate a change process within interventions

"Every community needs a roadmap for change; a theory of change outlines how to create that change"

-Annie E. Casey Foundation

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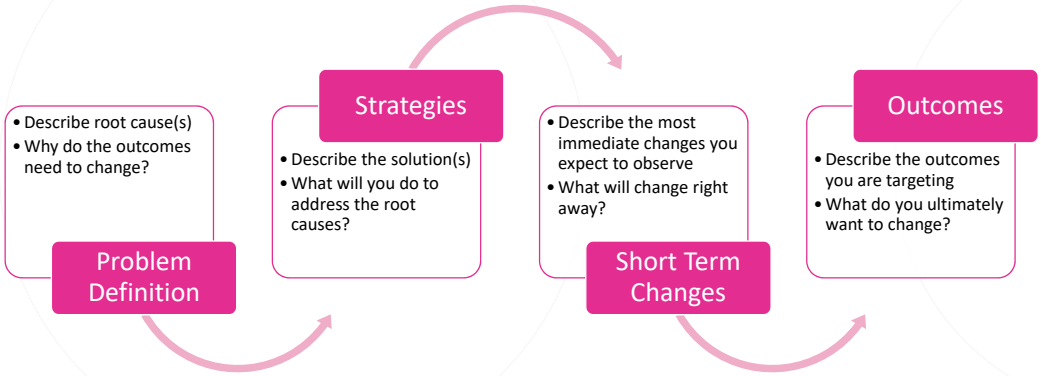
Components of a Theory of Change



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Let's Start with Something Simple…

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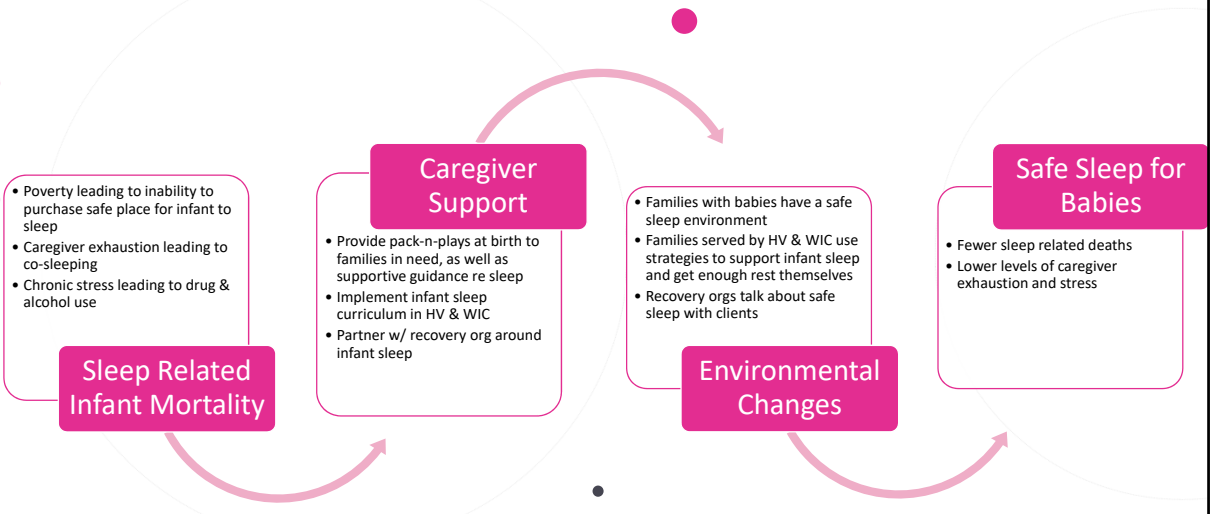
An MCH Example



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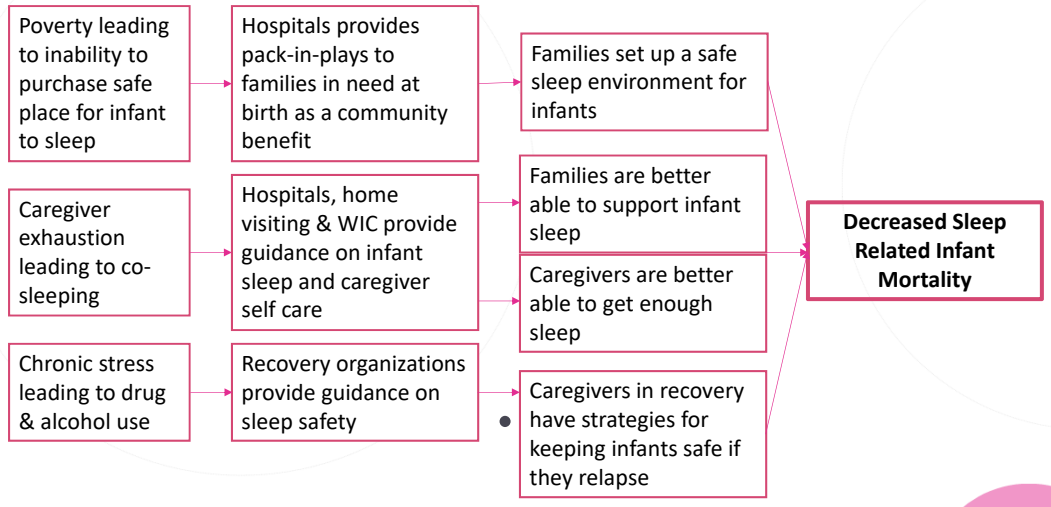
An MCH Example: Noting Causal Pathways



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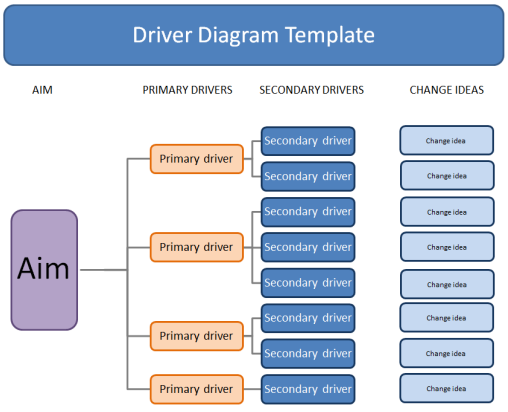
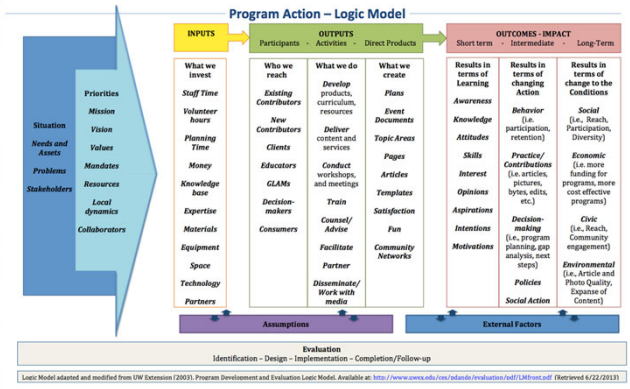
Other Useful Tools

- Key Driver Diagram



- Logic Model



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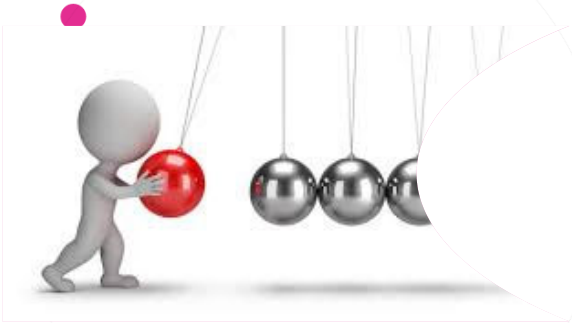

Planning for Implementation

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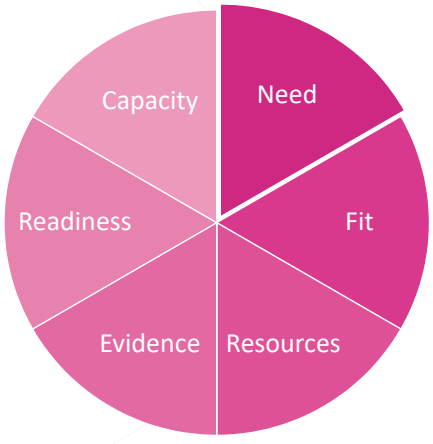
Selecting a Strategy & Preparing for Implementation



Blase, K, Kiser, L, & VanDyke, M (2013). The Hexagon Tool: Exploring Context. Chapel Hill, NC: National Implementation Research Network.

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Preparing for Implementation

Fit

- How can we implement this strategy so it fits in with our other work?
- Where does this strategy fit within our organizational structure?
- Does this strategy align well with our organizational values? Are there areas of misalignment we need to consider?
- How can we make sure that this strategy fits the needs & priorities of the population we serve?

Resources

- Do we have the IT infrastructure in place to support this strategy?
- What data systems can we use? What data systems need to be developed?
- Do we have the staff we need to implement this strategy?
- How will we make sure staff have the training, coaching, and supervision they need to be successful?
- What administrative supports do we need and how can we make sure they are in place?

Readiness

- How will we access the expertise we need to implement this strategy?
- Is the strategy robustly described in a way that supports duplication?
- What policies, procedures, & process do we need to have in place?
- What tools & resources are required to implement this strategy?

Capacity

- Do we have a sustainable way to financially support implementing this strategy?
- Do our organizational structures support implementing this strategy?
- Do we have the organizational, community, and client buy-in we need for successful implementation?

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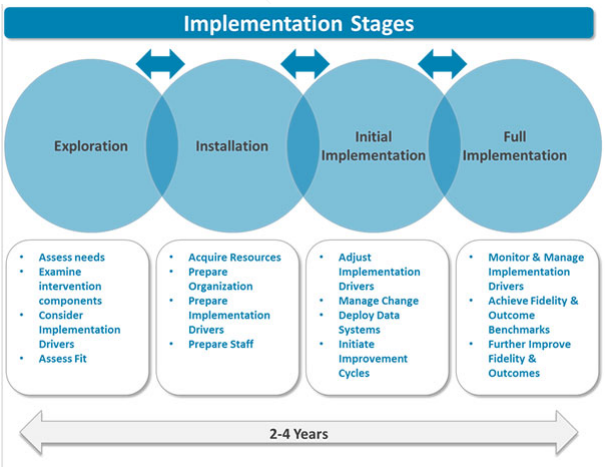
Implementation Stages



https://nirn.fpg.unc.edu/

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Using Assessment to Inform Action

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Example

Goal: To support all women in breastfeeding for as long as they choose.					
Strategy	*Objective*	Short-term Outcome	*Objective*	Mid-term Outcome	*Objective*
Support pregnant and parenting clients in enrolling in **both** a home visiting program and WIC	*By 9/30/18, increase the % of eligible health department clients who are enrolled in both a home visiting program and WIC from 45% to 70%.*	Health department clients will have access to lactation support	*By 9/30/18, increase the % of health department clients who give birth that meet with a lactation consultant in the 6 weeks after baby is born from 15% to 35%.*	Health department clients will have the support they need to breastfeed their babies	*By 9/30/18, increase the % of WIC, NFP, and MIHP clients who breastfeed to 6 months from 5% to 20%.*

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Example

Support pregnant and parenting clients in enrolling in **both** a home visiting program and WIC

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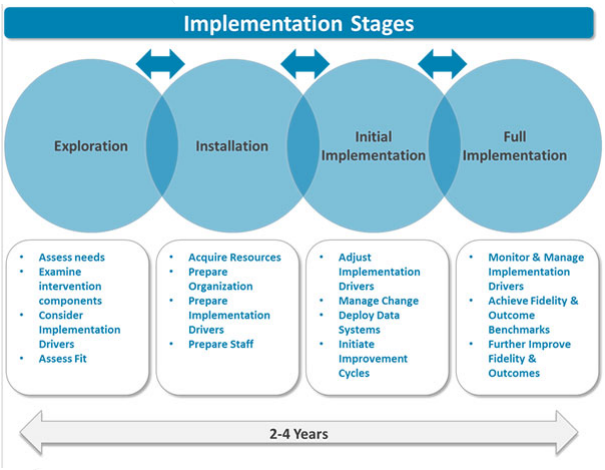
Example

Support pregnant and parenting clients in enrolling in **both** a home visiting program and WIC



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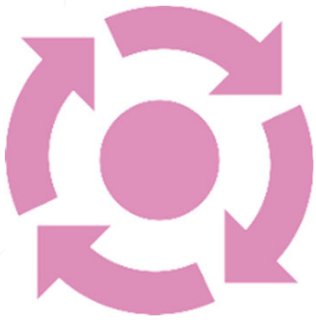
Remaneuvering After the Needs Assessment

1. Revisit the Overall Plan (Action Plan)
2. Review Objectives & Accomplishments
3. Report, Reflect on & Celebrate the Current Reality
4. Decide on Next Steps
5. Integrate the New Plans



This is an iterative process!

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Celebrate Early Wins!

Keys to Success

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Group Sharing

- How have you used the LMCH Needs Assessment to inform improvements in your community?
- Do you have any tips and tricks to share?

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USING Evidence-based/informed Strategies IN THE LMCH WORKPLAN For FY 2020

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		Select Service by Pyramid:				
		Select Service by Pyramid:				

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Questions ?

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THANK YOU

LMCH Team

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MDHHS-Maternal-Child-Health@Michigan.gov

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