

Project Title

An Integrated Maternal and Child Wellness Hub in a Primary Care Clinic

Project Lead and Members

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Organisation(s) Involved

KK Women's and Children's Hospital, SingHealth Polyclinics

Healthcare Family Group(s) Involved in this Project

Medical, Nursing

Applicable Specialty or Discipline

Primary Care Clinic, Maternal and Child Health

Project Period

Start date: July 2019

Completed date: December 2021

Aim(s)

- Aim to improve maternal and child health during the important first 3 years of a child's life through anticipatory guidance, health and development screening, and early intervention.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Additional Information

Singapore Healthcare Management Congress 2022 – 3rd Prize (Operations category)

Project Category

Care Continuum, Primary Care, Training & Education

Education Platform, Virtual Learning Platform

Keywords

Integrated Maternal and Child Wellness Hub in Primary Care Clinic

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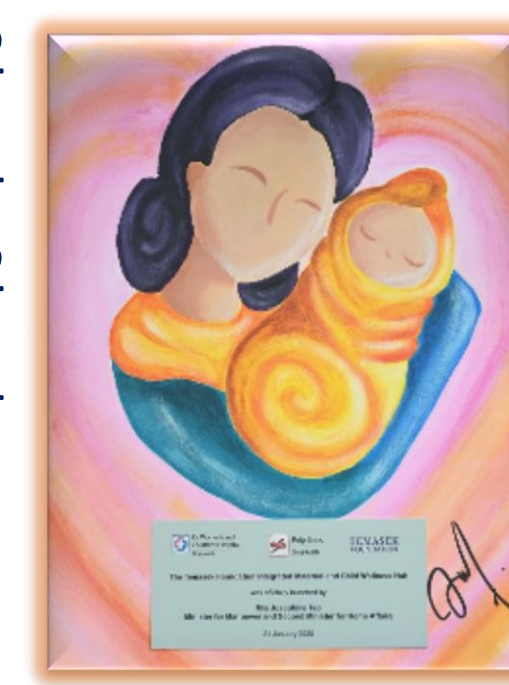


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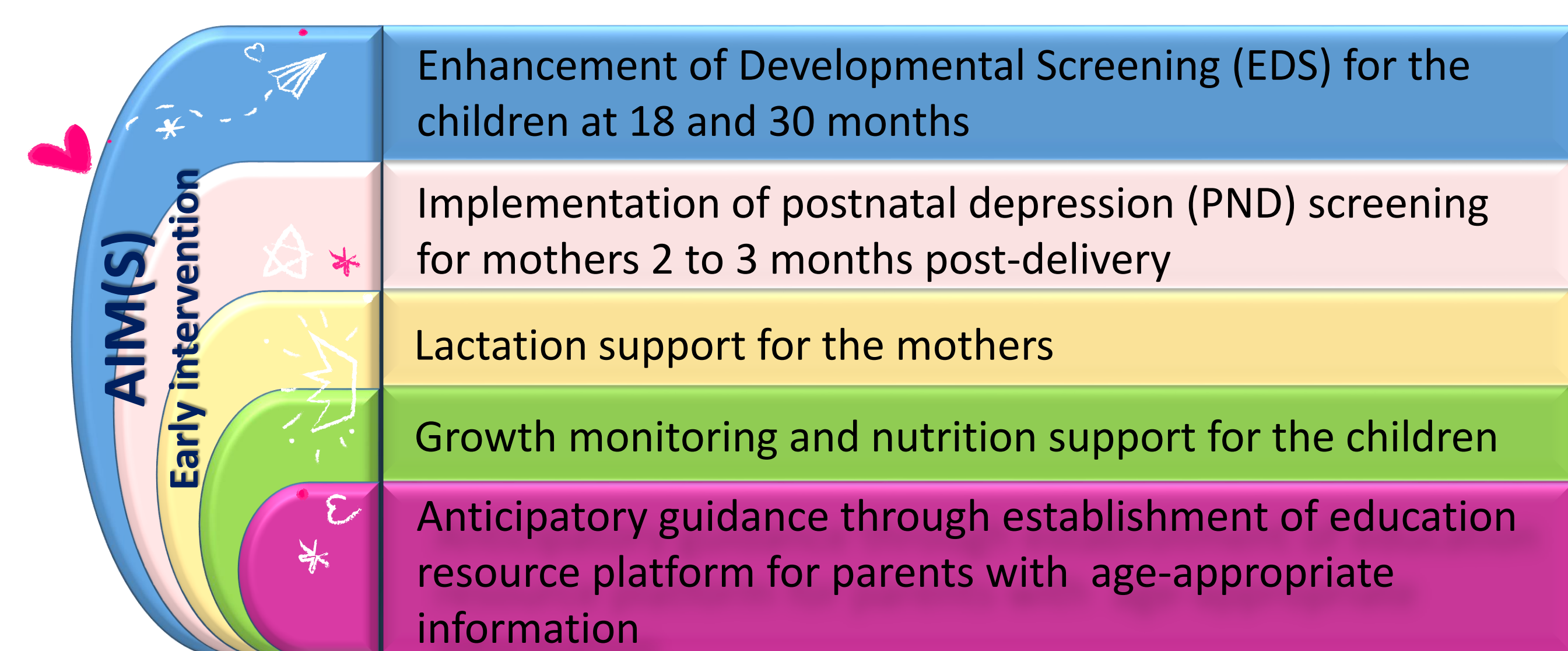
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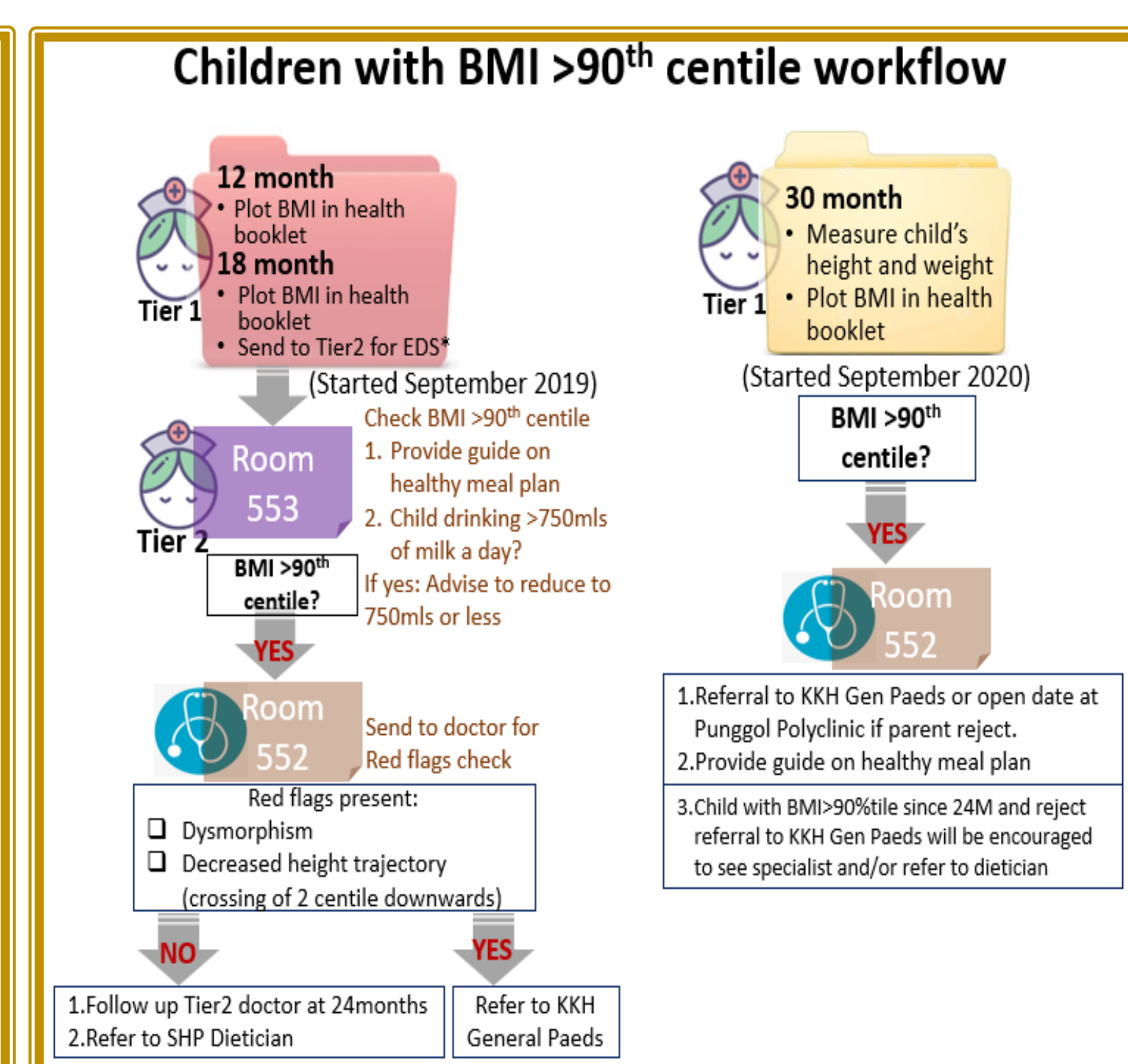
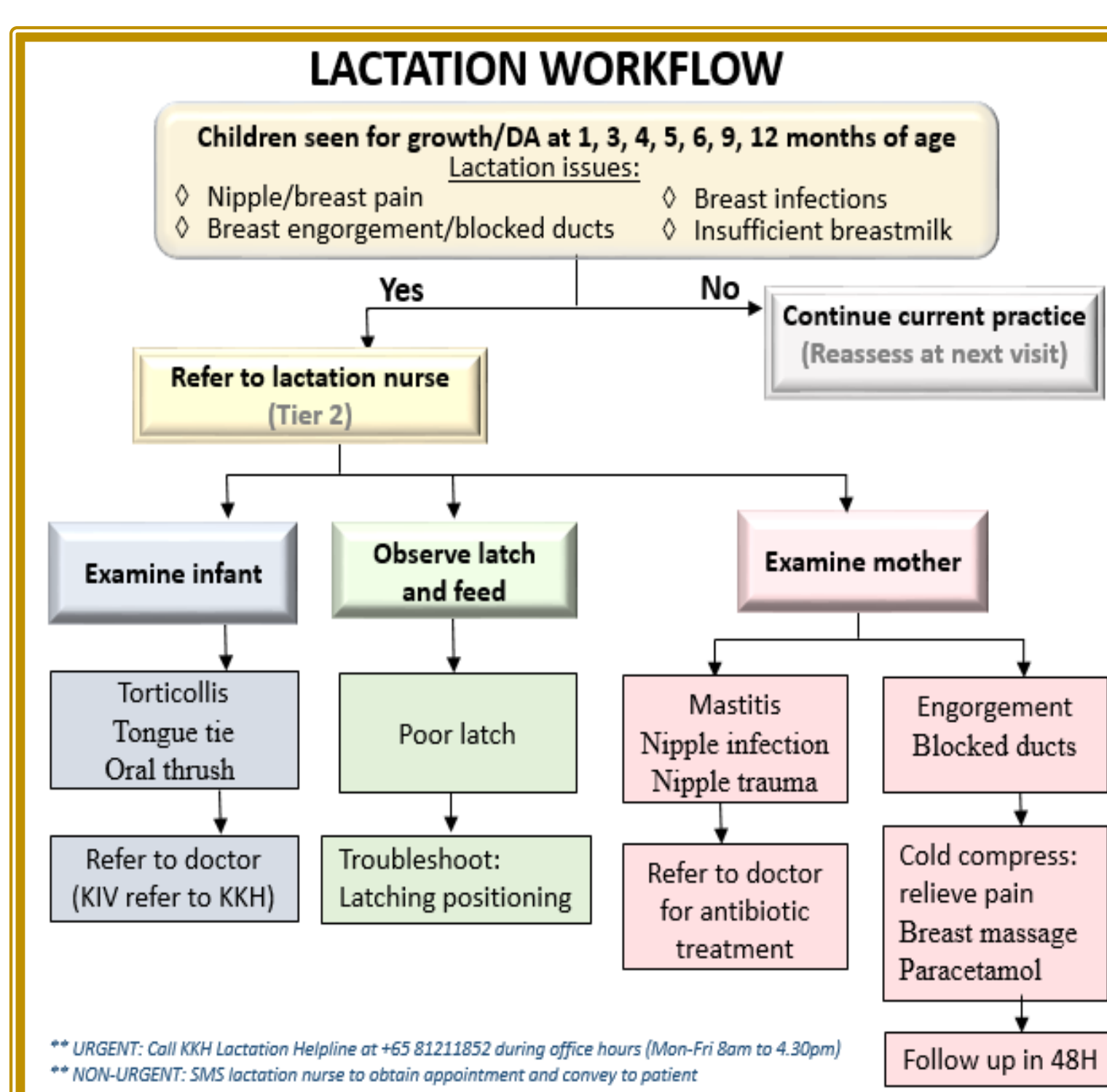
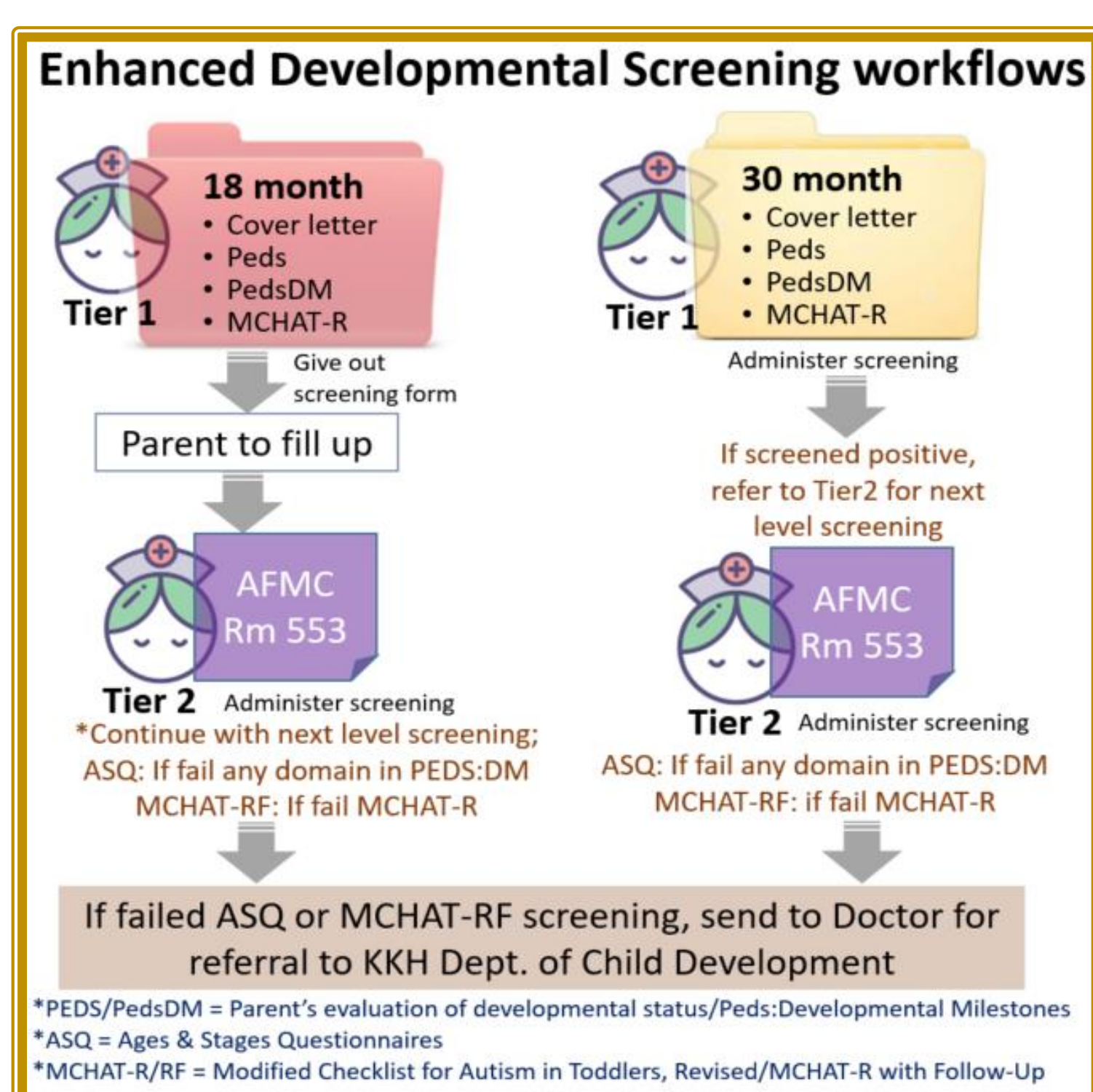
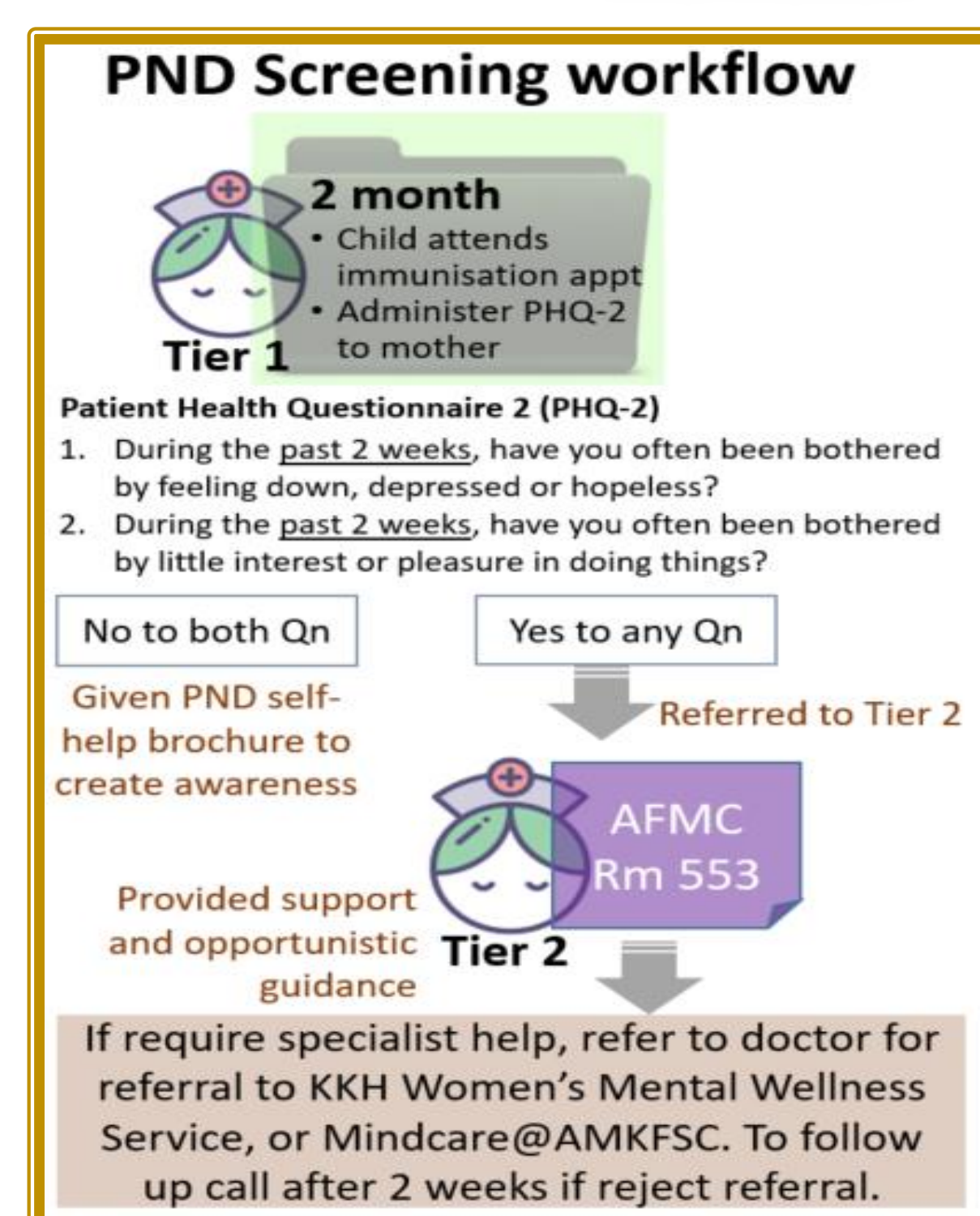
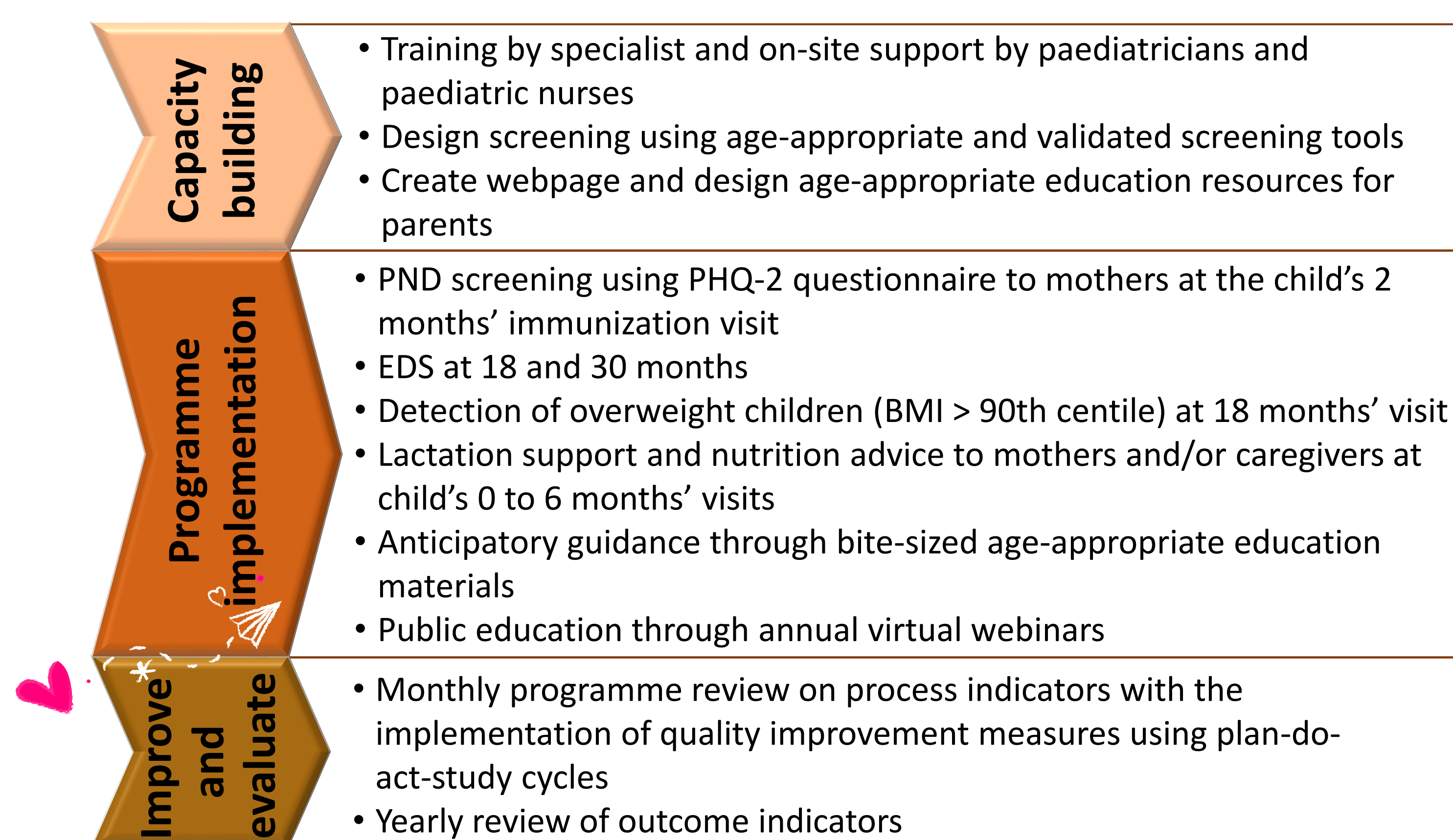
Introduction

The Integrated Maternal and Child Wellness Hub (IMCWH) in Punggol Polyclinic was a 3-year (2019-2021) pilot programme by KK Women's and Children's Hospital (KKH) and SingHealth Polyclinics (SHP), funded by Temasek Foundation. The hub aimed to improve maternal and child health during the important first 3 years of a child's life through anticipatory guidance, health and development screening, and early intervention. The programme targeted to benefit up to 5,000 pairs of mothers and their children (age 0-4) in the region during the period.



Methodology

The EDS and PND screening processes were integrated into the workflow of existing well-child visits for developmental assessment and immunization.



Results

The integrated workflow enabled over 85% of attendances to be screened. 2.4% of mothers and 8% of children were screened positive for PND and developmental delays, respectively, and were offered intervention. 12% of children screened at 18 months were found to be overweight and given appropriate counselling and follow-up. Over 17000 families accessed education materials through brochures, programme website or webinars.

Postnatal Depression Screening (July 2019 to December 2021)

5561 (88%) mothers were screened for PND. 136 (2.3%) mothers screened positive for PND. 56% of them received self-help resource or referral for counselling.

| | Total number screened | Women screened positive | Women screened positive who accepted Intervention | Women who accepted and received intervention |
|---------------|-----------------------|-------------------------|---|--|
| PND Screening | 5561 88% | 136 2.4% | 79 58% | 76 96% |

Development Screening (July 2019 to December 2021)

8625 (89%) children received EDS. 709 (8%) were screened positive for developmental issues and offered referrals to child development units for further assessment. Enhanced screening at 9 month ended in March 2020 since only 0.5% were screened positive.

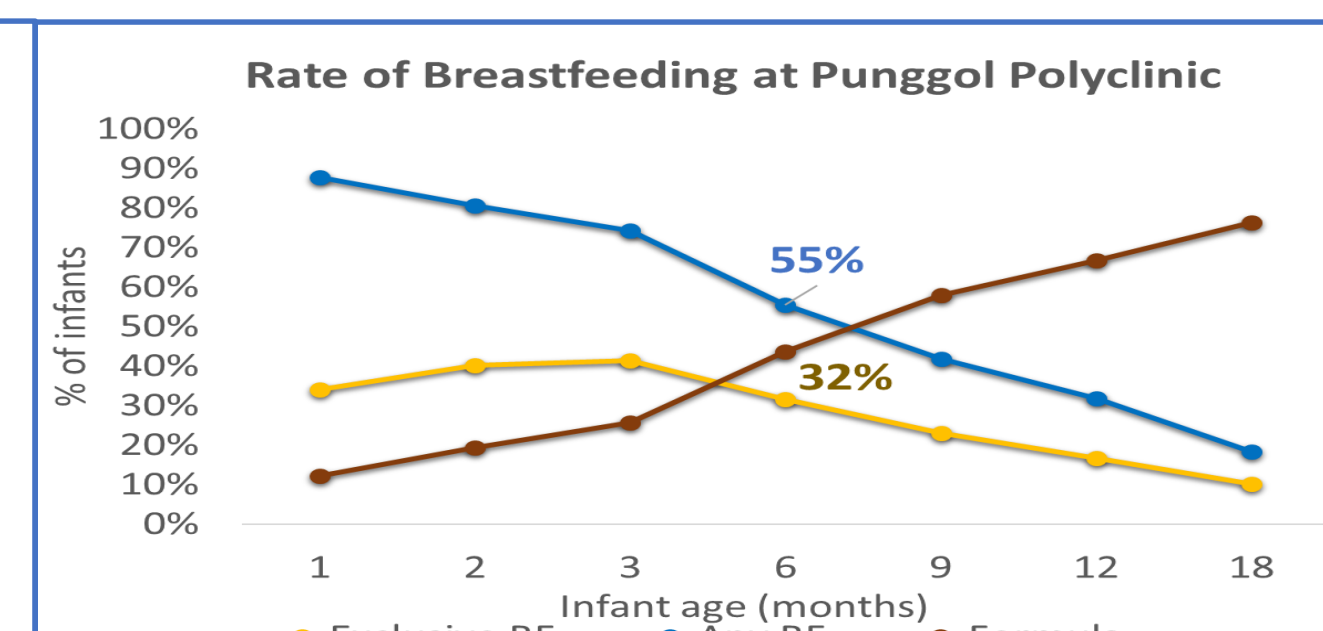
| Developmental Assessment | Children screened | Children screened positive | Children screened positive who accepted referral to DCD | Children who received assessment at DCD | Children assessed to have developmental issues at DCD |
|--------------------------|-------------------|----------------------------|---|---|---|
| 9 month (Jul19-Mar20) | 1479 89% | 7 0.5% | 4 57% | 2 50% | 2 100% |
| 18 month | 4212 86% | 587 14% | 343 58% | 218 64% | 213 98% |
| 30 month | 2933 93% | 115 4% | 88 77% | 73 83% | 73 100% |
| Overall | 8624 89% | 709 8% | 435 61% | 293 67% | 288 98% |

Growth Screening (July 2019 to December 2021)

4016 children were screened for growth at 18 months. 471 children (12%) were detected to be overweight (BMI>90th centile for age and gender) and provided with intervention with dietary advice and reviews.

Lactation Support

32% of the mothers continued exclusive breastfeeding and 55% of the mothers on partial breastfeeding at 6 months. 64 mothers sought lactation support and 55% them continued to breastfeed for >2 months.



Anticipatory Guidance and Education

Up to April 2022, over 17000 families had accessed the self-help brochures, educational materials including short videos on PND, breast massage, child's safety, eye health, dental care, etc. pushed to parents through printed materials or QR codes to programme webpage. A series of 5 webinars had been organized.



Conclusion

The pilot programme had successfully demonstrated the feasibility of a mother-child dyad care model in the primary care setting leveraging on existing well child visits to enhance developmental screening, PND screening, growth monitoring, nutrition support and anticipatory guidance. The programme will be scaled to 3 other SHP polyclinics in phases from 2022. Importantly, it has contributed to the national interest in maternal and child health, in particular dyad-centred care.

