



## BACKGROUND

Pregnancy and delivery can be an overwhelming journey for expectant parents. As a result, parents can feel anxious and unsure of what to expect during labor and delivery<sup>1,5</sup>. Many expectant parents are unable to receive formal prenatal education for a variety of reasons and may rely on friends and peers to receive education vital to have a successful pregnancy and labor and delivery<sup>4</sup>. The purpose of this project is to provide an easily accessible and affordable online prenatal educational course for expectant parents.

The question asked for this project is: Does offering a free or reduced-cost online prenatal class to low-income pregnant women improve their knowledge regarding prenatal care and delivery?



Bradley, D. (2015) Pregnant [Image]. Cannacht Tribune <https://connachttribune.ie/lack-of-maternity-cover-leaves-gardai-with-baby-blues-753/>



## METHODS

The Iowa Model Revised<sup>2,3</sup> will be used to guide this project. A literature review identified three themes:

- There is a lack of prenatal education
- Prenatal education is important for expectant parents
- There are different prenatal education formats available

After the project has been approved for implementation, the following steps will be taken

- A timeline of the project will be created
- A staff meeting will be held to present information about the project, and presenting the deliverables in a PowerPoint Format
- A flyer will be distributed to provider's offices, and will be available for patients who come through L&D triage
- A patient screening form will be given to patients interested in participating in the prenatal classes
- A prenatal class PowerPoint will be created



## EVALUATION

The following instruments will be used to provide feedback on the project:

- A pre- and post-course knowledge assessment for the patients participating in the program
- Staff members will receive a survey asking to provide feedback on what they found useful.
- A chart check will be performed to determine how many patients received the new resources and how many people were referred to the program
- All surveys and post-course assessments will provide the opportunity for staff members and participants to provide comments or feedback.



## CONCLUSIONS

Many expectant parents only understand the importance of prenatal education once they present to the hospital for delivery<sup>4</sup>. These parents would be more likely to succeed if they had early access to structured prenatal education<sup>5</sup>. Labor and delivery nurses can help parents access, a structured prenatal education program to improve patient outcomes. Both nurses and patients will be able to build their knowledge and confidence when there are better educational options.

This project will allow nurses to provide more direct patient care when a patient is admitted for a routine delivery instead of having to spend time educating the patient. This program aids expectant parents by providing them with the education they need to be confident during pregnancy, postpartum, and caring for their newborn.



## REFERENCES

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- 5.Munkhondya, B. M., Munkhondya, T. E., Chirwa, E., & Wang, H. (2020). Efficacy of companion-integrated childbirth preparation for childbirth fear, self-efficacy, and maternal support in primigravid Women in Malawi. *BMC Pregnancy and Childbirth*, 20(1). <https://doi.org/10.1186/s12884-019-2717-5>