Spreading Eat, Sleep & Console Across UPMC Women's Health Service Line

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UPMC Women's Health Service Line

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Background: UPMC WHSL Journey

- Pregnancy Recovery Center (PRC) July 2014
- Women's Recovery Center (WRC) May 2017
- Perinatal Addiction Consultation Services (PACES) Oct 2017
- Created Parent Partnership Unit (PPU) – non pharm care by mom 24/7 in July 2018
- Introduced to Elisha Wachman by Deb Bogen Oct 2018
  - Elisha invited team to Mass Medical Society ESC workshop in Boston Jan 2019
    - In response, Elisha offered to do Grand Rounds at CHP & a training workshop Magee-Womens May 2019
    - Developed multidisciplinary ESC team meetings (PRC, SW, lactation), QI project
- Implementation of ESC pilot on PPU UPMC Magee-Womens Hospital August 2019 with average outcome 5.6 day LOS
- Spread across the WHSL 14 hospitals –one hospital at a time
- COVID cancelled in-person training April 6th
- Conducted training for 4 hospitals May 2020
  - Readiness assessment, planning meetings, training mirrored Boston workshop
- WHSL Perinatal SUD Committee June 2020

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What are we trying to accomplish?

- Locally:
  - Decrease hospital length of stay by 1 day for all infants ≥ 35 weeks gestation with Neonatal Abstinence Syndrome (NAS) by December 31, 2020.
  - Decrease initiation of pharmacologic therapy by 20% in all infants ≥ 35 weeks gestation with Neonatal Abstinence Syndrome by December 31, 2020.

- Systemically:
  - Improve the care of substance exposed newborns across the health system
  - SPREAD AND SCALE-UP SYSTEM-WIDE

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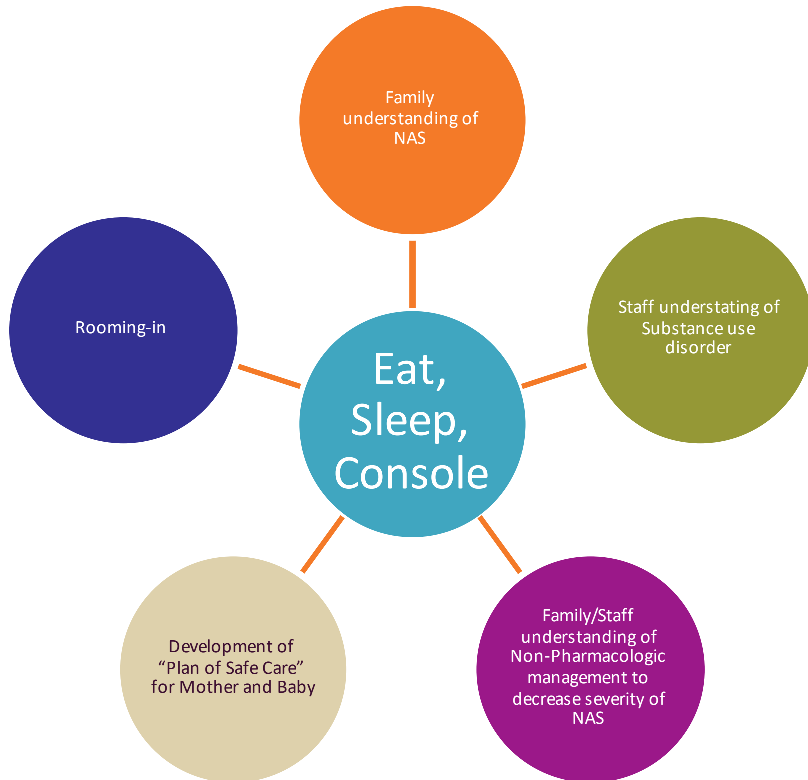
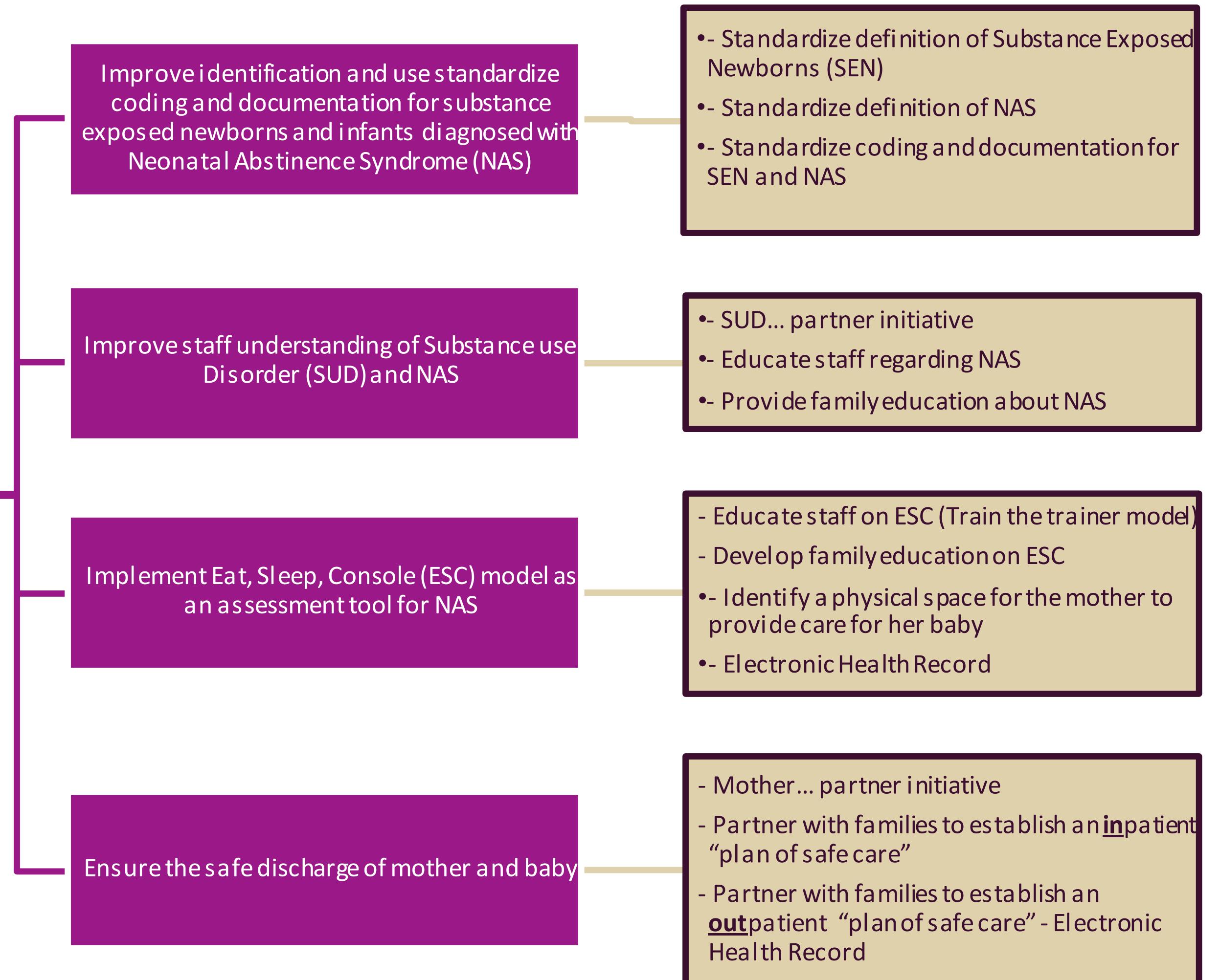
ESC Model as a driver of change





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System-wide Challenges

- System-wide engagement with limited face-to-face interactions

Potential steps: LOCAL CHANGES

- What can we do well remotely… **video** conferencing?
- What can we not do well remotely?
- Opportunities to share between sites... utilizing technology.

- Standardization in the setting of variable availability of resources (i.e. physical infrastructure, staffing, etc.)

- Identify the benefits of having rooming-in available? **HOW DO WE ADAPT?**

- Standardization in the setting of variations in clinical practice

- Structured and phased approach to developing, replicating, and evaluating care in multiple sites (small-scale test of change)
  - What can we adopt?
  - What do we adapt?

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