

# Toronto Public Health

## CPNP

# FACILITATORS' GUIDE

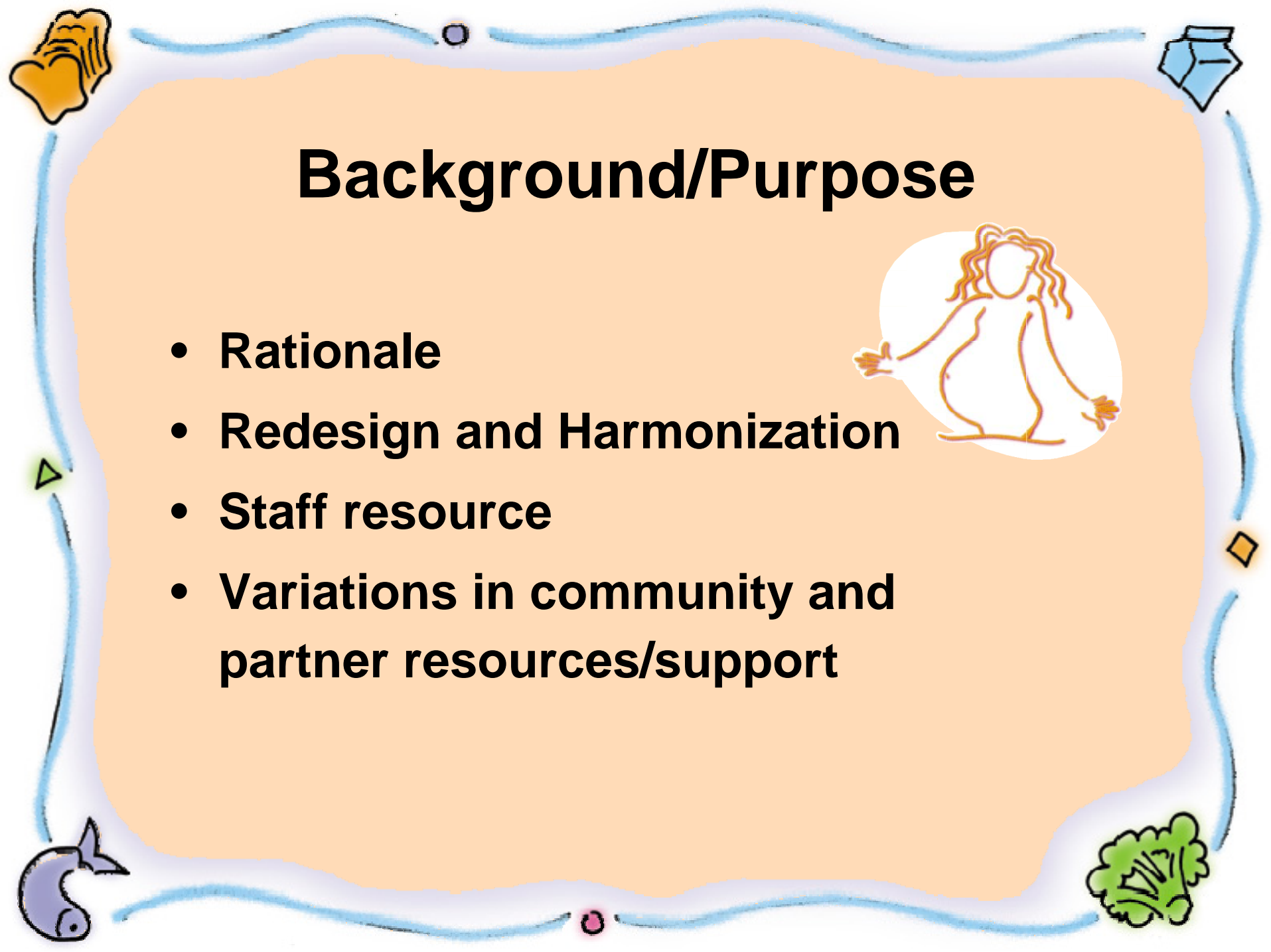


 **TORONTO**  
Public Health



# Background/Purpose

- Rationale
- Redesign and Harmonization
- Staff resource
- Variations in community and partner resources/support



# Goals



- **To deliver an evidence based curriculum.**
- **To provide standardized and consistent messages.**
- **To provide comprehensive messages.**
- **To create a resource for staff access at CPNPs.**

# Principles

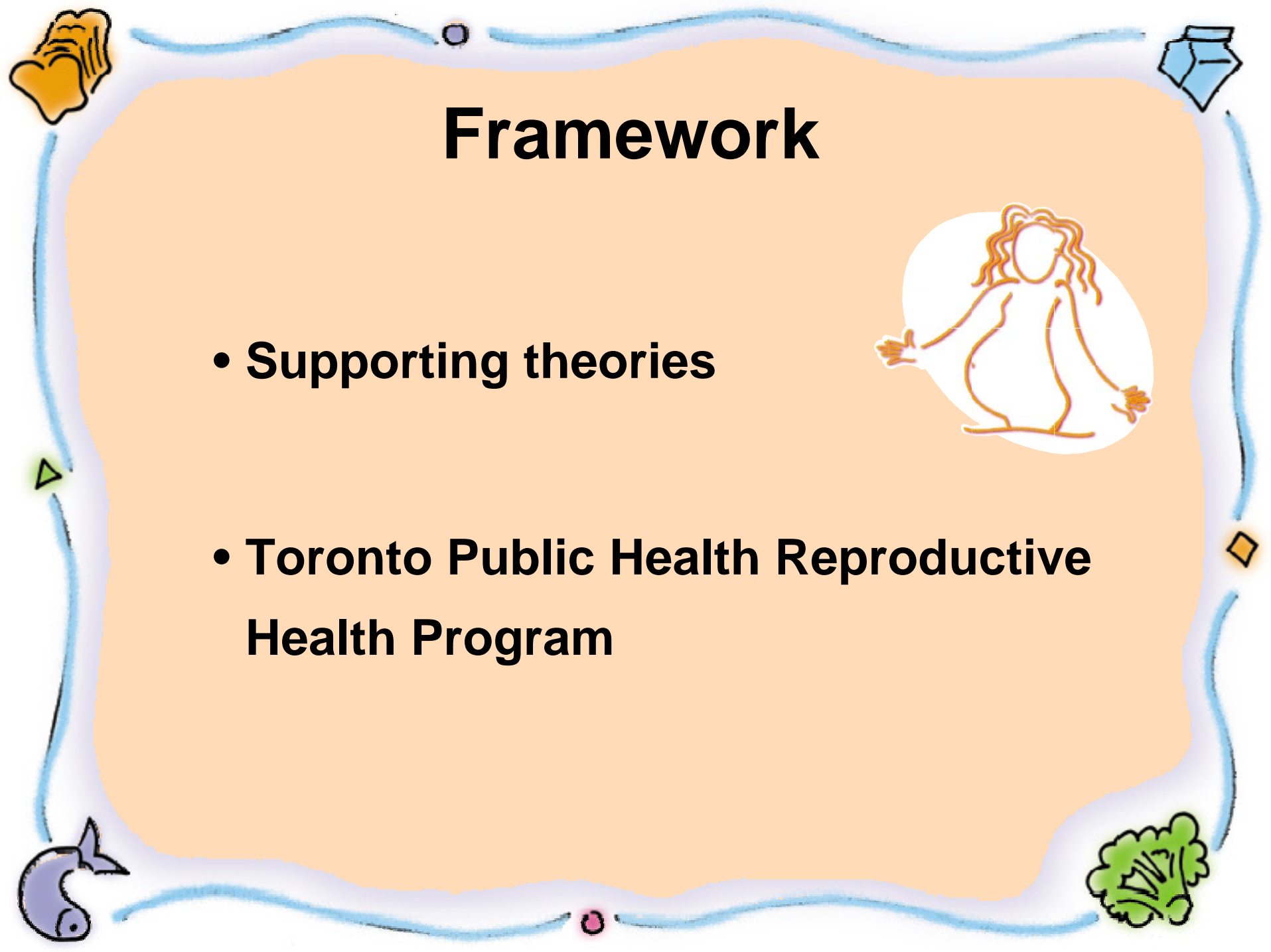
**Integration of CPNP principles:**

- **mothers and babies first**
- **equity and accessibility**
- **strengthening and supporting families**
- **flexibility**
- **community based**
- **partnerships**



# Framework

- **Supporting theories**
- **Toronto Public Health Reproductive Health Program**



# Topics



- PHN Topics (15)
- RD Topics (17)

# PHN Topics

- **Adaptation to Pregnancy**
- **Antenatal Care**
- **Breastfeeding**
- **Chronic Stress in Pregnancy**
- **Determinants of Health**
- **Family Violence & Abuse in Pregnancy**
- **Fetal Development**
- **Hidden Exposures/  
Environmental Hazards**
- **Human Immunodeficiency Virus (HIV) in Pregnancy**
- **Infections in Pregnancy**
- **Prenatal Alcohol Use/ Fetal Alcohol Spectrum Disorder**
- **Prenatal & Postpartum Depression**
- **Preterm Labour**
- **Substance Use in Pregnancy**
- **Tobacco Use/Exposure to Environmental Tobacco Smoke**



# RD Topics

- Calcium and Vitamin D
- Caution Foods/Beverages
- Discomforts of Pregnancy (Nutrition-related)
- Energy and Protein
- Essential Fatty Acids
- Fibre
- Fish Consumption and Safety
- Folate and Neural Tube Defects
- Food-borne Illnesses
- Food Budgeting
- Gaining Weight to Build a Healthy Baby
- Gestational Diabetes
- Healthy Eating
- Iron and Vitamin C
- Nutrition and Breastfeeding
- Trans and Saturated Fats
- Vitamin A



# Unique Topics

- **Low Birth Weight**
- **Social Determinants of Health**





# Infections in Pregnancy

Participants will be able to:

1. Identify the health benefits of protection from infection.
2. Identify how to prevent transmission of infections of concern
3. Identify a plan of action if infection occurs.



Background Information	Facilitation Strategies	Resources
<ul style="list-style-type: none"><li>•Infections of the vagina can act as a starting point in a cascade of ascending infection, ROM, infection of the chorio-amniotic sac and subsequent PTL.</li><li>•Gingivitis and chronic periodontal infections can produce local and systemic host responses leading to bacteremia. This can activate a maternal inflammatory cell response leading to adverse pregnancy outcomes including PTL and LBW.</li><li>•Maternal infection may cause adverse pregnancy outcomes including fetal growth restriction, PTL, and LBW.</li><li>•Infections to concern (but not limited to):<ul style="list-style-type: none"><li>➢Urinary Tract Infections</li><li>➢Maternal Rubella (German Measles)</li><li>➢Varicella</li><li>➢Maternal Tuberculosis</li><li>➢Maternal infection with protozoan <i>Toxoplasma Gondii</i> (Toxoplasmosis)</li><li>➢Group B streptococcus</li><li>➢Herpes Simplex infection of the newborn, acquired from the mother</li></ul></li></ul>	<p><b><u>Activity 1:</u></b> <i>Grab Bag Activity</i></p> <ul style="list-style-type: none"><li>•Pass the bag around in the group and ask participants to pull out an item and identify the health risks or signs and symptoms known to be associated with the item, strategies to prevent, and strategies to cope if transmission occurs.</li></ul> <p>Or</p> <ul style="list-style-type: none"><li>•Divide the participants into groups. Ask each group to identify the health risks associated with an item from the bag, identify strategies to prevent and identify strategies to cope if transmission occurs. Report back to the larger group.</li></ul> <p><b><u>Activity 2:</u></b> Scenarios</p> <ul style="list-style-type: none"><li>•Divide participants into pairs or teams. Give each pair or team a scenario. Have them read the scenario, answer the questions and then share the scenario and responses with the rest of the group.</li></ul>	<ul style="list-style-type: none"><li>•Facilitator to create a Grab Bag: Place items identifying different infections into a bag; see list of suggested items.</li><li>•Growing Healthy Together, Baby and Me, (Book), (2003), Toronto Public Health.</li><li>•STDs Sexually Transmitted Diseases, (Pamphlet), Toronto Public Health.</li><li>•Sexual Health Clinics, (Cards), Toronto Public Health.</li></ul> <ul style="list-style-type: none"><li>•Facilitator to create short scenarios for each (a few) of the infections. Underneath the scenario have them respond to questions re: prevention, exposure, transmission, signs and symptoms, treatment (if known), health risks and strategies to cope.</li></ul>

# Additional Dividers

- Tailor this section with agency policies, procedures, community resources etc.
- References

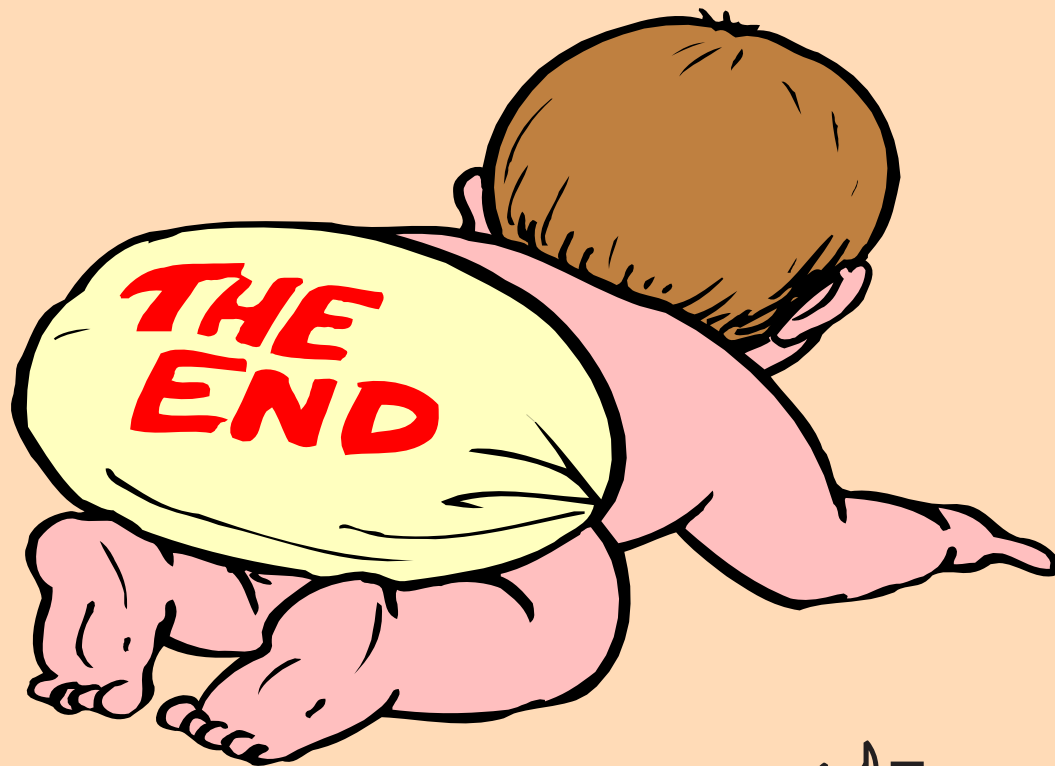


# Next Steps

- **Postpartum content**
- **Resource update**
- **Ordering information**



# Toronto Public Health CPNP Facilitators' Guide



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