Supervisor/Project Information Form
Due February 6, 2020 by email to cremsprograms@utoronto.ca

Supervisor Name: Dr. Karen Fleming

Project Title: Evaluation of the 4P maternal health clinic (2014-2019) at Sunnybrook

Hospital/Research Institution: Sunnybrook Health Sciences Center

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Field of Research (2 keywords): pregnancy complications, women’s health

Department: Family and Community medicine

School of Graduate Studies Appointment (IMS, LMP, IHPME etc)? Yes/No: Yes  If YES, please name: Family and Community Medicine

Brief Project Description (<300 words):
Women who have experienced complications during their pregnancies are at increased risk of future cardiovascular disease. Addressing modifiable risk factors such as nutrition and activity level can reduce the impact of pregnancy complications on women’s future health. The 4P Maternal Health Clinic at Sunnybrook Health Sciences Center was established in 2014 for high-risk women whose pregnancies were complicated by high blood pressure (gestational hypertension or preeclampsia). The clinic provides unique opportunity for such women to
meet with an interdisciplinary team and to learn strategies to address these modifiable risk factors.

Past research identified that most women attending the clinic had multiple pregnancy complications and numerous modifiable risk factors, including poor nutrition and a sedentary lifestyle. If not addressed early, these risk factors may impact subsequent pregnancies, as well as long-term cardiovascular health of both mother and baby. The inter-professional team at 4P clinic provides education and counselling on diet, exercise, lifestyle, medications, and hypertensive disorders of pregnancy as well as prevention strategies for future pregnancies. The maternal health clinic can work with their patients to improve the short and long-term cardiovascular outcomes of women with such pregnancy complications.

The purpose of this study is to examine barriers experienced by referring obstetrical care providers and patients in accessing 4P maternal health clinic. Our primary objective is to evaluate barriers experienced in referring and booking and utilization pattern of the 4P clinic’s services. Additionally, an anonymous questionnaire will be designed by the research team to assess previous patients satisfaction, as well as short-term patient outcomes. Patient outcomes will include patient’s self-perceived knowledge of risk factors, positive lifestyle modifications, regular follow-up, and increase in screening rates.