ANNOUNCING…

www.idahoperinatal.org

The Idaho Perinatal Project has just recently launched a website to keep you better informed. Please help us to have the most up-to-date information available for you or your organization’s needs. To promote an upcoming meeting or conference with an OB/GYN, Pediatric or Nursing focus or if you come across an article or website on a Pediatric, OB/GYN or Nursing issues please send us an email.

We want to help you improve educational needs within your hospital or practice, by utilizing our online lending library to request materials. Our materials are available to check out at no-charge for one month.

Lending Library: What’s New

- **Video Resource:** Women and Tobacco: Seven Deadly Myths
- **CD Rom Presentation Package:** AWHONN Universal Screening for Domestic Violence
- **Video/Booklet Set:** When Seconds Count: Differentiating Neonatal Respiratory Distress

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How Health Care Providers Can Help With Folic Acid Awareness

In 1992, the U.S. Public Health Services (PHS) recommended that all women who are capable of becoming pregnant consume 400 micrograms of the B vitamin folic acid every day. Research by the March of Dimes Birth Defects Foundation, has shown that if all women get 400 micrograms of synthetic folic acid every day before pregnancy, neural tube defects can be reduced by 50 to 70 percent. Some research has also shown that folic acid may help protect babies from heart, limbs and facial birth defects.

Some studies show that folic acid also may help protect men and women from heart disease, cervical and colon cancer and possibly breast cancer.

Since 1995, The Gallup Organization has been conducting national phone interviews with women ages 18-45 concerning awareness and behavior related to folic acid and other pre-pregnancy health issues (The Gallup Organization, 2003). In 2003, the Gallup Organization's survey reported that, "The majority (89 percent) of women surveyed, who do not currently take any vitamins or mineral supplements on a daily basis, say they would be likely to take a daily multi-vitamin if advised to do so by their physician or other health care provider, including 51 percent who said they would be very likely." When women are asked what would encourage them to take a vitamin or mineral supplement, unprompted, one-third said they would be more likely to do so on the advice of their doctor or health care provider (The Gallup Organization, 2003).

Physicians and health care providers can have a major impact on the behaviors of their patients. The March of Dimes encourages providers to help with the awareness and behaviors of their patients in relation to folic acid.

Ways you can help:
- council your patients about folic acid
- encourage your medical staff to routinely ask women about folic acid and multi-vitamin intake when taking a patient's history
- persuade your colleagues to present the folic acid message during grand rounds
- order educational materials from the March of Dimes for display in your waiting room, hospital, or clinic.

Provided by: Kristi Obray, Idaho Chapter March of Dimes Folic Acid Health Education Coordinator

⇒ www.marchofdimes.com

The Gallup Organization (2003, August)

Folic Acid in the News

The University of North Carolina (UNC) at Chapel Hill has issued a report about a research project that studied the effects of folic acid in the later stages of pregnancy.

The experiments involved feeding pregnant mice and rats high, normal or low amounts of folic acid in otherwise healthy diets. Researchers then examined fetuses' brains and looked specifically at stem, or progenitor, cells that divide and give rise to various forebrain structures.

According to Dr. Steven Zeisel, Professor and Chair of Nutrition at the UNC School of Public Health and Medicine, folic acid is somehow promoting stem cell growth and survival so that the brain can form good memory centers. "This new study shows for the first time that having too little folic acid available causes impaired development of areas of the brain important for memory and for thinking," said Zeisel.

"The take-home message is that it is extremely important that women not stop taking folic acid after the first weeks but continue until they give birth. Taking a supplement is wise since half of the women in this country are deficient in folic acid in their regular diet."

⇒ www.sph.unc.edu/news/

Bogus Birth Control Patch Sold Online

The FDA recently warned women not to use counterfeit birth control patches bought online through the website www.rxpharmacy.ws. The patches claim to be Ortho Evra transdermal patches. However, they contain no active ingredients and do not protect against pregnancy. Ortho Evra patches are made by Ortho-McNeil Pharmaceutical and are FDA approved.

The FDA worked with the US-based Internet service provider to shut down the site, which was operated by American Style Products of New Delhi, India. The FDA is investing other products sold on the site that were marketed as versions of FDA-approved drugs.

The FDA urges consumers not to use any drugs bought on the site and advises them to contact their health care provider immediately if they have such a product.

⇒ www.fda.gov

Mark Your Calendars

Maternal/Child Nurse Manager’s Summit
McCall, Idaho
October 13-15, 2004

To attend register online at www.idahoperinatal.org.
2004 Nurse of the Year Event

The Second Annual Nurse of the Year Event sponsored by the March of Dimes Idaho State Chapter will be held at the DoubleTree Riverside Hotel in Boise Idaho on Friday, November 5, 2004.

Nurses from around the state will be honored for their exemplary patient care, contributions to their specialty and their involvement in their profession, workplace and community. This year nineteen nurses will be honored in various nursing categories including an overall Distinguished Nurse of the Year. Nurses, friends, coworkers and the public are invited to attend. Proceeds from the event will benefit the March of Dimes whose mission is to improve the health of babies by preventing birth defects and infant mortality.

Nomination information and forms will be available in May with a deadline for submission of mid-August. Administrators, co-workers and patients can nominate a nurse. A panel of nursing professionals who will be “blinded” to names and other identifiers will judge the nominations. Because of this confidentiality, the identity of the honorees will not be known to members of the selection committee until officially announced on the night of the event.

Sponsorships of this event, and ticket information will be available in June.

For further information please call 208/336-5421 or 1.800.336.5421.

Catch Grant

Congratulations to Susan Bradford who received a CATCH grant from the American Academy of Pediatrics (AAP). Her proposal was one of the 50 chosen out of a field of 117.

"These grant funds are being requested to help plan and facilitate system changes in our community service network to better serve substance abusing, pregnant and parenting women and their children. It is expected that our served system will be greatly enhanced through collaborative planning, integrated service delivery, shared training and the development of gender specific and family focused series. Critical services, which need to be enhanced, include identification, referral, specialized treatment, after care, maternal and child health and intensive treatment for mothers and their children. The primary area of focus for this grant is the Pocatello area." - Susan Bradford

Again, congrats to Susan who serves on the Idaho Perinatal Project board and acts as the AAP representative to this group. To get more information or to join Susan in this grant please contact her at (208) 232-1443 or susabrad@isu.edu.

The International Lactation Consultant Association’s popular "Evidence-Based Guidelines for Breastfeeding Management during the First 14 Days" is now available on the website as a FREE download! Go to www.ilca.org to obtain your copy.

2004 Community Awards

The Idaho State Chapter March of Dimes provides Community Awards in the range $100 - $1,000 for projects and materials. Deadlines for Community Awards are July 1st and October 1st for 2004.

The one-to-two page request should include the need addressed, the target population and the project purpose. A budget sheet should also be attached. Also include all pertinent contact information.

If possible, award proposals should be submitted via email by the above deadlines. A single paper copy should follow by mail.

Projects should further the March of Dimes mission in local communities.

For further details please contact Lynn Kammermeyer at 800.336.5421 or lkammermeyer@marchofdimes.com.
CALENDAR OF EVENTS

Event Pediatric Advanced Life Support (PALS)
Date September 28-29, 2004 ~ Boise, Idaho
October 26-27, 2004 ~ Boise, Idaho
Sponsor St. Luke’s RMC ~ 208/381-1501

Event Emergency Nurses Pediatric Course
Date September 14-15, 2004 ~ Boise, Idaho
Sponsor St. Luke’s RMC ~ 208/381-1501

Event Pediatric Mental Health Symposium
Date May 8, 2004 ~ Boise, Idaho
Sponsor St. Luke’s RMC ~ 208/381-3033

Event Breastfeeding Conference
Date June 23 – 25, 2004 ~ Boise, Idaho
Sponsor Idaho Perinatal Project ~ 208/342-7642

Event Maternal/Child Nurse Manager Summit
Date October 13-15, 2004 ~ McCall, Idaho
Sponsor Idaho Perinatal Project ~ 208/342-7642

Event Idaho Perinatal Project Winter Conference
Date February 24 – 26, 2005 ~ Boise, Idaho
Sponsor Idaho Perinatal Project ~ 208/342-7642

Event AWHONN National Conference
Date June 12-15, 2005 ~ Seattle, Washington
Sponsor 866/843-2271

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