



## WOMEN OF VISION GRANT FUNDED

### BONE AND BREAST CENTER

**Program/Project:** Breast Cancer Awareness Gifts

**Amount Awarded:** \$2,000.00      **Impact:** More than 1083 patients.

**Executive Summary:** To help purchase thank you gifts to give to our patients. These will be passed out in October for Breast Cancer awareness month. The gifts will help raise awareness and set our breast center apart from our competition. They will also help reinforce to our patients that they are all special to our facility as well as be a “thank you” for choosing Riverview Health Bone and Breast Center. We are also going to use these gifts this year for our annual “mammogramathons.” These are special days set aside for Hamilton County employees, Riverview Health employees, as well as Westfield schools.

**Benefits:** We are pushing for increased Mammo screening numbers, because we have seen a decline in diagnosed breast cancers in the last two years. We hope to set ourselves apart from other facilities in the area.

### BONE AND BREAST CENTER

**Program/Project:** Breast Cancer Handbook and Patient Support

**Amount Awarded:** \$3,000.00      **Impact:** Approximately 100 patients

**Executive Summary:** Our target population includes all women diagnosed with breast cancer at Riverview Health. Each woman will be given a file folder including the Breast Cancer Handbook, a journal or steno pad for notes and a pen. In addition, at the time of surgery they will be given a Vera Bradley bag to utilize for clothes, etc. We have used the bags for our surgical patients but have depleted the supply.

**Benefits:** Our goal is that the information and materials provided will make their journey easier.

### OUTPATIENT REHABILITATION

**Program/Project:** Lymphedema Treatment Supplies

**Amount of Awarded:** \$3,000.00      **Impact:** 25 to 30 women

**Executive Summary:** Part of the body's immune system is the lymphatic system, which works to fight infection and maintain the balance of fluids in the body. Vessels within the lymphatic system collect fluid, called lymph. Comparable to blood vessels, they carry the lymph back to the bloodstream. Lymphatic disease is when there is a breakdown in the system that prevents the lymph from passing properly. The

most common lymphatic disease is lymphedema. According to the Lymphatic Education and Research Network (2017), “Up to 10 million Americans, and hundreds of millions worldwide, suffer from lymphedema and lymphatic diseases. More people suffer from these diseases in the United States than suffer from Multiple Sclerosis, Muscular Dystrophy, ALS, Parkinson’s disease, and AIDS – combined.” Unfortunately, there is no cure for lymphedema. Left untreated, it can worsen, cause severe swelling, and permanent changes to the tissues under the skin, such as thickening and scarring. However, with physical therapy the swelling and pain can be improved. Most insurance companies will cover the cost of the physical therapy treatment but do not always cover the expense of bandaging supplies. Many women in our community cannot afford the appropriate wraps used to decrease swelling. This grant could help us provide one set of the needed bandages for these individuals. These specialized bandages could help decrease their edema to the point it allows them to utilize a compression garment making normal mobility and function more feasible and overall improving their quality of life.

Diana shared, “*My compression bandages have reduced my pain. It is even helped minimize the swelling of my large scar. Wearing the garments has even made it easier for me to complete my housework.*”

**Benefits:** Underserved women in our community battling lymphedema desperately need resources to help them reduce the pain of lymphedema and work towards management of this disease. While lymphedema cannot be cured, compression bandages can put them on track towards an improved quality of life and functionality. Through this grant, we hope to help women in our community battling lymphedema that need bandages and are unable to pay for them.

## **VOLUNTEER DEPARTMENT / TOUCH OF LOVE**

**Program/Project:** Touch of Love

**Amount Awarded:** \$14,000.00

**Impact:** 600+ births, 1,000+ in patient surgeries, 3,000+ outpatient surgeries, 6,000+ Infusion patients, 200+ Cancer Center

**Executive Summary:** This program is indicative of the tailored approach we take to make patients and their families feel special. Cancer and surgery patients receive shawls, hats, and pillows also handmade. We supply yarn and some fabric (for little quilts) if requested. 187 Baby Bags were given to new families. 7 Baby Bags were given to families who had a preemie baby. At this time the bag consists of the following items that are purchased; 1 crib blanket, 2 receiving blankets, 2 burp cloths, 2 bibs, 2 pairs of socks, 1 mitten set, 1 sleeper (0-3 months), 1 sleeper (3-6 months), 1 hooded bath towel, 1 changing pad and a handmade, sweater, hat, booties, and blanket. At this time, a bag of basic layette items is given to all families qualifying for or who are part of the WIC program (women, infants, & children). In October it was decided that families who qualify for or are on the WIC would receive a baby bag. When this happened, it increased the number of baby bags being given to families. Last year, 30% of the families received baby bags. Since the criteria has changed for those who qualify for or who are part of the WIC program and according to the records from the social worker that this will increase to 49% of families who qualify for the WIC program for the year 2023.

We are also making sure that DeDe Flaherty, a Maternity Staff Nurse has what she needs for the Angel Babies. The Touch of Love program also provides knit rainbow hats for families experiencing a rainbow baby (after suffering a loss, the next full-term baby is referred to as a rainbow baby – Bringing light and

hope to the family).

**Benefits:** The program has expanded each year and covers, babies, pediatric surgeries, surgeries, pastoral visits, and the infusion center. The program receives an overwhelming gratitude from the community for their efforts. It has become part of the nurse's responsibility and as they run low, they are calling to receive more items. The grant will ensure the continuation of this talented group of ladies (all volunteers) to be able to keep providing their services to Riverview Health. Since the criteria has changed for those receiving a baby bag to those who qualify for or who are part of the WIC program, we anticipate a 10% increase from last year. Touch of Love does this by giving them something tangible that they can keep during their stay at the hospital and be able to take home with them. Touch of Love has approximately \$4,000 remaining, however they just received a grant from Our Lady of Grace Catholic Church in the amount of \$2,400.

## **WOMEN'S BOUTIQUE**

**Program/Project:** Lymphedema/compression

**Amount Awarded:** \$3,400.00

**Impact:** 35 to 40 women

**Executive Summary:** Lymphedema is a medical condition characterized by swelling in one or more extremities typically following cancer treatments especially for breast cancer. Once the lymph nodes are removed during treatment, the body's ability to remove fluid is compromised. Lymphedema is not only a cosmetic concern, but it can also increase the risk of infection and decrease the ability to use the extremity. Treatment for lymphedema includes the use of manual lymphatic drainage to increase activity in the lymphatic system and compression bandaging to decrease the size of the extremity. Following the completion of treatment, garments are used to maintain the size reduction obtained in therapy. Without the garments or wraps, the swelling will once again increase. Insurance companies will cover the cost of therapy but will not always cover the cost of bandages or garments. Medicare or Medicaid does NOT cover garments, so it is a 100% out of pocket expense for these patients. The average cost for these compression garments is \$50 to \$1,000. For many of our patients, this is a significant financial burden. The rehab gym will be sending the lymphedema to the boutique, so we incorporated the amount they ask for yearly. Women's Boutique staff will monitor availability of funds. Therapy staff will communicate garment needs to the Women's Boutique staff. The number of participants and garments provided will be tracked to determine success of the program and need for program continuation.

**Benefits:** The goal of this program is to make sure that patient's undergoing lymphedema treatment at Riverview Rehab and Fitness or the Wound Center can afford compression garments to assist with long term control of this chronic condition. Success is dependent upon therapists identifying appropriate patients and the Women's Boutique staff assisting in ordering garments as needed. The hope is that all Riverview patients that need compression due to a medical reason can obtain them regardless of financial situation or insurance coverage. The Boutique has funds remaining and asked for \$3,400 and patients will be sent from outpatient therapy to the Boutique.

## **MATERNITY CENTER**

**Program/Project:** Pregnancy and Infant Loss Program

**Amount Awarded:** \$2,500

**Impact:** 20-30 patients

**Executive Summary:** Since we started this program several years ago, we have been able to provide consistent and sympathetic services and support to the families of Riverview Health. We would appreciate funding to continue to provide these services to the families in our community that are impacted by pregnancy and infant loss. We have offered support in the past by creating mementos and photos that the families take home in memory of infants that have passed away due to stillbirth, ectopic pregnancy, miscarriage, and neonatal death. We have also been able to provide literature and books that may help in healing during this time of loss. Funding is also used to provide two memorial services a year to those in the community that have suffered a pregnancy loss. Both services are very well attended. During COVID, we were unable to hold these services. In lieu of the ceremonies, we provided yard signs, with their baby's name, to our patients that recognize Pregnancy and Infant Loss month in October. This is something that our patients would like to continue. Additional funds are used to provide toiletry items, photo printing, photo supplies, food and supplies for support group and food and supplies for education days that are provided to the staff of Riverview Health, specifically for bereavement training.

**Benefits:** We have been able to measure the success of our program from the positive feedback that we receive from patients and families of this community. We hope to simply provide the best and most compassionate care in such a terrible time. Our goal is to provide education opportunities to other staff of Riverview Health, so each area of this hospital will be able to give that same consistent and excellent care that our bereaved patients deserve.

## MATERNITY

**Program/Project:** Lactation Support, Sleep Sacks, Period of Purple Crying, Car seats, Newborn holiday hats

**Amount Awarded: \$9,200.00**

**Impact:** Estimated 650 families in Hamilton and surrounding counties.

**Executive Summary:** Many parents are not educated on the importance of safe sleep for their infants. They are unaware that loose blankets in a crib can be life threatening for an infant. The American Academy of Pediatrics warns against loose blankets in the crib and suggests the use of sleep sacks. Among the important recommendations is the acknowledgement of the vital role hospital nurseries play in educating parents about Safe Infant Sleep at home. Paraphrasing these recommendations, they state: Newborn Nurseries in Hospitals should model and implement safe sleep recommendations beginning at birth and well before anticipated discharge. We would like to give each family a sleep sack/swaddle so that they may practice safe sleep at home. We would also provide instructions/safe sleep tips brochure to stress the importance of using the sleep sack to reduce the risk of SUIDS. A statewide initiative continues to help reduce/prevent shaken baby syndrome. The National Center for Shaken Baby Syndrome has implemented the Period of Purple Crying Program in the United States and is currently working with hospitals in the states of Indiana to implement the program. The program is focused towards providing education to new parents prior to discharge from the hospital after birth. The program provides a code that the patient uses on an app from the Period of Purple Crying. This gives specific details regarding normal crying in infants. Nursing staff will be sharing these materials with each patient prior to discharge. The lactation support services at Riverview Health provide assessment, teaching and support for moms choosing to breastfeed their babies. Studies show that support from a certified Lactation Consultant increases the initiation and continuation rate of breastfeeding. Our services and support are available both in an inpatient and outpatient capacity for as long as the mom is nursing. The mission of this program is to provide personalized quality women's health care and education in a

healing environment that supports, maintains, and restores the physical and emotional interests of our patients, families, and the community. The funding from this grant makes it possible for the Maternity Center at Riverview Health to ensure that exclusive breastfeeding is being supported and encouraged to better the health and wellbeing of those we serve. These needs include supporting families in need of car seats that have financial difficulties and promoting car seat safety of premature infants weighing less than five pounds that are discharged from Riverview Health and educating parents on car seat safety to ensure that infants and children are safely secured in appropriate car seats. Lastly, patients and families love to see infants in seasonal hats, and it also boosts unit morale. These babies can also be featured on Riverview's social media platforms, which increases media presence and promotes Riverview Health.

**Benefits:** Successful return demonstration of using the sleep sack by parents and verbalization from parents of their understanding of safe sleep practices; Patient satisfaction; Physician satisfaction; Fewer numbers of shaken baby syndrome in surrounding community; Direct customer feedback; Evaluate breastfeeding initiation/continuation rates/attendance at breastfeeding support group; PRC scores for Maternity Center. Education, nutrition, and safety for the Community we serve.



## MATERNITY

**Program/Project:** Supporting New Mothers, Saving Lives

**Amount Awarded:** \$5,000.00

**Impact:** approximately 650 deliveries a year

**Executive Summary:** This project is aimed at providing new mothers with essential items that will make their postpartum journey more comfortable and enjoyable, while bringing essential education to the forefront that could save their life. The Association for Women's Health, Obstetric and Neonatal Nurses (AWHONN) has identified postpartum warning signs as a critical area of concern for maternal health. The goal of AWHONN's post-birth warning signs initiative is to help women recognize signs and symptoms of potentially life-threatening postpartum complications so that they can seek medical attention promptly. While we are teaching them about these warning signs in their discharge teaching, we would like to put magnets of these important signs in a giftbag so that it is more directly in front of them. We also understand that becoming a new mother is a significant transition in a woman's life, and we aim to support them during this exciting yet challenging period. The bags will contain essential items such as chapstick, nipple cream, baby wash, burp cloth, post birth warning signs magnet and other items that will help a new mother during her postpartum recovery. Magnets will be provided in English and Spanish.

**Benefits:** The goal is to ensure that our patients are discharged knowing when and who to call for any postpartum complications. We also know it is a challenging transition becoming a mother for the first or sixth time and would like to make our patients feel special. This in turn will create positive feedback in the community and positive marketing for Riverview Health.

## MATERNITY

**Program/Project:** Adolescent Peer Pregnancy Support Group

**Amount Awarded:** \$1,500.00

**Impact:** approximately 20 new teen moms

**Executive Summary:** The purpose of requesting funding for the Adolescent Peer Pregnancy Support Group is to supply the teens along with their infants/children with community, education, and an encouraging environment. The money will be used to supply crafts/activities to keep the kids busy and provide catering as well as we play games and let winners choose from prizes of things they may need for baby/child or gift card for mom and to help provide needed items at Christmas. The crafts and activities help the children interact with peers. Many of these parents are timid and this group situation helps them express their fears and needs with each other and us. We often have our teen moms express how much this group has helped them to see how others in the same situation manage the stress of parenting while attending school, working, and dealing with their families. They voice that it is a safe place to ask any question and vent frustrations.

**Benefits:** To continue to support our moms and help them attain a healthy sense of self-esteem.