

Maternal Disability. Health Outcomes & Interventions: A review of the literature

Allie Bonagura MPH Student ('24); Emily Puetz BSN, RN, PNP-DNP Student; Jorg Westermann, PhD; Teresa Whiteaker BSN, RN, FNP-DNP Student

Research Mentor and other collaborators:

Nichole Nidey, PhD (Epidemiology); Vanessa Kimm, DNP, RN, ARNP, CPNP; Jennifer Manternach, DNP, ARNP, CPNP-PC, PMHNP-BC

Objective:

The purpose of this project is to determine the state of literature related to prenatal and postnatal health outcomes and interventions for pregnant people with a disability in the United States and to identify gaps requiring improvement and further research.

Method:

- Formulation of research question, inclusion and exclusion criteria, and aim
- Literature search conducted between October 2023 and February 2024
- Articles meeting inclusion criteria assessed for quality
- Data extracted and analyzed, themes among interventions and barriers to implementation

Results/Conclusion:

- Gaps exist for identifying and implementing evidence-based interventions for pregnant people with a disability.
- A systematic review of interventions could not find any published articles regarding improving access to sexual or reproductive healthcare for women with disabilities.³
- Research on experiences of women with disabilities is available and provides helpful insights for areas of improvement.
- Women with disabilities want to have "normal" pregnancy experiences and be able to make decisions for themselves and their babies without being stigmatized.
- Providers should help to foster healthy pregnancies in those women who would like to have children and partner with them and their other healthcare providers to enable them to fully participate in their pregnancies.
- Providers often assume sexuality does not pertain to patients with disability and avoid this aspect of exams or rely only on reports of caregivers, often missing vital information.
- Further research is needed to increase the equity and improve health outcomes for women with disabilities and their babies.

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