

MERITER IRB #: 2020-017

RESEARCH PROTOCOL TITLE: Advancing postpartum care for Black women in Wisconsin by engaging community partners with a home telehealth service for hypertension– a feasibility project

PRINCIPAL INVESTIGATOR: Dr. Kara Hoppe

Sponsor: University of Wisconsin School of Medicine and Public Health
Wisconsin Partnership Program

STUDY PURPOSE

The goal of this study is to address gaps in postpartum care for Black women by combining the efforts of healthcare and community providers in a telehealth program. The program will specifically address social, mental health, and lactation needs in hypertensive women and will potentially have a large impact in achieving healthier birth outcomes for Black women and infants in Dane County.

RESEARCH PROCEDURES

Women who enroll will receive equipment on loan for free to monitor blood pressure postpartum. A dedicated nurse will monitor their blood pressures and treat them if needed. Participants also can be paired with a culturally sensitive community doula (a birth and postpartum support partner) who is certified in breastfeeding counseling. This care can all be through the tablet or in person. These visits are estimated to last between 10 - 45 minutes.

In addition, we routinely screen for depression and if someone has symptoms, we have access to community mental health therapists for individual care. We will provide support groups for every participant in the study, which includes one visit for 60-minutes every 2 weeks for a total of 3 visits over 6 weeks postpartum. Twenty randomly selected participants will be invited to join one of two focus groups, lasting 60 minutes.

If a woman declines to participate in this part of the study, she can be interviewed about her postpartum care.

By doing this study, we hope to increase services we can provide to all postpartum women with and without hypertension across Wisconsin. Participation in this research will last about 6 weeks postpartum.

ELIGIBILITY CRITERIA FOR SUBJECTS

Women who identify as Black as her race

Women who speak or write in English

Women who have not been readmitted to the hospital postpartum

COMPENSATION/REIMBURSEMENT

Each participant will receive a \$5 gift card by email and a journal at time of enrollment and then another Amazon gift card for \$20 after completing the study.

Participants will be reimbursed the costs for transportation, based on mileage to postpartum visits, up to \$60.

Participants invited to a focus group will receive a check for \$25.

Participants who decide not to participate in the study are eligible to participate in a one-time interview and will receive a \$25 check.

RESEARCH LOCATION

UnityPoint Health – Meriter Hospital
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CONTACT PERSON

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