MISSION

To give voice to the needs of pregnant people, infants, their families, and their healthcare providers so that collectively we can have the greatest positive impact on perinatal care in the United States.
Looking back at 2019, the word that consistently comes to my mind when thinking about NPA as an organization is “momentum.”

From our amazing 2019 Conference addressing disparities and inequities in maternal-infant health, to the influx of new talent and new sponsors for our ongoing initiatives and workgroups, NPA has positioned itself to enter the next decade as one of the most adaptable, interdisciplinary organizations in the perinatal space.

Our membership continues to grow and evolve, expanding upon its traditional membership model to include an enriched and engaged online following. Our online engagement took a quantum leap forward in 2019, led by the unique and appealing campaigns designed by our Director of Communications, Erika Goyer, and anchored by NPA’s extensive network of longstanding partners in the realm of perinatal and infant health.

The economic foundation of NPA has never been stronger. From the hard work and dedication put forth by our committees and our board in convening our annual conference to the educational materials produced and distributed by NPA and our partners, we continue to provide value within an interdisciplinary space that many siloed subspecialty organizations no longer operate in. Our growing list of corporate sponsors and organizational partners speaks to this fact.

Thanks to the hard work and dedication of our Director of Development, Cheryl Milford, in conjunction with our Board of Directors, we continually find ways of ethically bridging the needs of our perinatal patients and providers within the everchanging landscape of industry leaders, non-profit resources, and professional organizations.

Through all of this growth and continued evolution, at its core, NPA has remained true the three guiding principles that have been present since its inception over 40 years ago: Educate. Advocate. Integrate.

"NPA has positioned itself to enter the next decade as one of the most adaptable, multidisciplinary organizations in the perinatal space."

We are a nimble organization with a passionate membership that can navigate topics as large and complex as Healthcare Inequities and the Optimal Feeding of Newborns, while at the same time producing laser-focused guidelines for NICU Discharge Planning and Care for the Late Preterm Infant.

As you read through this Annual Report, my hope is that you will also get a sense of the momentum NPA is riding into the new year, the new decade, and beyond.

Regards,

Jerasimos (Jerry) Ballas, MD, MPH
Maternal-Fetal Medicine
NEW + RETURNING BOARD MEMBERS

Jerasimos Ballas, MD, MPH
PRESIDENT

Amy Akers
PAST PRESIDENT

Viveka Prakash Zawisza, MD, MS, MBA
PRESIDENT-ELECT

NEW BOARD MEMBERS:
Patti Bridges, MSW, LCSW
Elizabeth Filipovich, MPH
Gail Levine, MD
Heather Cohen Padratzik, MHA/JD
Jessica Restivo, OTR/L
Sage Saxton, PsyD

PAST PRESIDENT

NPA's leadership and board exemplify our commitment to interdisciplinary collaboration and inclusive leadership.

BOARD MEMBERS:

Jenene Woods Craig PhD, MBA, OTR/L
JaNeen Cross, DSW, MSW, MBA, LCSW, BCD
Brigitte C. Desport, DPS, ATP, OTR/L
Maria Fisher, CNM, MSN, MPH, IBCLC
Cristal Grogan
Terry Johnson, APN, NNP-BC, ASPPS, CLEC, MN
Joyce Merrigan, DNP, RNC-OB, CBC, CPLC
C. Cody Miller, MSBe
Tiffany Moore, RN, PhD
Shante Nixon
Chavis Patterson, PhD
Vincent C. Smith, MD, MPH

INTERDISCIPLINARY PERSPECTIVES

NPA’s board is comprised of experts from across the country and across disciplines.

What brings us together is our shared commitment to mothers, babies, and families.

EDUCATE. ADVOCATE. INTEGRATE.

WWW.NATIONALPERINATAL.ORG/2019_REPORT
The breadth of NPA’s working groups and initiatives is a testament to our interdisciplinary approach. In an age of increasingly monolithic medical societies and subspecialty silos, NPA remains committed to interdisciplinary collaboration.

Whether it is advancing evidence-based guidelines or advancing social justice, our working groups are the driving force behind NPA’s growth and evolution. Informed by the expertise and experience of our board and fueled by the lived experiences of parents, these programs provide a forum for the most able, passionate, and knowledgeable perinatal providers and partners in our community.

While each group maintains education and advocacy goals and objectives unique to their area of focus, their work comes together seamlessly to create a vital continuum of guidelines and resources that span the perinatal period, from preconception, to pregnancy, and beyond.

Being able to draw from the collective expertise of our interdisciplinary membership allows NPA to not only exist at the intersection of perinatal and neonatal care, but to thrive through strategic partnerships, timely advocacy, and nimble outreach campaigns.

As you read about our current and future programs and initiatives, we hope this commitment not only becomes apparent to you, but motivates you to JOIN US in ACHIEVING OUR GOALS.
The development of Interdisciplinary Guidelines and Recommendations for the NICU Discharge Preparation and Planning is in keeping with NPA’s legacy of leadership in innovative care practices.

Led by board member, Vincent Smith, MD, MPH, the creation of these evidence-based guidelines sets standards that will improve consistency of care - and ensure that NICU families receive timely and equitable support.

Our vision is that empowered and informed neonatal professionals support every family as they attain the skills, knowledge, comfort, and confidence they need to care for their infants and meet their developmental needs.

BEST MILK

With the support of a grant from the Kellogg Foundation, NPA’s BEST Milk workgroup is developing guidelines and recommendations for the promotion, support, and achievement of optimal human milk feeding for all infants.

The overarching goal is to develop coordinated, interdisciplinary systems that improve breastfeeding initiation and duration. This requires that we create unifying solutions and integrated interventions that extend from before the prenatal period, throughout infancy, and until weaning.

As we address the barriers that keep families and providers from reaching our shared goals, we commit to meeting families where they are, respecting their needs, and supporting their feeding decisions.

Our interdisciplinary experts convened in 2019 to develop guidance in four domains:

- **Family and Home** Providing assessment, preparedness, anticipatory guidance, and mental health education + support
- **Preparing for Special Circumstances** Meeting the needs of diverse families including military, LGBTQ+, special needs, and those whose language, cultural, or spiritual needs require informed consideration and accommodation.
- **Creating a Community of Support** Finding the right balance of resources, programs, interventions, and mentoring to support and empower vulnerable families.
- **Transfer and Coordination of Care** Following the medical home model for meeting families’ medical, developmental, and psychosocial needs post-discharge.

2020 will see the publication and dissemination of this seminal work.

Because sick and preterm infants are a uniquely vulnerable population with special nutritional needs, these guidelines will outline best practices for supplemental donor milk and human milk-based fortification in the Neonatal Intensive Care Unit (NICU).

As we conclude a second year of funding, NPA will publish our optimal infant feeding guidelines and recommendations in 2020. We will then begin promoting this resource with parents, professionals, institutions, organizations, and governmental agencies.
**PERINATAL MENTAL HEALTH**

*Setting the Standard*

NPA formed in this workgroup in 2018 because we recognize how significantly perinatal mood and anxiety disorders (PMADs) impact the well-being of parents and their developing infants. We pulled our members from across perinatal disciplines and each brings their own unique skills, perspectives, and training.

After sifting through the existing literature and recommendations, the workgroup authored a position statement that eloquently synthesizes the data we'd gathered. Read the position paper.

Our position statement:
- recommends who to screen and when
- identifies appropriate screening tools

**HEALTHCARE EQUITY**

*More than Awareness*

While NPA has always promoted inclusive and culturally-humble perinatal care, we know that awareness is not enough. If we are going to address the tremendous inequities in health and health care - specifically those borne by people of color - we need to commit to ethical and equitable care practices and public health policy.

As an organization that advocates for babies and families, we have to act. NPA’s existing Transcultural Committee has recommitted to reproductive justice as our Healthcare Equity workgroup.

Led by Viveka Prakash Zawisza, MD, MS, MBA, our members and advocates are engaging in crucial conversations. As we’ve redefined our scope and purpose, we are allying with community-based organizations with histories of effective advocacy so that we can benefit from our collective expertise.

Our goal is to add NPA's voice to the conversation about perinatal healthcare inequities and disparities. By amplifying the message that disparities must be addressed and centering equity in all our initiatives, we can be part of the solution.

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CARING FOR BABIES + FAMILIES

Online Professional Education and Development

Innovative ideas drive change. But ideas are not enough. After publishing NPA’s Recommendations for Psychosocial Support of NICU Parents we knew that the next step would be creating the resources and support NICUs needed to implement them.

After investing in a new online learning platform, NPA is ready to start offering new courses in 2020.

- An “Advanced Provider” program for Neonatal Fellows, neonatologists, and NNPs
- Our “Annual Refresher” program for RNs and neonatal nurse practitioners (NNPs)
- “Caring for Women and Their Families: Providing Psychosocial Support During Maternity Care” for pregnancy providers

Read: Improving Staff Knowledge and Attitudes towards Providing Psychosocial Support to NICU Parents through an Online Education Course. Advances in Neonatal Care.

Along with our resource-rich companion site support4nicuparents.org, we have developed online educational courses for NICU providers and family advocates. Last year NPA and its partners NICU Parent Network and Patient+Family Care awarded more than 2,200 continuing educational credits to 700+ learners. mynicunetwork.com

PSYCHOLOGISTS IN THE NICU

NPA is the home for innovative programs and practitioners. What began as an idea at a NICU psychologists’ retreat has become a professional organization. The National Network of NICU Psychologists (NNNP) is a critical next step to improving perinatal care as it coordinates, connects, and educates psychologists around the country who work in the NICU setting.

Co-chairs Drs. Allison Dempsey and Sage Saxton have led the development of advocacy, research, and professional training committees that will transform and elevate the role of mental health care providers in the support of fragile NICU families.

NNNP will hold its first annual meeting under this new leadership and structure in March 2020 in Colorado.

Objectives for 2020 include:

- further development of group leadership and infrastructure
- program development that addresses critical gaps in the delivery of perinatal mental health care support
- advocacy efforts that promote timely and equitable care

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NPA's Family Advocacy Network (FAN) provides education and technical support for a growing community of NICU family advocates.

For 2020 we've produced a series of webinars based on the National Perinatal Association's Interdisciplinary Recommendations for Psychosocial Support of NICU Parents, covering six topics:

- Family-Centered Developmental Care
- Peer-to-Peer Support
- Mental Health Professionals in the NICU
- Palliative and Bereavement Care
- NICU Discharge Planning and Beyond
- NICU Staff Education and Support

Past webinars include:

- Kangaroo Care: Why It Matters
- Healthcare Disparities in the NICU
- Understanding Trauma-Informed Care
- Caring for the Caregiver

This year's offerings will include:

- Improving Support Through Staff Education
- How to Pay for a NICU Stay
- Supporting Families in Grief
- Funding and Sustaining Your Mission
- Navigating Legal, Ethical, and Political Issues

Faculty mentors and student leaders are building and supporting chapters at:

- Baylor College of Medicine
- SUNY Downstate Health Sciences University
- University California, San Diego
- Drexel University

If you are a faculty or student at an institution of higher education, or family member or relative thereof, please spread the word and help get more NPASS chapters up-and-running!

Contact C. Cody Miller, NPASS Founder + Chair
cody.miller@nationalperinatal.org

The National Perinatal Association Student Society (NPASS) was initiated to usher in the **next generation of leaders in perinatal health care and advocacy.**

Founded at Baylor College of Medicine, NPASS is the **student-driven** branch of NPA.

By bringing together a diverse and interdisciplinary membership of students, NPASS seeks to create positive change in perinatal care for mothers, babies, and their families through **advocacy**, **education**, **scholarship**, and **service**.
2019 CONFERENCE

IMPROVING ACCESS TO PERINATAL CARE:
Confronting Disparities and Inequities in Maternal-Infant Health

We live in a country of growing disparities. We see the consequences of this every day in our perinatal community.

Last April we met in Providence, Rhode Island to recommit ourselves to the following principles:

- Every patient needs evidence-based care that helps them reach their personal health goals regardless of their class, race, status, or insurance provider.
- Every baby deserves the best possible start in life.
- Patients and families should have access to the care they need in their own communities.

2019 STATS:
- 200+ PARTICIPANTS
- 27 EXPERTS
- 19 TOPICS
- 20 POSTERS PRESENTATIONS

Another "sold out" event.

2020 CONFERENCE

PERINATAL CARE AND THE 4th TRIMESTER:
Redefining Prenatal, Postpartum, and Neonatal Care for a New Generation

For too long perinatal care focused on nine months of pregnancy and the delivery of a healthy infant at 40 weeks. Then we underwent a paradigm shift.

We realized that the care that we offer in first 100 days after a baby is born is just as important as the care we provide during pregnancy.

This March, the National Perinatal Association convenes our 41st conference in Colorado to explore programs and practices that embrace this new understanding.

Sessions include:
- Innovative Models: Optimizing Mental Health in the 4th Trimester
- Postpartum Pause: Identifying Gaps in Preparedness for Parenting
- The PARTNER Model: Working with Mothers and Infants Impacted by Opioid Use Disorders
- The First One Hundred Days: Promoting Safety, Security, and Connectedness in the NICU
- Ourselves and Our Own: The Medical Professional’s 4th Trimester

REGISTER HERE
OUR PARTNERS

Improving perinatal care... together.

Our work with health-focused non-profits, medical societies, parent groups and other non-government organizations are a foundation to all that we do.

These collaborations enable us to develop programs and initiatives needed in communities with experts across multiple disciplines.

Together with our nonprofit partners, NPA advocates for policies and legislation that optimize perinatal care in the United States.

Full List

WWW.NATIONALPERINATAL.ORG/2019_REPORT
NPA’s corporate members represent innovative and patient-focused corporations whose products and pharmaceuticals provide the best treatments for parents and infants. The National Perinatal Association is proud of our relationships with these corporations.

We thank our corporate members and conference sponsors whose contributions help us to conduct important programs and initiatives in support of mother’s, babies, and families.

Formed in 2019, NPA’s Corporate Advisory Council meets annually at our conference to engage in meaningful conversations and the mutually-beneficial exchange of ideas.

At the meeting NPA provides an overview of our projects, initiatives, and advocacy from the previous year and shares our plans for the current year. Corporate Members discuss their goals for the current year and share their unique perspectives on current issues in the perinatal community.

Our quarterly advisory council newsletters update corporate members on NPA’s projects and workgroups and invite them to share their expertise and experience.

NPA carefully reviews potential corporate partners to ensure their missions and patient advocacy efforts are congruent with NPA’s mission and vision. All corporate engagements are transparent and the NPA maintains independence. We do not promote or endorse any treatments, products, goods or services.
As we start another year grateful and excited to continue our work at National Perinatal Association, we take stock of all that we have accomplished and plan for all that we want to achieve.

Above all else, our mission to support mothers, babies, and families through an interdisciplinary approach remains our guiding beacon. This is where NPA’s unique value to the perinatal landscape lies.

Our ability to convene stakeholders across the spectrum of care is unmatched, and we are lucky to count many of these experts and advocates among our members.

As an advocacy organization, first and foremost, we will continue to be a voice for vulnerable and marginalized populations who are disproportionately impacted by bias and inequity in the perinatal period. In response to ample data demonstrating disparities related to preterm birth, perinatal physical and mental health complications, and social determinants of health, our Healthcare Equity Workgroup will advocate for local, state, and federal initiatives aimed at removing barriers, enabling access, and improving outcomes.

When we convene in March our conference will focus on the 4th trimester. We will look at innovative solutions to many of the dilemmas that are unique to this critical period. This meeting will also provide a broad platform from which all our workgroups can expand. Whether it is Optimal Newborn Feeding, NICU Discharge Planning, Perinatal Mental Health, or Psychologists in the NICU, the momentum created by our conference will carry these groups forward.

Building on the success of our online staff education for psychosocial support in the NICU, we are excited to be launching a new educational opportunity for Labor & Delivery staff aimed at promoting psychosocial support in maternity care.

Combined with our robust social media campaigns highlighting timely and relevant topics, NPA is poised to reach new milestones in outreach and engagement. Along with our members, partners, and sponsors, we are thrilled to see what we can accomplish together in 2020.