

# Indian Country ECHO

## *Care and Access for Pregnant People* Best practices across all care settings

---

CDR TINA PATTARA-LAU, MD, FACOG  
MATERNAL CHILD HEALTH CONSULTANT



**HEAR**  
HEAR HER CONCERNS

Hear her concerns. It could help save her life.

Listening can be your most important tool.

Learn more

## Considerations for Standing Up Gender-Affirming Care Services at Tribal and IHS Healthcare Facilities



**AIM OF THIS GUIDE:** to outline considerations for Tribal and Indian Health Service (IHS) healthcare facilities regarding establishing and/or maintaining gender-affirming care services for transgender and gender-diverse (TGD) individuals

**National Breast Cancer Awareness Month**

**October 2023**

*No One Should Face Breast Cancer Alone*

**Syphilis cases are on the rise.**  
Know your status, especially if you're pregnant.

Syphilis can be hard to spot, often starting with an easily missed sore or rash. While anyone can get syphilis, pregnant people and newborn babies face serious complications if left untreated.

Testing is easy and treatment is quick. Protect your and your baby's future by getting tested today!

**CHECK YOUR DOODOOSHIMAN**  
Know the signs & symptoms of breast cancer

- Bumps, or thicker areas with hard lumps
- Inverted nipple
- Changes in size or shape
- Flaking, peeling, scaling, or crusting of the nipple area
- Fluid leaking
- Sores
- Dimples, or areas of skin that feel like an orange peel
- Looks inflamed, / red, or is hot to the touch
- Distinct vein or vein growth

See your doctor right away if you notice any change or abnormality

American Indian Cancer Foundation

**Born to FLY**

VOCCE NATIVE

**National Maternal Mental Health Hotline**  
HRSA

For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)

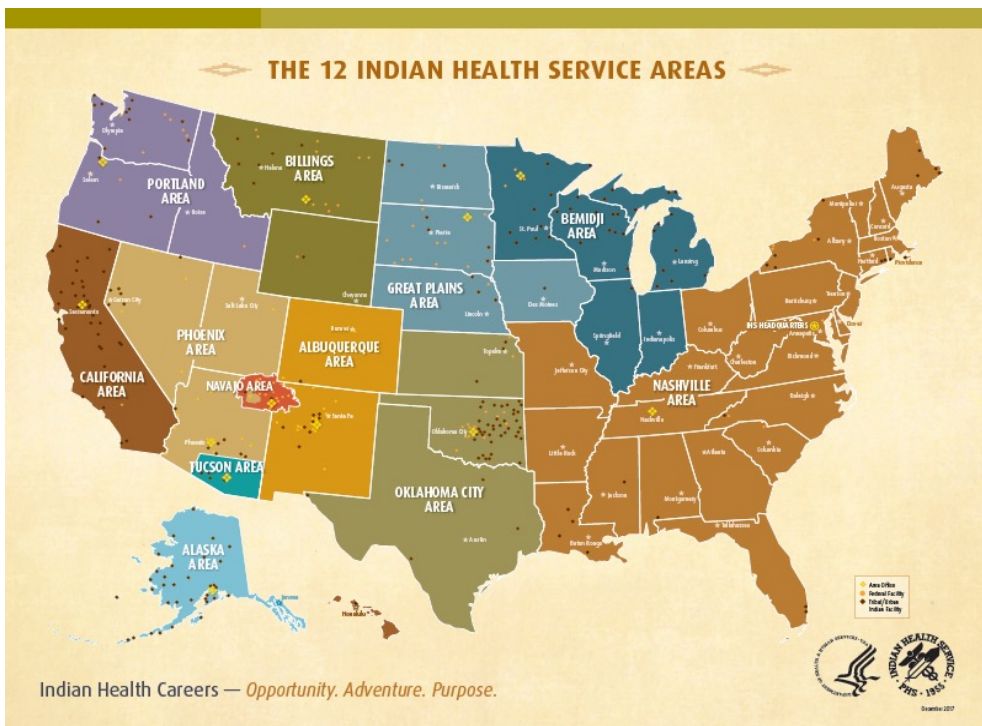
ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES

**Plans of Safe CARE**

# Background

- **93% of pregnancy related American Indian/Alaska Native (AI/AN) deaths were determined to be preventable.** Mental health conditions\* and hemorrhage were the leading causes. Majority of deaths (64%) occurred postpartum. (CDC 2022) \*Mental health conditions included death by suicide and overdose
- **12.8% of AI/AN women who gave birth in 2020 lived in maternity care deserts.** 24.2% of AI/AN women do not receive adequate prenatal care and 26.7% of AI/AN babies were born in areas of limited or no access to maternity care. (March of Dimes 2022)
- **36% of US counties are considered maternity care deserts.** About 300 birthing units have closed in the US since 2018, including about 70 losses in the past year. (March of Dimes 2023)

# Indian Health Service



## COMPREHENSIVE HEALTH SERVICE DELIVERY SYSTEM



- 2.2 million** Number of American Indians and Alaska Natives served each day
- 574** Number of Federally-recognized tribes served
- 12** Number of service Areas representing the United States



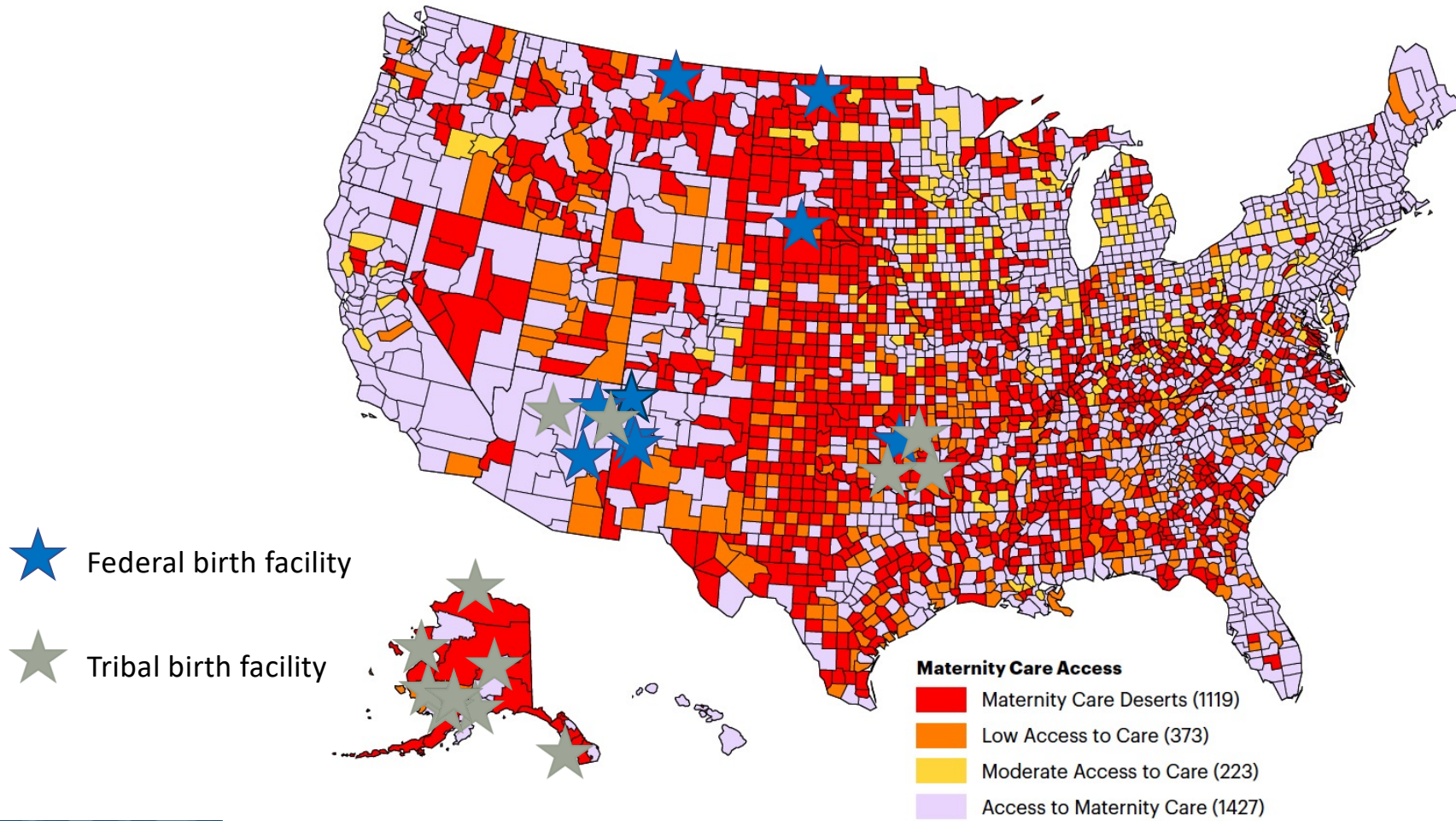
HOSPITALS	HEALTH CENTERS	ALASKA VILLAGE CLINICS	HEALTH STATIONS	SCHOOL HEALTH CENTERS
 26 IHS 22 Tribal	 59 IHS 284 Tribal	 163 Tribal	 32 IHS 79 Tribal	 4 IHS 15 Tribal



Figure 1: Maternity Care Deserts, 2020



Source: U.S. Health Resources and Services Administration (HRSA), Area Health Resources Files, 2021.

# LEADING a FRAMEWORK for CULTURAL SAFETY & HUMILITY

## for FIRST NATIONS IN BC



Sam Bradd





**kk'uyh**  
Deroak's (Koyak)

**k'wy'**  
Bemil' Kohul'ana Kngag' (Lower Tanana)

**k'gy'**  
Dihikad' X'een In Aandeg' (Tanana)

**tr'itl**  
Dag Kngag

**ts'itl**  
Hollachul

**k'wy'**  
Dinak' (Upper Kuskokwim)

**k'ay' / k'aiy'**  
Nee sarnag' (Upper Tanana)

**k'ay**  
Hun

**k'aii**  
Dinj' Zhuh' K'ya (Gwich'in)

**ukpik**  
Inupiaq

**Willow**

**Recorded Medicinal Uses**

Willow is a natural herbal form of aspirin. It is used to aid in childbirth, treat rheumatism, skin problems, and heal cuts, scrapes, insect bites and stings. This was done through baths, poultices, or by chewing the willow. The willow leaves are also chewed up and placed on insect bites and stings.



# Curriculum Sample

Month	Topic
Nov 2023	Elevating Indigenous Birthing Practices: Holding space for midwifery care
Jan 2024	Prenatal Care Outside the Paradigm: How to promote a culture of safety and humility
Feb 2024	The First Trimester: Hear their concerns
Mar 2024	The Second Trimester: Screening in every setting
Apr 2024	The Third Trimester: Preparation and prevention
May 2024	The Fourth Trimester: Facilitating transitions of care
Jun 2024	Reducing the Stigma of Maternal Mental Health
Jul 2024	White Feathers: When a family experiences a miscarriage or stillborn loss
Aug 2024	Pregnancy Planning: Access to contraception
Sep 2024	Pediatric Partnerships in support of pregnant persons and families
Oct 2024	Special cases in pregnancy: American Indian/Alaska Native maternal and child cardiac outcomes (Strong Hearts Study)
Nov 2024	Rural obstetric care and Obstetric Readiness in the Emergency Department (ObRED)



Thank you

Tina.Pattara-Lau@ihs.gov

