



NEW PODCAST

EVERY WEDNESDAY
17.30 - 20.30





Wicked Solutions

PODCAST

Inadequate Prenatal Care for Women in Kamloops

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HLTH 5200 – Canadian Healthcare System

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Land Acknowledgement



Kamloops region resides on the traditional, ancestral, and unceded territory of the Tk'emlúps te Secwépemc, which is located within the unceded ancestral lands of the Secwépemc Nation

Introduction

- Wicked Problem: Inadequate prenatal and postnatal care in kamloops
- Solutions:
 - Group-Based Prenatal Care
 - NP-Led Antenatal and Postnatal Clinics
 - Hybrid Telehealth Model
- Conclusion
- References



Prenatal Care Deficits in Kamloops



- Prenatal care is essential to support health of mother and developing baby
- Deficits in prenatal care: 3rd trimester for low/medium risk pregnancies
- Existing solutions: TRFO clinic, First Steps, midwives, GPs, NPs
- System factors: workforce shortages, fragmented funding, role limitations, geographical challenges, cultural diversity

(First Steps, nd; Government of Canada, 2023; Kamloops Obstetrics, nd; M. Redmond, personal communication, 2025; TRFO, nd)



Solution Two:

NP-Led Antenatal and Postnatal Clinics



(Kneller et al., 2023; Tessema et al., 2025; Wojcieszek et al., 2023).

Rational and Evidence for this Solution

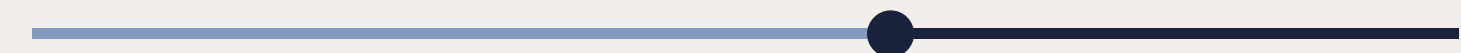
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- Improves access to care, maternal satisfaction and neonatal outcomes
 - Decreases infant mortality rates
 - Enhances gestation diabetes mellitus management
 - NP have longer visit times than physicians
 - Build social networks to reduce post partum depression
 - Positive postnatal experiences strengthen maternal-infant bond
 - Relieves pressure on an overburdened maternity system

(Kneller et al., 2023; Tessema et al., 2025; Wojcieszek et al., 2023).

Implementation in Kamloops

- Embedded NP role within TRFO clinic using Interior Health funding
- Utilize existing referral pathways for continuity of care
- Use a shared-care model with midwives, family GP, and nurses
- Launch a Physician Quality Improvement (PQI) pilot project
- Evaluate patient satisfaction and outcomes

(Kneller et al., 2023; Interior Health, 2024b.)



Challenges

- Funding:
 - Apply for New NP Provider and request funding
 - Limited support for NP roles outside of primary care
- Barriers with physicians buy-in
- NPs are not specialized in BC
 - BCCNM scope of practice allows NP to do antenatal and postnatal care
- Staffing issues, need to adequate coverage for NPs

(Interior Health, 2024a; British Columbia College of Nurses and Midwives, n.d).



Feasibility and Recommendations

- Feasibility:
 - Utilize existing infrastructure through TRFO
- Recommendations:
 - Advocate for Interior Health to pilot project
 - Recruit NP's with Perinatal experiences
 - Create shared- care protocols
 - Partner with perinatal services BC for evaluation



(Kneller et al., 2023; Interior Health, 2024b).)

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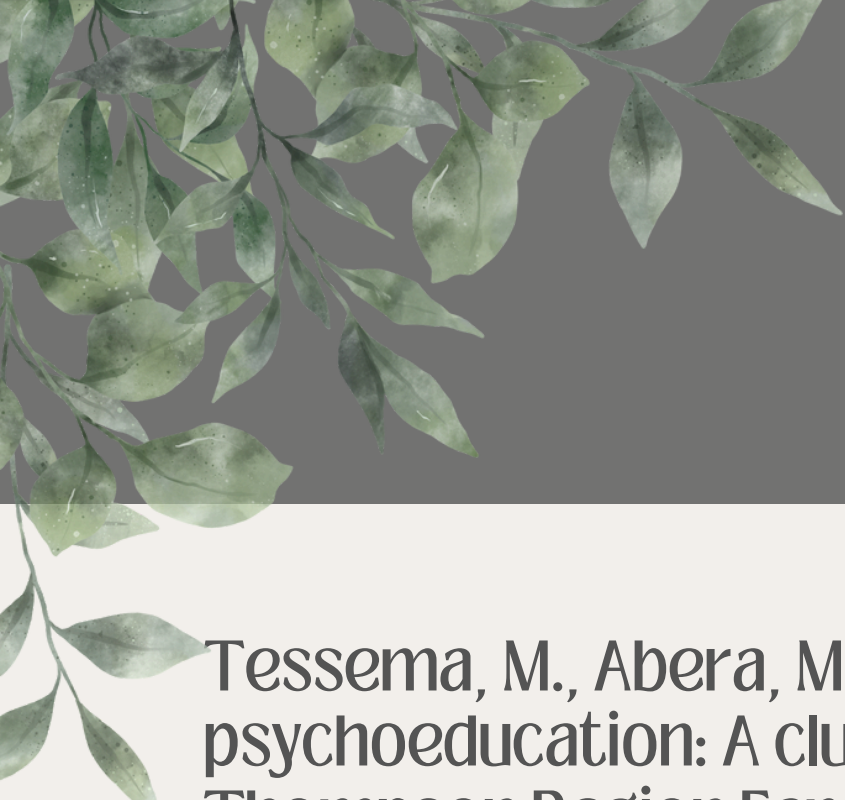
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