



NEW PODCAST

EVERY WEDNESDAY
17.30 - 20.30





Wicked Solutions

PODCAST

Inadequate Prenatal Care for Women in Kamloops

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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

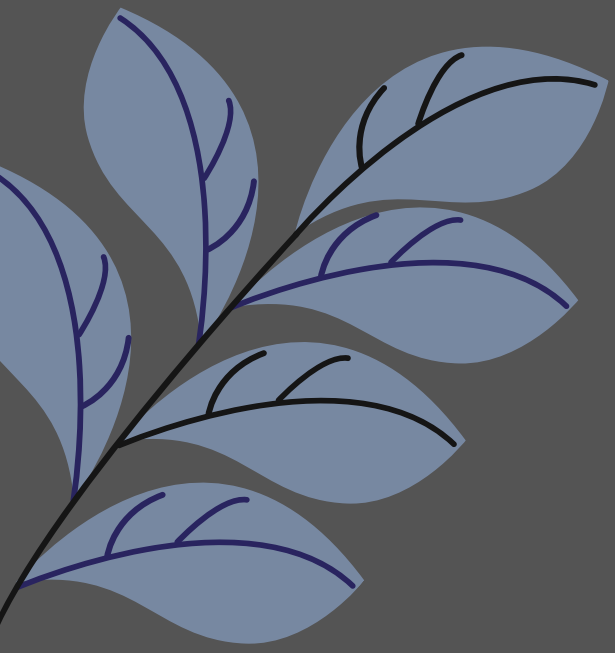


Prenatal Care Deficits in Kamloops



- 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 Three: Hybrid Telehealth Model



Local Context & Proposed Solution



- **Local Gaps:** TRFO closed to referrals; First Steps covers only early trimesters; 10 women/month arrive at RIH with little or no prenatal care.
- **Causes:** GP/NP/midwife shortages; Rural & Indigenous access barriers.
- **Solution:** Hybrid prenatal model = RN in-person exams + virtual provider consults.
- **Evidence:** OB Teleflex show equivalent safety + greater convenience

(Bacciaglia et al., 2023; Shoults, 2022; Lekshmi et al., 2025)

Implementation in Kamloops



Phased Approach:

1. Pilot through TRFO – RN telehealth coordinator.
2. Integrate providers for virtual consults and shared charts.
3. Train RNs in prenatal assessments + telehealth documentation.
4. Evaluate outcomes and patient satisfaction.

Core Elements:

- Dedicated RN navigator.
- Virtual follow-ups & postpartum check.

(Lekshmi et al., 2025; Kneller et al., 2023; Perinatal Services BC, 2018)

Challenges

Challege	Implication	Initial Strategy
Limited provider coverage in region	Shortage of midwives/ GPs/ NPs to oversee care	Recruit virtual providers from outside Kamloops region
Limited RN training in prenatal care	Inconsistent assessment quality	Partner with Perinatal Services BC for certified training
Funding & billing restrictions	Hybrid care not recognized for compensation	Advocate through IH for hybrid billing codes
Limited in-person assessment space	RN needs dedicated exam area	Use a single clinic room attached to TRFO for RN appointments

(Lekshmi et al., 2025; Kneller et al., 2023; Rutter et al., 2017)





Feasibility

Builds on existing infrastructure, aligns with BC Digital Health Strategy, and supports collaborative provider models.

Strengths

- Integrates existing clinics
- Maximizes RN role
- Addresses provider shortages
- Improves equity
- Enhances continuity
- Evidence-based

(Shoults, 2022; Kneller et al., 2023; Lekshmi et al., 2025)



Conclusion

- Key Points of Each Solution
- Feasibility
- Which solution is most viable?





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