

# Congratulations!

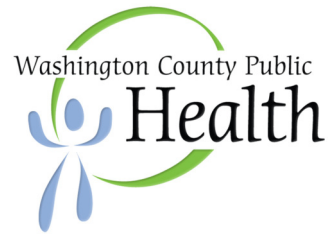


Becoming a new parent is very exciting. Even with the best preparation you cannot anticipate some of the questions and concerns that may develop the first few weeks of pregnancy.

Washington County Public Health (WCPH) offers a Maternal Health program that is available to women who have:

- ♥ Title 19,
- ♥ no insurance or are
- ♥ underinsured.

Depending on a woman's income services may be offered on a sliding fee scale.



## Services Provided at WCPH

110 N. Iowa Avenue, 5th Floor  
Washington, IA 52353  
(319)653-7758  
800-655-7758  
TTY-TDD: (319)653-2107  
Fax: (319)653-6870

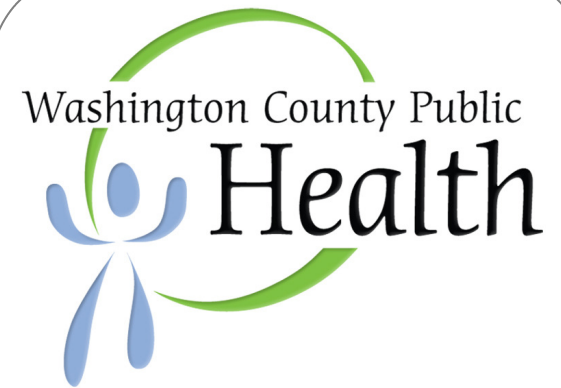
### Hours:

1st and 3rd Tuesday of the month  
10:00 AM - 4:00 PM

1st and 3rd Thursday of the month  
9:00 AM - 4:00 PM

*Or by appointment*

Visit us at our website :  
[www.washph.com](http://www.washph.com)



## Maternal Health Program



## Assistance for Pregnant Women

# Maternal Health Program



## Maternal Health Nurse

Carol Detweiler, RN, BSN  
*cdetweiler@washph.com*  
Ext. 114

- ♥ Assist in obtaining a physician
- ♥ Offer prenatal education
- ♥ Supply prenatal vitamins
- ♥ Schedule prenatal and postpartum home visit with maternal health nurse
- ♥ Educate and support infant feeding practices
- ♥ Breastfeeding support
- ♥ Screen for prenatal and postpartum depression
- ♥ Listening visit by nurse/social worker for women who screen high for depression



## Dental Hygienist

Martha Hernandez, RDH  
*mhernandez@washph.com*  
Ext. 115

Lack of dental care during a pregnancy can have a direct affect on your unborn child. Each maternal health client is offered a dental screening by a Registered Dental Hygienist. The hygienist works with the client to assure that proper dental treatment is received during and after pregnancy.

### **Services provided:**

- ♥ Oral health education
- ♥ Dental screening
- ♥ Fluoride varnish application
- ♥ Referral to local dentists for treatment



## Social Worker

Jen Weidman, BSW  
*jweidman@washph.com*  
Ext. 104

- ♥ Perform social assessment and resource & referral
- ♥ Assist in obtaining appropriate payment source for pregnancy
- ♥ Arrange for dental screening assessment, fluoride varnish, education and referral for dental care
- ♥ Offer preventative dental services on an appointment basis for pregnant women who are underserved

## **ADDITIONAL MATERNAL HEALTH PROGRAMS:**

### Breastfeeding Support

A breast feeding support group is held the 1st Friday of every month from 11:30-12:30 at the Kalona Library. You do not have to be enrolled in the maternal health program to attend. All groups are led by the maternal health nurse who is a certified breastfeeding counselor.

### WIC

WIC is available the same time as maternal health clinics. You see the nutritionist twice during pregnancy and once after delivery. To qualify, you must take your baby to a WIC session. Call (319)356-6042 or (310)653-7758 ext. 123 to schedule an appointment.

### PRENATAL CLASSES

Mercy Hospital Iowa City: 800-358-2767  
Cost \$45.00  
You do not have to be a patient of Mercy to attend. Call on class start dates.