

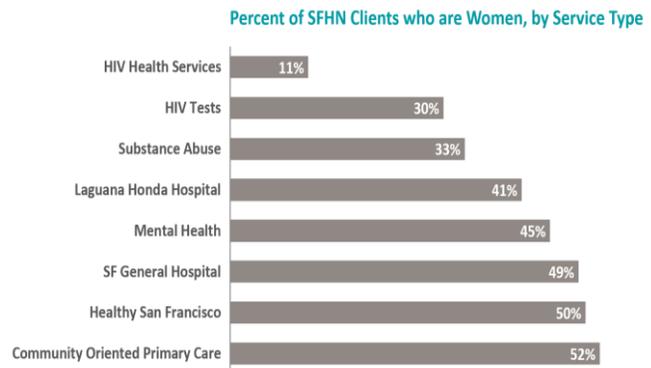


Women’s Programs and Services

Overview

The San Francisco Department of Public Health (SFDPH) offers a variety of programs tailored to promote women’s health and wellbeing. Provided through a citywide system of clinics and hospitals known as the SF Health Network (SFHN), many programs and services are linked, and all place an emphasis on increasing equity and reducing health disparities. Community engagement and partnerships are encouraged and leveraged wherever possible to reduce cultural, linguistic, and social barriers.

Officially launched in August 2014, the SF Health Network offers San Franciscans an integrated delivery system that provides comprehensive, culturally sensitive care. Streamlining the original network of SFDPH hospitals and clinics, the SF Health Network is comprised of San Francisco General Hospital and Trauma Center, Laguna Honda Hospital and Rehabilitation Center, Primary Care, Behavioral Health, Maternal, Child and Adolescent Health, community Transitions, the Office of Managed Care, and Jail Health. The chart on the right depicts the proportion of female clients across major service categories in FY 2012-13.



SFDPH programmatic efforts over the years have demonstrated success. Some examples include:

- 74% of women aged 50-74 seen two or more times in a primary care clinic had a mammogram within the past 24 months
- 71% of women with a recommendation for cervical cancer screening received one within the past three years
- the OB/GYN acute hospitalization 30 day readmission rate is only 1.8%
- SFGH has a low proportion of births by Caesarean section at 17%
- over 67% of women who deliver at SFGH, exclusively breast feed their newborns in hospital

The list of programs and services highlighted in this document is not exhaustive, but features prominent programs that care for and support women through all stages of life and health.

SFHN Programs and Services for Women

Primary Care & Reproductive Health	Pregnancy & Child Birth	Building Equity & Promoting Lifelong Success	Aging	Oncology & Cancer Screening	HIV/AIDS
<ul style="list-style-type: none"> • Family Planning • LARC Access Project • Healthy Pregnancy Planning • Cervical Cancer Screening • Chronic Pelvic Pain Management • Jail Health 	<ul style="list-style-type: none"> • The Women’s Health Center • Centering Pregnancy • Doula Program • Infant Parent Program • Bay Area Perinatal AIDS Center 	<ul style="list-style-type: none"> • Transgender Health Services • Nurse Family Partnership Program • Public Health Nurse Home Visiting Program • Black Infant Health Program • Equity in Young Black Women’s Health and Birth Outcomes Project 	<ul style="list-style-type: none"> • Urinary Incontinence Program • Menopause Services • LHH Pain and Healing Clinic • LHH Respite Program 	<ul style="list-style-type: none"> • Avon Breast Cancer Center • Mammovan • Big Aims • Breast & Cervical Cancer Services • Gynecologic Cancer Services 	<ul style="list-style-type: none"> • Women’s Center of Excellence • Family Service Network • A Woman’s Place

Primary Care and Reproductive Health

Family planning and timing pregnancy is one of the most important health issues for women who are otherwise healthy, as unplanned or mistimed pregnancies are associated with higher rates of preterm birth, maternal complications and social/financial struggles. The Women's Health Center offers expertise in helping women choose the right contraceptive for their health and lifestyles, by offering the full range of options. To promote family planning, the Center is moving toward drop-in or same-day contraceptive counselling and placement of intrauterine devices and implants.

The LARC Access Project is a new reproductive health improvement program. This one-year pilot project is aimed at increasing use of long-acting reversible contraceptive (LARC) methods in SF Health Network primary care clinics, particularly among young women. Six SFHN primary care clinics are participating: Southeast Health Center, Potrero Hill Health Center, as are four community health youth clinics: Balboa, Cole St., Larkin St., and 3rd St. The objectives of the project are to increase awareness of LARC methods (particularly among adolescents and transitional aged youth), increase SFHN capacity to provide and manage LARC methods, and evaluate the impact of this training protocol on use of LARC in SFHN clinics.

Healthy pregnancy planning for women with chronic conditions such as diabetes, high blood pressure, seizures, or on medications harmful to the fetus, reduces the risk of complicated pregnancy, miscarriage, or severe health problems for the mother. SFGH collaborates with citywide colleagues to offer preconception counselling services in order to optimize the woman's health prior to conception. Such counseling includes evaluation for contraception to help these women effectively and safely prevent pregnancy until their health has been optimized.

Cervical Cancer Screening: The Women's Health Center is the referral site for the entire SF Health Network for follow-up and treatment of abnormal pap smears. The Center's Dysplasia Clinic is run by a national expert on cervical cancer screening, and the program offers diagnosis and treatment as well as follow-up until the woman returns to a routine screening schedule. As smoking and HIV infection are often linked with dysplasia, the program also provides referrals for smoking cessation and HIV testing.

Chronic pelvic pain can be a disabling condition that is difficult to treat and contributes to depression and social isolation, requiring a multi-disciplinary and multifaceted approach. Women suffering from such pain often have difficulty obtaining proper physical therapy, one of the mainstays of treatment, as very few therapists have the appropriate training. SFGH has a comprehensive chronic pelvic pain program, which includes a thorough assessment and treatment of not only the pain, but also the associated depression. The program offers a Nurse Practitioner trained in pelvic floor physical therapy, and a centering model of care (group care) to provide peer social support and teach self-care.

Jail Health: In July 2009, Jail Health Services, in collaboration with the UCSF Obstetrics and Gynecology (OB/Gyn) Residency Program, established a program through which all first year Ob/Gyn residents spend a half day every week seeing patients at the San Francisco County Jail during their six week ambulatory care rotation. The curriculum also includes readings and discussions pertaining to health issues for incarcerated women, and understanding how race, socioeconomic status, and other social determinants of health contribute to health disparities. The residents provide health care within the criminal justice system, eliminating the need for the SF Sheriff's Department to transport inmates to SFGH for specialty care, and offer their clients continuity of care after release from jail.

Pregnancy and Childbirth

The Women’s Health Center at San Francisco General Hospital (SFGH) offers comprehensive services, including on-site social work, nutrition, health education, lactation education, and classes on parenting, and breast feeding. To care for women with complex/chronic health issues, the Center offers a high risk obstetrics program that includes genetic counseling, maternal-fetal medicine consultation, specialized diabetes care, on-site psychiatrist and psychologist, and substance abuse services. The work of the Women’s Health Center has earned SFGH a “Baby Friendly” designation by the World Health Organization (WHO), which signifies hospitals that support breast feeding from throughout prenatal care, labor, and after-delivery. SFGH remains the only hospital in the Bay Area to earn this designation, with a breast feeding initiation rate over 90%.

Centering Pregnancy is a group prenatal care program designed to empower women with limited health knowledge or a narrow social support network. Through group peer support, this program has been shown to decrease preterm birth, while improving health knowledge, prenatal care attendance, and breast feeding rates. This model is especially effective in reducing social isolation experienced by women who are recent immigrants. The program also partners with the Homeless Prenatal Program to provide extensive social services.

The Doula Program is supported by SFGH, and pairs volunteer doulas with women who need labor support. The program serves women who have limited social support and come in to Labor and Delivery alone, including recent immigrants and those whose partners are not able to negotiate time off from work for the birth. Doulas stay in the room for the entire labor and assist the mother with pain management and decision-support. Doula programs have been shown to decrease the rate of births by cesarean section.

The Infant Parent Program, in conjunction with psychiatry, obstetrics, and social work, provides a safety net for women at high risk for not being able to care for their babies. The program serves vulnerable women who face psychiatric illness, homelessness, substance use, or suffer from intimate partner violence. In most other communities, babies born to these mothers are likely to be placed in foster care. However, this program aims to keep families together, by helping mothers get treatment and acquire skills that will allow them to care for and form strong bonds with their infants.

The Bay Area Perinatal Aids Center (BAPAC) offers comprehensive preconception counseling and prenatal care to women and families infected and affected by HIV. BAPAC is a multi-disciplinary team that tailors medical and psychosocial services to the specific needs of each woman and her family before, during and after pregnancy. BAPAC also offers consultations and education to medical providers worldwide. Due to the intensive and personalized care that is offered to women with HIV, SFGH has not observed any cases of vertical transmission of HIV from mother to baby for many years.

Building Equity and Planning for Lifelong Success

Transgender Health Services ensures access to transgender surgeries and provides related education and preparation services for eligible uninsured transgender adult San Franciscans. This initiative was born out of the work of community advocates, a Board of Supervisors resolution encouraging the provision of medically necessary gender-transition-related care, and the Health Commission’s approval of transgender surgery as a covered service under Healthy San Francisco. Concurrently, SFDPH continues to provide a

range of health services to transgender residents, including primary care, prevention, behavioral health, hormone therapy, specialty and inpatient care. SFPD has also recently issued guidelines to establish department-wide uniformity in the collection of gender data.

The Nurse Family Partnership seeks to build to successful futures and establish healthier, safer, and stronger communities for generations to come by developing strong family foundations. The program provides Public Health Nurse (PHN) home visits to low-income first-time mothers during pregnancy and until the baby's 2nd birthday. Launched in San Francisco in August 2012, this program is backed by 37 years of evidence-based best practices from national randomized, controlled trials. Each nurse receives extensive training to promote the program's three goals: improve pregnancy outcomes, improve child health and development, and improve families' economic self-sufficiency. The program currently employs 9 Public Health Nurses who serve 171 burgeoning families.

The Public Health Nurse Home Visiting Program provides comprehensive case management through home visiting for a shorter duration than the Nurse Family Partnership Program (NFP). Open to low-income or high-risk expectant and post-partum mothers who may already have children or do not choose NFP, this program also provides home visits and case management for pediatric clients. Services include comprehensive needs and safety assessments, case management and assistance with coordinating services, assistance with medication and treatment compliance, teaching newborn care, support for families with children with special needs, parenting support and education, grief counseling, immunization assessments, and health education.

The Black Infant Health Program is an evidence informed group intervention that incorporates individual case management to address factors contributing to poor birth outcomes and disparities observed among African American women and infants. San Francisco, which is one of seventeen health jurisdictions implementing this program, has a several-fold Black:White infant mortality disparity. Started in 1990, the program focuses on reducing chronic stress, social isolation, limited access to services, racial inequities, economic hardship, and disempowered communities. Each year 100 pregnant adult African American women are enrolled and participate in two group education series: 10 weeks prenatal and 10 weeks postpartum. The women may remain in the program until their baby's first birthday, and groups are offered quarterly in Western Addition and in Bayview. The goal is to offer culturally relevant information that places a high importance on individual participants' needs, priorities, values, and strengths.

Equity in Young Black Women's Health and Birth Outcomes Project: SFPD is one of seven sites to receive a two-year technical grant from CityMatCH Equity Institute. Charged with demonstrating an evidence base for local interventions that reduce inequities in birth outcomes, a multidisciplinary SFPD team is collaborating with community members and local partners to develop strategies, measure outcomes, and evaluate a project in 18-24 months. Throughout 2014, the team has conducted targeted outreach and in-reach, held focus groups, and trained staff in preparation for implementation. The team has selected two main strategies: 1) increasing access to long acting reversible contraceptives (LARC) for young Black women of childbearing age, within the context of life planning, personal choice and empowerment; and 2) citywide support groups that build on the Black Infant Health Program and the "centering" model, and incorporate a maternal stress curriculum. The support groups will be launched in January 2015 and will enroll approximately 50 African American women through several partner organizations.

Aging

Urinary Incontinence Program: Urinary incontinence is a very common and socially debilitating problem which can lead to depression and social isolation. SFGH offers testing for and management of incontinence with personalized treatment plans that include pelvic floor muscle training by a nurse, behavioral training and therapy, urodynamic testing, and a variety of advanced surgical techniques performed by a board-certified uro-gynecologist.

Menopause: SFGH has a special section devoted to women experiencing problems with menopause, and offers a variety of evidence-based treatments that include both pharmacologic and complementary-alternative options.

The Pain and Healing Clinic at Laguna Honda Hospital uses an integrated team approach to provide supportive and compassionate care for residents living with chronic pain. Since its launch in June 2011, the program has served 130 residents, and averages 35 clinic visits per month. Practitioners from multiple disciplines including medicine, pharmacy, acupuncture, psychiatry, music, movement and massage therapies work together to provide comprehensive and innovative treatment for residents with all types of pain.

The Respite Program at Laguna Honda Hospital provides six weeks of inpatient care for clients who normally receive home care. The program provides the client the same level of services as other residents, and offers the home caregiver a break. Women take advantage of this program more often than men.

Oncology and Cancer Screening

The Avon Breast Care Center at SFGH offers comprehensive breast cancer screening and treatment for women of all ages and from all backgrounds. The Center's mission is to provide comprehensive breast care, education, and research in a compassionate and culturally sensitive environment.

The Mammovan is a mobile extension of the Avon Breast Care Center at SFGH. The van is equipped with digital mammography units and it travels to clinics in the community several days a week to offer thousands of screenings each year.

Breast and Cervical Cancer Services (BCCS), overseen by Primary Care since 1997, operates on a mission to improve access to breast and cervical health and cancer services throughout San Francisco. BCCS consists of nurse practitioners and patient navigators who promote awareness and cancer screenings, as well as help navigating services for women with cancer. The team targets older women and homeless women for breast cancer screening by deploying nurse practitioners to clinics with large populations of unscreened women.

Big Aims is a California Association of Public Hospitals (CAPH) sponsored statewide initiative to demonstrate significant improvements in breast cancer screening for women aged 50-74, many of whom are uninsured or underinsured. A multidisciplinary workgroup, with representation from SFGH Radiology, the Avon Breast Center, Primary Care nursing and providers, IT, and Quality Management is working on increasing radiology services capacity, maximizing the use of current resources, including the use of the Mammovan and Saturday appointments, creating regularly scheduled quality reports, and improving processes in primary care.

Gynecologic Cancer: SFGH offers comprehensive care and long-term follow-up for women with ovarian, uterine, cervical and vulvar cancers. The team includes a board-certified gynecologic-oncologist (surgeon), genetics counselor, social worker and oncology nurse. Women are provided care from the time of diagnosis, through surgery or chemotherapy, and continue in follow-up care for several years of surveillance.

HIV/AIDS

The Women's Center of Excellence provides medical care at either Ward 86 or the UCSF Women's HIV Program at Parnassus, with social support services (mental health and case management) provided by South Van Ness Adult Behavioral Health.

The Family Service Network provides medical care for HIV positive women, youth, and affected families at Ward 86, the UCSF Women's HIV Program at Parnassus, the Family HIV Clinic (SFGH), Larkin Street Youth Clinic, or BAPAC. Prevention counselling, PrEP (pre-exposure prophylaxis medication), and HIV testing are provided to HIV negative partners. Support services are provided by South Van Ness Adult Behavioral Health and Substance Treatment Outpatient Program (STOP).

A Woman's Place provides residential medical case management and coordinated mental health referral/linkage services to multiply diagnosed, primarily African American and transgender women living with HIV, through a collaboration with CATS. Wraparound services include supportive housing, stabilization, counseling, case management, and psychological support services aimed at improving accessibility, timeliness and continuity of health care.