



OCCUPATIONAL THERAPY
COLORADO STATE UNIVERSITY

Enhancing Peripartum Care through Acute Inpatient Rehabilitation Services at the University of Colorado Hospital (AMC)

An Antepartum Occupational Therapy Program : Development & Implementation Proposal



Morgan Egan, OTS
Kirsten Prue, OTR/L
Kara Alcorn-Borodach, OTD, OTR/L

BACKGROUND & LIT REVIEW

The **antepartum** (AP) period refers to pregnancy prior to labor and delivery. Individuals with high-risk pregnancies may require prolonged hospitalization for maternal and/or fetal monitoring¹.

Impact on Occupational Performance²
Antepartum hospitalization is associated with:

Physical

- Deconditioning
- Reduced activity tolerance
- Decreased independence

Psychosocial

- Increased:
 - Stress
 - Anxiety
 - Emotional distress
 - Isolation

Occupational

- Disruption of roles/routines
- Reduced engagement
- Occupational deprivation

Implications for Outcomes³

Challenges during AP hospitalization can negatively impact:

- Overall well-being during pregnancy
- Postpartum recovery
- Transition into parenting roles

Gap in Care^{4,5}

Occupational therapy (OT) is well-suited to address:

- Safe mobility and activity engagement
- Coping and emotional regulation
- Participation in meaningful daily activities

Patients may be at increased risk for:

- Functional decline
- Decreased participation in self-care and infant care
- Ongoing mental health concerns

Despite this, OT remains underutilized in AP care due to:

- Limited awareness of its role
- Lack of standardized protocols
- Inconsistent referral processes

THEORETICAL BASIS

Person–Environment–Occupation–Performance (PEOP) Model⁶

Occupational performance is influenced by the interaction of:

- Personal factors (physical, emotional, cognitive)
- Environmental context (hospital setting, routines, supports)
- Occupational demands

Guided development of **client-centered, meaningful interventions**

Consolidated Framework for Implementation Research (CFIR)⁷

Guided the development of a feasible, stakeholder-informed program by addressing factors influencing implementation, including workflow integration, staff engagement, and organizational context

Ensured program design aligned with **real clinical constraints**

PROJECT GOAL & OBJECTIVES

Program Goal: Develop a sustainable OT program to enhance occupational performance and participation in hospitalized antepartum patients

Obj. 1	Needs Assessment: Conduct a comprehensive needs assessment of antepartum inpatients to identify gaps in occupational participation and inform program development.
Obj. 2	Program Development: Develop a movement-based mindfulness intervention, patient education materials, and a therapy staff training module for antepartum care.
Obj. 3	Review & Refinement: Finalize program and training materials through stakeholder review and structured feedback
Obj. 4	Program Proposal: Present a comprehensive antepartum OT program with implementation guidance and future recommendations.
Obj. 5	Clinical Experience: Gain hands-on experience providing OT services to acute postpartum inpatients.

NEEDS ASSESSMENT FINDINGS

Data Sources	Key Themes	Patients Reported
• Patient Interviews • Nurse Interviews (L&D, MBU) • Rehab Staff Surveys (OT/PT) • Provider Surveys (OB/GYN, RN, Psychology)	• Disruption in roles & routines • Low activity levels • Uncertainty with safe movement • High anxiety & isolation	• Anxiety, uncertainty, fear • Separation from support systems • Sleep issues, pain, boredom • Low motivation • Unclear guidance on safe activity • Physical restrictions • Lack of structure/routine
Identified Needs	AP Provider Insight	Key Takeaways
• Safe, guided movement • Coping & emotional support • Structure and routine • Opportunities for connection • Postpartum education/preparation	Limited support for: • Stress/anxiety management • Safe mobility guidance • Emotional support Current resources rated 3.7 / 10 (slightly ineffective)	Antepartum patients experience both physical inactivity and emotional distress , with limited structured support , highlighting the need for integrated, occupation-based interventions .

DELIVERABLES

1	Movement-Based Mindfulness Program⁸ 4 structured group sessions: • Coping & Control • Sleep & Relaxation • Social Support • Movement & Strength <i>Includes structured outlines + handouts</i>
2	AP Patient Orientation Guide Content Includes: • Safe Movement & Physical Health • Coping & Emotional Support • Education & Preparation • Safety & Support Resources <i>Comprehensive guide to support adjustment to hospitalization and access to resources</i>
3	Therapy Staff Training Module Content Includes: • Antepartum diagnoses • Precautions and safety • Safe movement guidelines • OT role in care <i>PowerPoint + quick-reference handout</i>



Scan here to access Deliverables

EVALUATION METHODS

Methods:

- Patient and staff interviews
- Interdisciplinary provider surveys
- Ongoing mentor and stakeholder feedback

Focus:

- Clinical relevance
- Feasibility within workflow
- Usability and clarity of materials

Process:

- Iterative review and refinement based on feedback

DISCUSSION

Key Findings

Antepartum patients experience:

- Physical inactivity due to medical restrictions
- High psychosocial distress (anxiety, isolation)
- Disruption in roles, routines, and meaningful activity

These factors contribute to decreased engagement and increased risk for functional and emotional decline, highlighting gaps in current support.

Clinical Implications

This project developed a stakeholder-informed, occupation-based OT program that:

- Addresses both physical and psychosocial needs
- Integrates into existing workflows
- Provides low-cost, scalable interventions

This work was further informed by advanced clinical experience in acute care, which provided firsthand insight into the functional, emotional, and occupational challenges faced by peripartum patients and helped identify meaningful opportunities for OT intervention.

Anticipated Impact

Patient

- Increased engagement and coping
- Improved access to safe movement
- Enhanced preparation for postpartum roles

Provider

- Increased awareness of OT role
- Improved access to structured resources

System

- Supports integration of OT into antepartum care
- Enhances patient experience

Limitations

- No direct implementation or outcome measurement
- Evaluation based on qualitative feedback

Future Directions & Next Steps

- Pilot program and assess outcomes
- Expand to postpartum care
- Continue interdisciplinary program development

CONCLUSION

Antepartum patients experience significant **physical, emotional, and occupational challenges** during hospitalization that are not consistently addressed in current care models.

This project demonstrates that occupational therapy can play a **critical role in filling this gap** through:

- Structured, meaningful interventions
- Patient-centered resource development
- Systems-level program design

This work provides a **feasible** and **sustainable** foundation for integrating OT into antepartum care, and the program is now ready to be **piloted as a future capstone project** or **implemented** by UCHealth.

REFERENCES

Acknowledgements

Sincere thanks to my capstone mentor, Kirsten Prue, OTR/L, for her guidance, clinical insight, and collaboration throughout this project.

Thank you to my faculty mentor, Kara Alcorn-Borodach, PhD, OTR/L, for her continued support, mentorship, and encouragement.

Additional appreciation to the UCHealth interdisciplinary team for their time, feedback, and collaboration, which helped ensure this project was clinically relevant and feasible.

Finally, thank you to my family for their ongoing support and encouragement.



Scan here to access References & PEOP Model

COLORADO STATE UNIVERSITY