

2020 Women for ATSU Awards Application	
TIMESTAMP	2/26/2020 11:41:01
PROJECT TITLE	A Pregnant Pause
FUNDING REQUEST	5000
PROJECT BUDGET	5000
MINIMUM FUNDING REQUESTED	2500
BRIEF PROJECT DESCRIPTION	<p>Pregnancy is a time in which women take a pause to prepare their homes, hearts, and families for this new member of the family. However, despite the positive changes that come with pregnancy, oftentimes, pain, discomfort, and stress can also be part of this time of transition for pregnant women. The goal of this project is to provide a service that benefits pregnant patients who are experiencing musculoskeletal pain and discomfort during pregnancy as well as those with abnormal fetal positioning in the uterus. The fetal heart tone Doppler (\$900) would provide information to the practitioner to assess the health status of the fetus prior to, during, and after performing osteopathic treatment. Because traditional osteopathic manipulative medicine tables are not designed with pregnant women in mind, the pregnancy table cushion system (\$1400) would allow pregnant women to be treated in a way that makes sense for their changing body and provides a safe and secure environment for the practitioner to treat a pregnant patient. Osteopathic manipulative medicine is often unrecognized as a beneficial treatment modality for pregnant women to gain relief, therefore, some of the funding request (\$700) would go towards educating the community, creating clear and accurate informatics, as well as establishing new partnerships that can benefit these women and their families. There are osteopathic techniques that are a gentle alternative to the more painful external cephalic version technique for fetal malposition (i.e. breech or transverse lie presentation). The Osteopathic Center at ATSU SOMA has practitioners that are skilled in this technique,</p>

	<p>and can provide a service that does not interfere with standard procedures, has the same rate of success as standard procedures, and causes minimal discomfort. The fetal Doppler as well as the pregnancy table cushion system would allow these techniques to be performed in an even safer and more gentle manner than already being done. Additionally, because the Osteopathic Center at ATSU SOMA does not accept insurance for payment, by having funding (\$2500) to subsidize patient appointments for those who would otherwise be unable to afford care, this would enable the Osteopathic Center to provide a service to the community, improve access to care, and encourage patient follow-up. Thank you for your consideration of our funding request for "A Pregnant Pause."</p>
EXPECTED OUTCOMES	<p>Because osteopathic manipulative medicine (OMM) is a gentle hands-on approach, it is an invaluable tool in the treatment of not only musculoskeletal complaints in pregnant women, but also in improving pregnancy and delivery outcomes, decreasing pain and stress for the mom-to-be, as well as providing a potential alternative to external cephalic version in patients that fit appropriate criteria. Additionally, because the Osteopathic Center at ATSU SOMA has practitioners that are experienced with caring for and treating pregnant patients, these funds would allow the Osteopathic Center to provide a unique and difficult-to-find service to the community. This would also improve longitudinal care for these women as well as demonstrate the utility and effectiveness of OMM to mothers, who are often the primary caregivers in a family. Thus, because of their care, the mothers will likely educate their friends and family members on OMM, ultimately spreading the word to those in the community who may greatly benefit from an osteopathic treatment.</p>
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DEAN'S APPROVAL	Yes