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BACKGROUND

- Neural tube defect occurs when the neural tube does not form and completely closes in embryonic development
- NTDs can include anencephaly, spina bifida, encephalocele, and more
- About 3,000 cases annually in the US
- 400-800 mcg daily of folic acid can prevent NTDs

OBJECTIVES

- Primary Objective: increase the number of patients taking folic acid and capable of pregnancy at SIHF Alton Clinic
- Secondary objectives: decrease the prevalence of NTDs, create quality improvement metrics and screening tools for a standard intake form

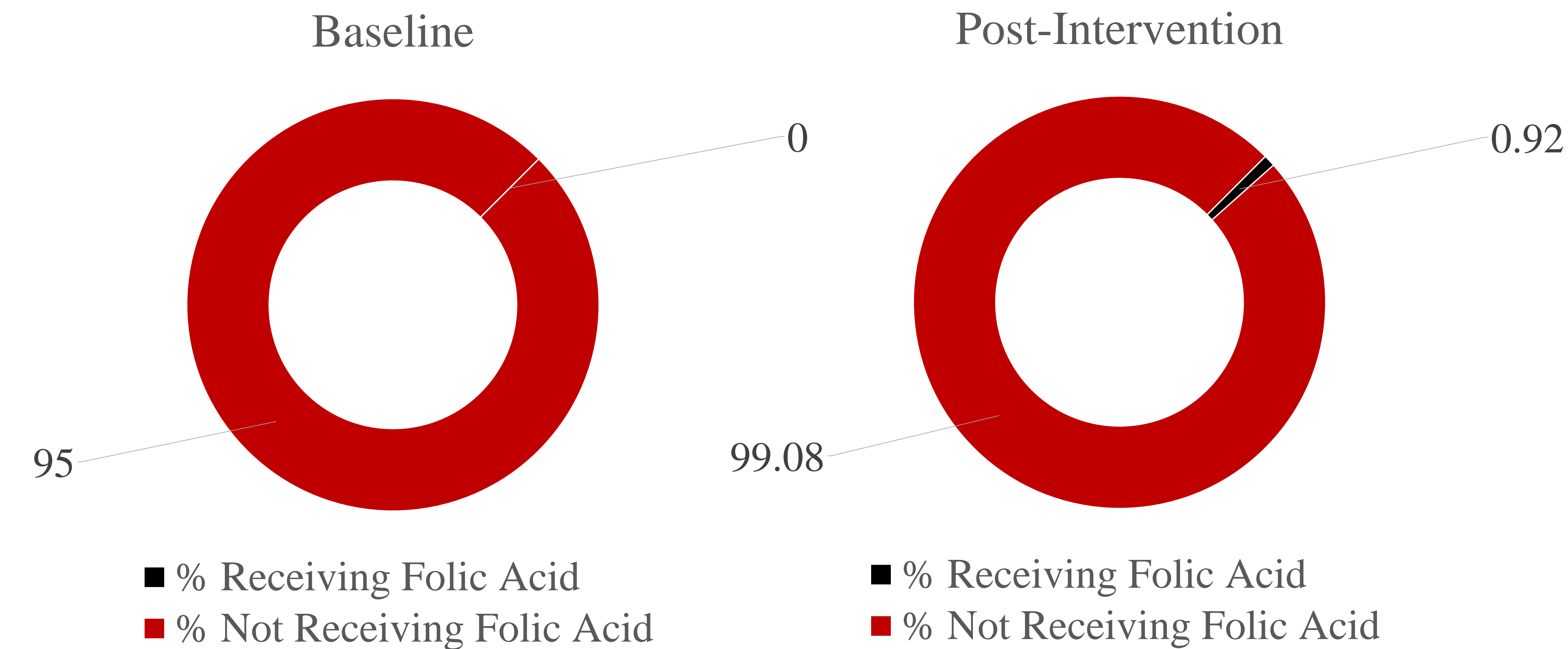
METHODS

- Retrospective chart review within AthenaOne database
- Inclusion Criteria:
 - Patients assigned female at birth between the ages of 12 and 45 years old.
 - Patients seen by providers at the SIHF Alton Clinic.

METHODS

- Exclusion Criteria:
 - Patients assigned female at birth with no documented menstruation
 - Patients with documented hysterectomy
 - Patients at SIHF Alton Clinic seen by non-residency providers
 - Patients pregnant at the beginning of the study or during the duration of the study
 - Patients visiting the clinic outside the dates of July 7, 2023 and March 18, 2024
- Intervention: patient education and informative handout
- Calculating baseline % and post-intervention % of patients on folic acid supplementation

RESULTS



- 2/217 patients started prenatal vitamin post-intervention
- 8/217 (3.69%) patients were taking medications with neural tube defect risks
- 34/251 (13.5%) patients excluded due to hysterectomy, tubal ligation and male assigned birth

CONCLUSION

- Proper education helped patients get onboard to start or consider starting a prenatal vitamin.
- Continuation of this project is warranted to discover the true impact of implementing prenatal vitamins in child-bearing age women.

References

- Bibbins-Domingo K; Grossman DC; Curry SJ; Davidson KW; Epling JW; García FA; Kemper AR; Krist AH; Kurth AE; Landefeld CS; Mangione CM; Phillips WR; Phipps MG; Pignone MP; Silverstein M; Tseng CW; Folic acid supplementation for the prevention of neural tube defects: US Preventive Services Task Force Recommendation statement. JAMA. 2017; 317(2):183-189. <https://pubmed.ncbi.nlm.nih.gov/28097362/>.

