

教育和社会支持资源:

适当定制的密西根孕期医疗保健计划 (MiPATH)

Education & Social Support Resources:

The Michigan Plan for Appropriate and Tailored Healthcare in Pregnancy (MiPATH) (Chinese)

我们为产前教育和支持提供多种选择。这些选项旨在支持您的适当定制的孕期医疗保健计划(PATH)。您可以根据自己的意愿选择多种方案，以帮助满足您怀孕期间的所有需求。

您可以查看此清单，并与您的医生或助产士讨论哪些选择可能最适合您。

We offer a variety of options for prenatal education and support. These options are meant to support your Plan for Appropriate and Tailored Healthcare in Pregnancy (PATH). You can choose as many options as you would like to help you meet all of your needs in pregnancy. You can review this list, and talk to your doctor or midwife about what options might be best for you.

哪些资源可以在我怀孕期间提供信息和支持?

What resources can provide both information and support during my pregnancy?

- 留在家中，保持联络 (Stay Home Stay Connected) : 该网络支持计划包括:
 - 预产期相近的小组 (8 - 10 人) , 每月的第一周进行虚拟聚会, 讨论怀孕话题。这将由孕期医生或助产士组织领导。
 - 大型团体活动将于每月的第三周举行一次在线技能课程, 讨论怀孕期间的心理健康和自我保健。这将由我们的行为健康团队组织领导。

- Stay Home Stay Connected: This online support program includes:
 - Small groups (8-10 people) with similar due dates who meet virtually the first week of each month to discuss pregnancy topics. This is led by a pregnancy doctor or midwife.
 - A large group that meets virtually for an online skills session on the third week of each month to discuss mental health and self-care in pregnancy. This is led by our behavioral health team.

哪些资源可以提供有关怀孕的信息？

What resources can provide information about pregnancy?

- 产前读物：密西根医学部的所有患者都会收到《您的分娩经历》一书，这本书讲述了怀孕过程中每个阶段的预期。您将在第一次产前检查时收到这本书。
- 产前课程：密西根医学部提供各种在线课程，涵盖了从准备分娩到新生儿护理的主题。您可以在我们的网站上找到这些课程的链接：
<https://www.umwomenshealth.org/resources/classes-support>。
- 来自您的医生或助产士的教育：每次就诊后，相关的教育材料将附在您的就诊小结中。
- 妇女健康资源网站：有关即将举行的活动、课程和支持的信息，以及健康教育资源
<https://www.umwomenshealth.org/womens-health-resources>
- Prenatal book: All patients at Michigan Medicine receive “Your Childbirth Experience”, a book that reviews what to expect at every stage of your pregnancy. You will receive this book at your first prenatal visit.
- Prenatal classes: There are a variety of online classes offered through Michigan Medicine, covering topics from preparing for birth to newborn

care. You can find links to these classes on our website:

<https://www.umwomenshealth.org/resources/classes-support>.

- Education from your doctor or midwife: After each visit, relevant education materials will be attached to your after visit summary.
- Women's Health Resources website: Information about upcoming events, classes and support, and a library of health education resources
<https://www.umwomenshealth.org/womens-health-resources>

哪些资源可以在我怀孕期间提供支持?

What resources can provide support during my pregnancy?

- 社工：社工为妇产科/家庭医学患者提供保健管理和心理健康咨询。社工属于您的多学科怀孕团队的一部分，能够快速为你联系社区资源，为孕期和产后提供帮助。如果您想与社工交谈，您可以告知您的医生或助产士。
- 精神病学：妇女和婴儿心理健康计划侧重于心理健康和福祉。提供的服务包括药物评估和管理、一些支持性治疗或转介到社区，以及焦虑和抑郁团体。如果您想转诊到诊所，请告知您的医生或助产士。
- 支持团体：密西根医学部和社区提供各种支持团体和项目计划。
 - 访问以下网站了解更多信息：
<https://www.umwomenshealth.org/resources/classes-support>
- 社区资源：有许多社区资源可以为孕产妇及其家人提供帮助：
 - 获取婴儿用品
 - 稳定的居所
 - 没有稳定的食物供应

- 额外的社会支持

询问您的诊所社工如何获取这些资源。

- 母婴健康计划（仅限医疗辅助保险 Medicaid）：为怀孕者及其婴儿提供的免费家访计划。此家访计划为您的整个孕期和婴儿出生后第一年提供额外的资源、教育和支持。参与者可以接触到致力于您的健康和成功育儿的医疗保健团队。

- 访问以下网站了解更多信息: <https://homecare.med.umich.edu/Maternal-Infant-Health-Program>

- Social Work: Social workers provide both care management and mental health counseling for OBGYN/Family Medicine patients. Social workers are part of your multidisciplinary pregnancy team and are able to quickly connect you to community resources for assistance during pregnancy and postpartum. If you would like to talk to a social worker, you can let your doctor or midwife know.
- Psychiatry: The Women and Infants Mental Health Program focuses on mental health and well-being. Services include medication evaluations and management, some supportive therapy or referrals to the community, and groups for anxiety and depression. If you would like a referral to the clinic, please let your doctor or midwife know.
- Support Groups: There are a variety of support groups and programs offered through Michigan Medicine and the community.
 - Visit the website below to learn more:
<https://www.umwomenshealth.org/resources/classes-support>
- Community Resources: There are many community resources for pregnant and postpartum women and their families to help with:
 - Getting baby items
 - Stable housing

- Food insecurity
- Additional social support

Ask your clinic social worker how to access these resources.

- Maternal Infant Health Program (Medicaid only): A free home visiting program provided to pregnant recipients and their babies. This home visiting program provides additional resources, education and support throughout your pregnancy and baby's first year of life. Participants gain access to a dedicated health care team that values your health and success in parenting.
 - Visit the website below to learn more:
<https://homecare.med.umich.edu/Maternal-Infant-Health-Program>

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编辑：Karelyn Munro, BA

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Edited by: Karelyn Munro BA

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