

EMPOWERING POST-PARTUM HEALTH THROUGH EDUCATIONAL RESOURCES



RUTGERS HEALTH
School of Dental Medicine



RUTGERS HEALTH
New Jersey Medical School

Enyonam Amemsasor, Rutgers School of Health Professions
Natalie Higgins, Rutgers School of Dental Medicine
Angel Torres, Rutgers New Jersey Medical School
Site Preceptor: Liliana Pinete, MD, MPH



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Occupational Therapy

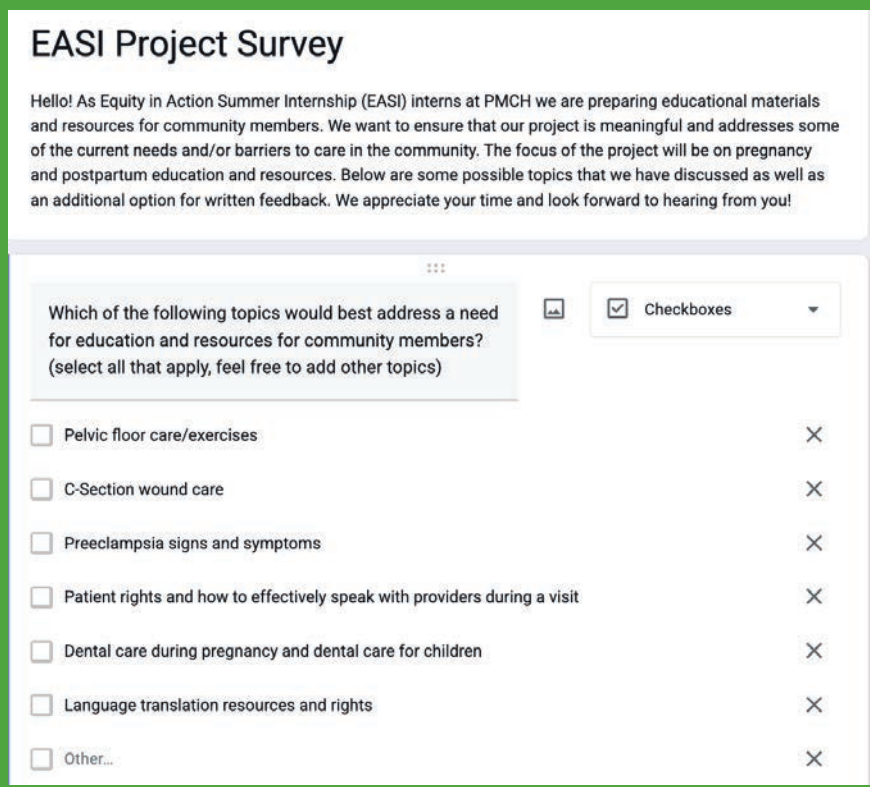
Our Site

The Partnership for Maternal and Child Health of Northern New Jersey (PMCH) is a non-profit organization with offices in Newark, Dover, and Irvington.

It is the lead planning agency for maternal and child services in Northern New Jersey, providing programming, services, and support for 40,000 + people in 8 counties.



Needs Assessment and Staff Education



We created a presentation educating PMCH staff on how to utilize existing resources for our major topics.

We also curated a list of resources for staff to distribute to their clients.

Scan to access our full PMCH Resource Hub!



Project Goal

Our goal was to find existing resources and create an educational presentation for PMCH staff members highlighting how to navigate and utilize the materials so that they could be distributed to clients. We also created a resource hub with additional educational materials.

C-Section Wound Care and Preeclampsia

These resources help patients identify complications and manage recovery with support from materials. Backed by the American College of Gynecology (ACOG) and the Center for Disease Control (CDC).

Supporting Patients Beyond Delivery

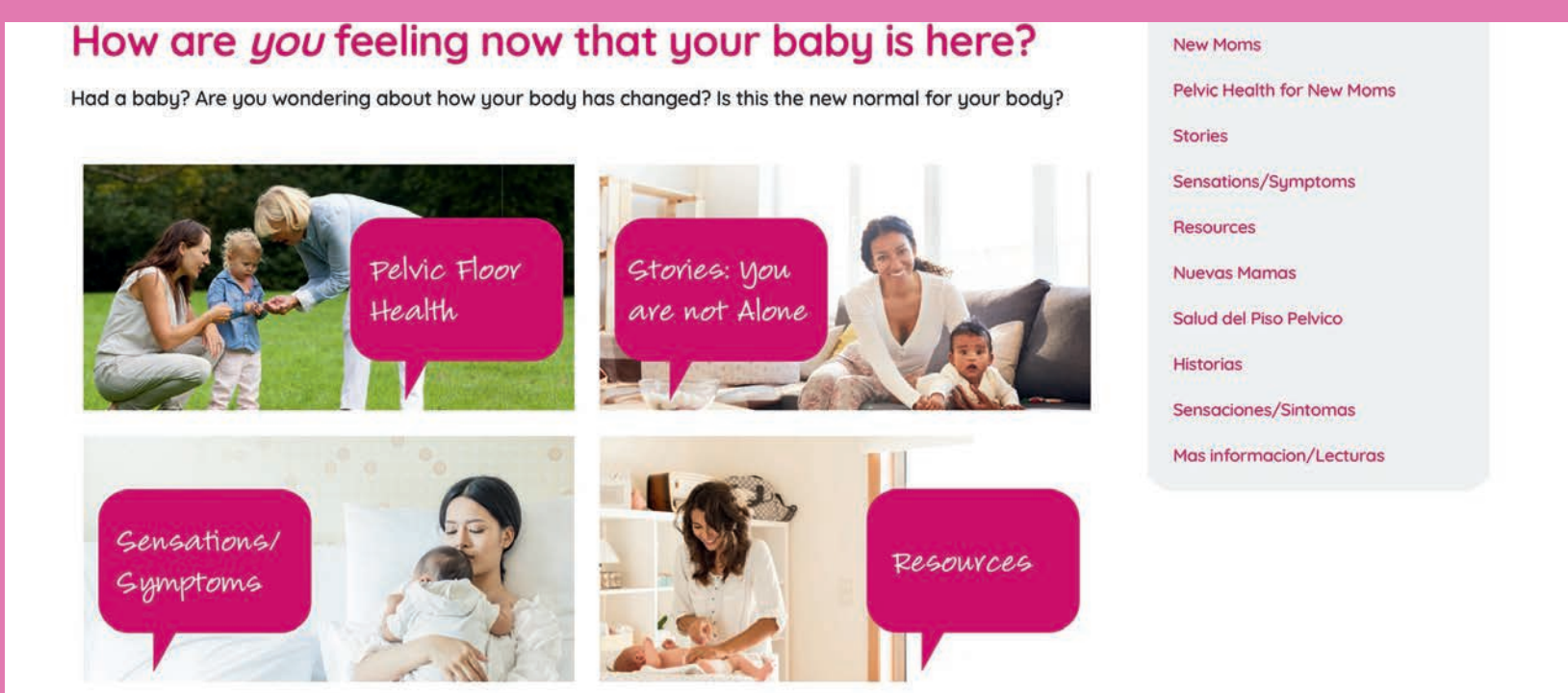
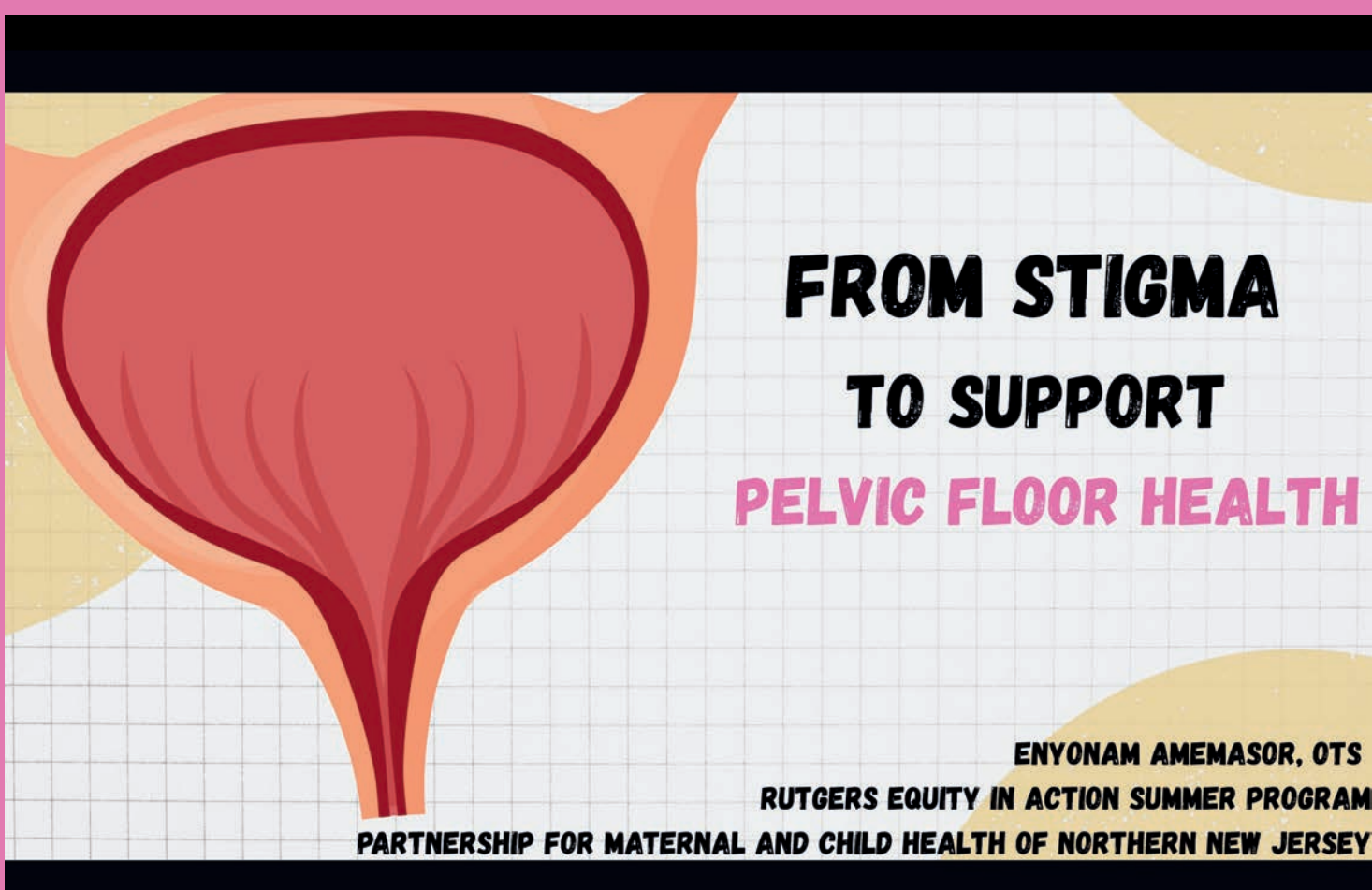
Resources for C-Section Wound Care and Postpartum Preeclampsia

Angel Torres
Rutgers Equity in Action Summer Internship
Partnership for Maternal and Child Health



Pelvic Floor

We identified accessible resources on pelvic floor strengthening to aid postpartum healing and improve long-term pelvic health.



Oral Health

We promoted prenatal oral hygiene to reduce perinatal complications and childhood cavities, based on AAP guidelines.

Oral Health: Educating our Moms during pregnancy and after baby

Highlighting the American Academy of Pediatrics: Protect Tiny Teeth Toolkit

Natalie Higgins
Rutgers Equity in Action Summer Internship
Partnership for Maternal and Child Health



Acknowledgements: We would like to thank Sarah Kelly, Ed.D, MPH, CPH, and Maria Pellerano MA, MBA for coordinating the 2025 EASI program. We would also like to express thanks to our site preceptor, Liliana Pinete, MD, MPH for welcoming us into the partnership and guiding us through the summer.

The EASI program appreciates the support from the Office of the Rutgers Health Chancellor, the participating schools, the Boggs Center on Developmental Disabilities at RWJMS, and the community sites that made this possible.