
Strategies To Optimize Rural Perinatal Healthcare ECHO Resources: January 2025- December 2025

The following resources, arranged by session topic, were provided during the course of this ECHO series by speakers, panelists and/or participants. They have not been formally vetted by Project ECHO or other DH staff for accuracy or quality, so users should rely on their own judgement when referencing or employing them. These resources were provided during the time period of the ECHO over time may become outdated.

Session 1 Maternal Care in Rural Areas: focus on Gestational Diabetes

- Women's Health Nutrition Academy: <https://whnacademy.com/> Cutting edge continuing education in women's health

Session 2 Hypertension and Pre-eclampsia

- None

Session 3 Mood Disorders: Prenatal and Post-partum

- Postpartum Support International: <https://www.postpartum.net/>
- Ammon-Pinizzotto Center for Women's Mental Health at MGH: <https://womensmentalhealth.org/>
- Mother to Baby (Organization of Teratology Information Specialists): <https://mothertobaby.org/>
- Reprotox: <https://reprotox.org/>
- LactMed: <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
- BUMPS (UK Teratology Information Service): <https://www.medicinesinpregnancy.org/>
- Lifeline4Moms: <https://www.umassmed.edu/lifeline4moms/>
- Star Legacy Foundation (stillbirth and infant loss): <https://starlegacyfoundation.org/>
- Resolve (infertility): <https://resolve.org/>



Session 4 Updates on Syphilis and HIV

- National Network of STD Clinical Prevention Training Centers
 - STD Clinical Consultation Network: <https://www.stdccn.org/>
- [National Clinician Consultation Center](#)

Session 5 Screening and Management of Hepatitis B and C

- [Hepatitis B Coinfection](#)
- [Hepatitis B Pep](#)
- [Viral Hepatitis CDC](#)
- [Hepatitis B Prevention – CDC](#)
- [Hepatitis B Vaccine Schedule](#)
- [Understanding Hepatitis C](#)
- [CDC 2025 Viral Hepatitis National Progress Report](#)
- [CDC Testing for Hepatitis C](#)
- [Viral Hepatitis in Pregnancy | ACOG](#)
- [Recommendations for Testing, Managing, and Treating Hepatitis C](#)
- [Hepatitis Free Northern New England | New Hampshire Department of Health and Human Services](#)

Session 6 Risk Appropriate Care for Perinatal Substance Use Disorders

- Academy of Breastfeeding Medicine, Breastfeeding in the setting of substance use and substance use disorder. <https://www.bfmed.org/assets/DOCUMENTS/PROTOCOLS/21-drug-dependency-protocol-english.pdf>
- Academy of Perinatal Harm Reduction. Pregnancy and Substance Use: A Harm Reduction Toolkit. <https://www.perinatalharmreduction.org/>



- American Psychiatric Association *Diagnostic and statistical manual of mental disorders*<https://doi.org/10.1176/appi.books.9780890425787>
- *Pharmacotherapy for Stimulant Use Disorders*. The Carlat Report.
<https://www.thecarlatreport.com/articles/3448-pharmacotherapy-for-stimulant-use-disorders>

Session 7 Doulas, Midwives, and Medical Providers

- Primary Healthcare models of care: <https://www.emro.who.int/uhc-health-systems/access-health-services/phc-oriented-models-of-care.html>
- Surgeon General's call to improve maternal health in the U.S:
<https://www.hhs.gov/sites/default/files/call-to-action-maternal-health.pdf>
- The White House Blueprint for Addressing the Maternal Health Crisis:
<https://bidenwhitehouse.archives.gov/briefing-room/statements-releases/2024/07/10/the-white-house-blueprint-for-addressing-the-maternal-health-crisis-two-years-of-progress/>
- WHO- Transitioning to Midwifery models of care:
<https://www.who.int/publications/i/item/9789240098268>
- North Country Health Consortium: Doula/Community Health Worker Program Referral Form: <https://nchcnh.info/DoulaCHWReferral>
- Postpartum Hospital Visits: <https://www.ummhealth.org/services-treatments/womens-health/pregnancy-childbirth/family-centered-childbirth/hospital-at-home-for-postpartum-care#:~:text=If%20Hospital%20at%20Home%20is,us%20between%20daily%20provider%20visits.>
- Trauma-informed Care; The Codman Curriculum:
<https://www.vitalvillage.org/projects/prenatal-opportunity/body/Codman-Curriculum-GWCC-Print.pdf>
- Rural Maternity and Obstetrics Management Strategies (RMOMS) Program:
<https://www.hrsa.gov/rural-health/grants/rural-community/rmoms>
- TOVA Health Dyad Home Visits: <https://www.tovahealth.com/>



- BMC Dyad Postpartum Maternal and Infant Support Program:
<https://www.bmc.org/center-urban-child-and-healthy-family/curbside-care-moms-and-babies-one-bmc-pediatrics-newest-innovations-care-delivery>

Session 8 Advocating Current Standards in Pain Management

1. **Lim, G., Facco, F. L., Nathan, N., Waters, J. H., & Wong, C. A.** (2018). *A review of the impact of obstetric anesthesia on maternal and neonatal outcomes.* **Anesthesiology**, **129**(1), 192–215.
Full PDF (PubMed Central Open Access):
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6008182/>
2. **Zuarez-Easton, S., Erez, O., Zafran, N., Carmeli, J., Garmi, G., & Salim, R.** (2023). *Pharmacologic and nonpharmacologic options for pain relief during labor: an expert review.* **American Journal of Obstetrics and Gynecology**, **228**(5), S1246–S1259.
Access PDF (free through journal issue page):
[https://www.ajog.org/journal/S0002-9378\(23\)00145-X/fulltext](https://www.ajog.org/journal/S0002-9378(23)00145-X/fulltext) (Scroll the article entry to “View PDF” for the full review)
3. **Lin, W., et al.** (2023). *Dural Puncture Epidural with 25-G Spinal Needles Versus Conventional Epidural Technique for Labor Analgesia: A Systematic Review.*
4. **Shi, H., et al.** (2023). *Dural puncture epidural vs traditional epidural: A meta-analysis with trial sequential analysis of labor analgesia.*
5. **Wong, C. A., et al.** (2009). *Spinal, Epidural, and Caudal Anesthesia: Anatomy, Physiology, and Technique.*
6. **Hobel, C. J., & Zakowski, M.** (2010). *Normal Labor, Delivery, and Postpartum Care: Anatomic Considerations, Obstetric Analgesia and Anesthesia, and Resuscitation of the Newborn.* In Hacker & Moore’s *Essentials of Obstetrics and Gynecology* (5th ed.).
7. **Chesnut, D., et al.** (2020). *Obstetric Anesthesia: Principles and Practice* (6th ed.). Philadelphia, PA: Elsevier.

Session 9 Best Practices in Induction of Labor

- Outpatient Cervical Ripening Guideline- Uploaded to iECHO site.
- [ACOG First and Second Stage Labor Management](#)



Session 10 VBACs (vaginal birth after cesarian)

- NNEPQIN www.nnepqin.org
- ACOG Home | ACOG, [Counseling Regarding Approach to Delivery After Cesarean and the Use of a Vaginal Birth After Cesarean Calculator | ACOG](#)
- SMFM Calculator

Session 11 Decision Making for Third Trimester Obstetric Emergencies and Transport

- EMS System- <https://www.ems.gov/what-is-ems/>
- Air Medical- <https://www.dartmouth-hitchcock.org/dhart/history>
- Statutes & rules <https://www.healthvermont.gov/emergency/emergency-medical-services/statutes-and-rules>
- Maria Varanka, NH EMSC Maria.C.Varanka@hitchcock.org
- Matt Robblee, NH Bureau of EMS Matthew.J.Robblee@dos.nh.gov

Session 12 - Management of Postpartum Hemorrhage

- ACOG Practice Bulletin #183, Postpartum hemorrhage
- AWOHNN: Free resources, Postpartum hemorrhage risk assessment and stages algorithm
- California Maternal Quality Care Collaborative: toolkits, free account www.cmqcc.org
- Review articles:
 - Bienstock et al. Postpartum Hemorrhage. N Eng J Med. 2021;384:1635-1645
 - Harvey, SA. Postpartum Hemorrhage. JAMA. 2025;334;(22):2031-2032.
 - Williams CR et al. Transfusion of blood and blood products for the management of postpartum haemorrhage. Cochrane Database Syst Rev. 2025 Feb 6;2(2):CD016168.