**Agenda:**

* **Updates**
  + We completed an initial client report, it was mostly just a compilation of what we’ve learned – this is going to inform our draft proposal which we will share with you going forward!
    - We wills hare this draft proposal with you, right now we just have preliminary thoughts and will be adding detail in the coming days
  + This current phase is mostly research based, but we will be getting more involved and ramping up in the next few weeks
    - Check-in: Do you have any questions about the process so far, or anything we can clarify for you about our role at this time?
* **Follow-up Questions from init client report!! -** [**link**](https://docs.google.com/document/d/1ar6ftMPUnTXDJZPZRrheIlwkmgdCdbwF-EaWcyMvsyY/edit)
  + Could you tell us a little bit more about Maggie & N’Kia and how they help you with Centering Pregnancy? What are their full names/roles/professional backgrounds/etc.,.?
    - Is there anyone else who is a part of your CP team?
    - How do you all handle communication between one another – you mentioned using Teams, is this the way you connect with other UPMC professionals? What about patients?
  + What software do you currently use both inside of the workshops and in the hospital? Do you use Epic, Microsoft Powerpoint?
  + Could you tell us more about GLOW? Do you see yourself pairing it w/ the 555 method?
* **Gen questions**
  + Could you share the folder you’d like us to put finalized documents in?
  + We noticed there was an informational pamphlet that some mothers had during the workshop, could we get a copy of that? What information is included in it?
  + Budget? App or site?
  + Examples: iBreathe, Breathwork
* **Review of upcoming dates:**
  + Draft Proposal - Jun 5th
  + Revised Proposal - Jun 14th
* **Next week’s meeting modality & time:** Jun 10th @ 12PM, online

**Notes:**

* Maggie/Margaret Judge → Right hand person @ CP, they’ve worked together since it began, she is the OB coordinator/OB nurse at UPMC
  + She reaches out to patients, keeps data on patients, and any issues
    - What software does she use? → also simple computer savvy, it’s across different files, she does not use a specific software
    - She uses Excel, Powercharts for in-patient access information, Epic,
    - Epic !!
  + She introduces Centering to them first-contact, she runs CP w/ Dr.Row
* Nikiha Robinson→ just joined about a year or two ago- she’s a social worker, not just for CP – she helps work and communicate w/ patients
  + They help create space for each other and collate/find resources and share them together w/ the moms so they’re not struggling to find food/clothes/diapers, financial and emotional/mental support !!
* Dr.Row’s tech →
  + Teams - remote meetings, calls
  + Meeting Because they work in the same office space, they meet in person unless otherwise – when remote, text/calling for immediacy
  + Email
  + Calling/texts
  + Hand-written notes and documenting on Phone notes
  + Zoom (in previous sessions and actually were able to expand their reach)
    - Bodes really well 4 sustainability and breadth of this app!
* UPMC uses Epic !!
* GLOW → Gratitude, Love, Optimism, Wellness
  + She doesn’t like to use the words physician burnout and avoid negative connotation, she wants to focus on how to create space for your wellbeing
  + GLOW is a program she launched on Mother’s day, it’s a space for overall wellbeing – learning to provide self care and wellbeing 4 yourself
    - It was hosted for the first time in 2024, a group of 20 women (invite-only at the moment)
    - Activities + Wellness groups – Mendocino, California !! - spa, horseback riding, kayaking – a 3 day weekend of your own making
    - They talk about lifestyle medicine and talk about health and teaching people how to eat healthily, a program that goes with that afterwards
  + How do we take care of yourself? Meditation/Exercising/taking walks/etc.,. -> establishing wellness
  + Studies have shown - The science of wellbeing, things that we can control in our lives for overall being and focusing on what it is that we can do to encourage happiness and joy in our lives

**Gen Questions Answers:**

* App Maintenance → she likes the idea of an App !!
  + there might be some constraints on uploading something to the app store, but we can help get it there most likely
  + Mobile-enable web-page secondary option w/ an open-source space
  + Her clients do use iphones/androids
  + She would love for this to be something continued and maintained – good to know for risk, something she’d want to use and continue to use
  + Budget may be doable – the yearly membership for IOS apps is 100-250$, that is a recurring cost !!
* Website vs. App
  + just looking @ the generations of people served by CP, the click of an app that is really simple and accessible as opposed to googling a website !! → we can look @ accessibility and pros/cons, we can look into different types of risks associated w/ both
* iBreathe and Breathwrk are great, but 555 specific is what is preferred
* Following dot on line visuals are preferred
* Dr row is gonna give us the GLOW book