

The Mommy Monitor App

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Mommy Monitor is a maternal health app that organizes customized maternal health services through patient navigation and case management. This idea was developed after identifying that racialized women and women of advanced maternal age (35-49) have very serious complications and birth outcomes in North America which are not being addressed how it should be, due to lack of cultural sensitivity, fragmented services, challenges with follow up and quality assurance and limited maternal health resources. We found in our research the only way to fix this is to make maternal health services more accessible, increase monitoring/surveillance, analyzing patient behaviours and connect women with the health care services they need. Mommy Monitor does this by (1) Communicating with women via messaging to understand them and uncover their habits/behaviour (i.e.; eating habits, stress level, sleep routine, etc) (2) messages are compiled as data & analyzed (3) Results of the woman habits are shown visually to the woman and another set of results are provided to Maternal Mentors (Peer counsellors/Patient advocators) revealing which complications the women are more susceptible to (i.e; preeclampsia, preterm labor, C-section) (4) The maternal mentors will then utilize all data provided (registration, messages, results) to develop a care package for the women including all services that will enhance her individual pregnancy experience.

The Mommy Monitor app provides 4 distinct functions: the app first converses with the mother, collects the data, provides an analysis for both the mother and the maternal mentor, connects the mother with patient navigation and ends with a care package after assessment from the analysis and peer support.