

CASE STUDY: **Caring for High-Risk Pregnancies Close to Home**

Maternal-Fetal Telemedicine
Supports Laredo, Texas OB/GYN
Practice and Healthy,
Local Delivery of Quadruplets

Overview

For the first time in Laredo, Texas, a pregnant patient with quadruplets received all prenatal and delivery care in her local community with the collaborative relationship of her OB/GYN and the Access TeleCare Maternal-Fetal Medicine (MFM) specialists. Typically, a patient in Laredo with such a high-risk pregnancy would have to travel 2.5 hours each way for frequent care and monitoring by an MFM specialist, in addition to her regular OB/GYN visits.

With its telemedicine partnership with Access TeleCare, this patient's OB/GYN practice was able to provide all monitoring and evaluation in the patient's home community to monitor for complications common with multiples, such as fetal growth restriction, miscarriage, preterm delivery, and preeclampsia. Through the collaboration of the primary obstetrician, in-person sonographer, and tele-MFM specialist, the patient successfully carried the pregnancy to the third trimester and was able to deliver at the local hospital.



“ Collaboration among the in-person sonographer and physicians and tele-MFM specialists provided her access to expert subspecialist care while saving valuable windshield time and kept her in her home community. ”



Mauricio La Rosa, M.D.

Board-certified maternal-fetal
medicine specialist
Access TeleCare

About Access TeleCare's Tele-MFM Program in Laredo, TX

Access TeleCare launched its tele-MFM program in Laredo in early 2022 with help from local maternity providers and health systems interested in increasing access for the pregnant population in this region. Though services were initially offered one day per week, the program has quickly grown to four days a week thanks to local support from the Laredo community.

"The strong, open, and collaborative relationship among all the clinicians involved in her care meant we could review ultrasound findings in real-time and obtain additional images if needed on the spot. The telemedicine aspect meant the patient was more likely to be compliant with a very frequent and demanding schedule of prenatal appointments and we could intervene early if an anomaly or

complication arose," said La Rosa. "The ability of a patient to have access to all the clinical support she needs in a single place, close to home can't be overstated. High-risk pregnancies require frequent prenatal care and monitoring by MFM specialists. Specialized ultrasounds are sometimes needed with every visit. Telemedicine is the key to eliminating as many obstacles as possible to this standard of clinical excellence and preserving maternal health."

Learn more about our solutions online at [AccessTeleCare.com](https://www.accesstelecare.com)



Delivering the Access TeleCare Promise



Access to best-in-class specialty physicians where availability and coverage are usually lacking



Intuitive, efficient workflow and technology that facilitate communication and real-time collaboration



Elevation of on-site clinicians' standard of practice, professional competence, and comfort treating and managing high-acuity, complex conditions