



Iowa Maternal Health Innovation Program

Advanced Life Support in Obstetrics Training Program

This program provides a limited number of ALSOTraining Programs each year at hospitals and clinics in rural Iowa to develop and maintain the emergency obstetric skills of healthcare workers in those communities.

Who is eligible

Critical Access Hospitals and facilities with birthing units in rural Iowa communities with less than 500 annual births. The target audience includes physicians certified in Family Medicine, Emergency Medicine, and Obstetrics and Gynecology, as well as nurses and midwives.

What is offered

The Iowa Maternal Health Innovation Program will:

- Sponsor the course with the American Academy of Family Physicians (AAFP)
- Provide participants with access to the online course modules
- Deliver the 1-day practical component of the course on site
- Provide equipment needed to complete the course workstations and assessments
- Provide Approved Instructors to teach the course (1:5 instructor to learner ratio)
- Maintain and submit documentation as required by the AAFP
- Organize food and refreshments
- Guarantee a minimum of 10 participants

The host hospital or clinic will:

- Provide a venue that can accommodate all of the participants and instructors
- Provide a main point of contact for technical assistance and food delivery for the day of the session

What will it cost

This training will be offered at no cost to your facility or learners and is fully funded through the HRSA Maternal Health Innovation award.

Who to contact

Iowa MHI-sponsored ALSO Training Courses are coordinated through the IPQCC under a Health Resources Service Administration award. A maximum of 10 courses will be offered per year between 2025 and 2029 and will be scheduled based on facility need and learner and instructor availability. The program is currently only being offered to CAHs and Iowa birthing facilities with ≤ 500 annual births, with the potential for future courses to be offered to larger facilities.

Please contact Nicole-Anderson@uiowa.edu if your team is interested in hosting a session.



Frequently Asked Questions (FAQ)

What is ALSO and who should take it?

Advanced Life Support in Obstetrics (ALSO) is a course designed by the American Academy of Family Physicians (AAFP) to equip the entire maternity care team with skills to effectively manage obstetric emergencies. This comprehensive course encourages a standardized team-based approach amongst physicians, residents, nurse midwives, registered nurses, and other members of the maternity care team to improve patient safety and positively impact maternal outcomes.

How does the course work?

The ALSO Provider Course consists of two components: **online** and **live**.

- The **online** component requires participants to work through a series of modules that can take up to 9 hours to complete. The online modules need to be completed before participants are allowed to attend the live component.
- The **live** component is a single day in-person course. It takes approximately 8 hours and includes a lecture, case discussions, five workstations, and a final assessment. Learners must successfully complete each workstation and a final group test to pass.

Learners that complete the course receive ALSO Provider Status from the AAFP for 3 years.

What topics are covered in the course?

The ALSO Provider Course covers seven required topics:

- Assisted vaginal delivery
- Emergency breech delivery (malpresentation)
- Maternal resuscitation and trauma
- Postpartum hemorrhage
- Shoulder dystocia
- Eclampsia
- Labor dystocia.

Who will teach the course?

All of our instructors are family medicine physicians that practice obstetrics, Obstetricians, Certified-Nurse Midwives, or obstetrical nurses and have Approved Instructor status with the AAFP. They have completed the ALSO Provider Course, and an AAFP-accredited Approved Instructor course. Our roster of instructors are faculty and staff at the University of Iowa Carver College of Medicine as well as faculty at family medicine residency programs around the state of Iowa.

How much space do we need to host the course?

The space should have a projector and screen available, and a table for each instructor that can fit 5-6 learners around it. There should be enough distance between groups so that participants can maneuver around the tables and talk without interfering with other groups.

When can we schedule our course?

Instructor and learner availability will be the main factor influencing when a course can be held. Typically, we will need a minimum of 12 weeks notice to clear a date in clinic and current simulation travel schedules.



How to get started

What we need to know from you

Answers to the following questions will help us determine how best to design a course that will meet your needs:

Participants

- How many participants do you anticipate will take the course?
- How many participants are physicians, registered nurses, and nurse midwives?

Scheduling

- Is there a day of the week that works best for maximizing participants' availability to attend the course?
- Do you have a timeframe in mind of when you would like to hold the course?

Staff Support On-Site

- Is there a person that can be a primary contact for our ALSO Course Coordinators to communicate with?
- Will someone on-site be available to assist on the day of the course?

Cost

- Will the hospital/clinic be covering the cost for all participants, or will some/all participants be responsible for covering their own course fees?

Planning for the future

- Would any of your physicians, registered nurses, or nurse midwives, be interested in becoming Approved Instructors to teach ALSO?

Contact us

For further information please contact the MHI Program Manager or ALSO Coordinator listed below:

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