

# DEI Pearls: October Newsletter



UEPA  
DEI

## September: Spina Bifida Awareness Month

- Definition: birth defect that occurs when the spine and spinal cord form improperly due to lack of neural tube closure, falling under the category of a neural tube defect
- Spina bifida is commonly referred to as the “snowflake condition” because no two cases are the same
- Severity is dependent on the size of the opening and location on the spine



## SPINA BIFIDA



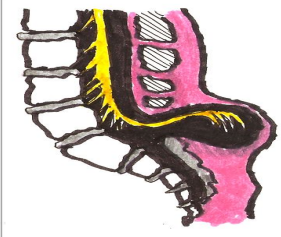
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## Quick Stats Providers Should Know!

- Spina bifida is the most common permanently disabling birth defect associated with life - 1,400 babies are born with this condition each year
- Spina bifida commonly occurs in the first 28 days of pregnancy
  - Women of child-bearing age should take a prenatal vitamin with 400 mcg of folic acid daily
  - Women with a 1st degree relative with spina bifida should take 4000 mcg of folic acid for 1-3 months before and during the first 3 months of pregnancy

## Resources to Further Your Education

### The Spina Bifida Medical Care Experience in Childhood

[The Spina Bifida Experience: Managing Your Own Medical Care](#)

### The Difficulty of Finding Adult Care as an Individual With Spina Bifida

[Mark Deschamp: Challenges on Finding Adult Care - Spina Bifida Association](#)

## Mindfulness Tip of the Month

### You Can't See What Others Are Going Through!

- Remember not to judge other people by how they appear - many disabilities are invisible.
  - You never know what people's day-to-day challenges consist of, so always remember to lead with compassion!

"There is no greater disability in society than the inability to see a person as more."

- Robert M. Hensel

### Additional Reminders and What to Look Forward to Next Month!

#### October was also Domestic Violence Awareness Month

- Every year around **10 million** people are victims of domestic violence - additionally, **3/4 americans know of someone** involved in a domestic violence situation

#### Things to consider as a future provider!

- Addressing domestic violence in a healthcare setting involves listening and building a relationship with your patient
- "Survivors share that they want healthcare providers to show them kindness, care, and respect after making a domestic violence situation known"

To learn more, we (highly!) encourage you to check out this page from the Children's Hospital of Philadelphia Center For Violence Prevention

[Addressing Domestic Violence in Healthcare Settings | Center for Violence Prevention \(chop.edu\)](#)

See you next month for more DEI topics!

## Other Sources We Used...

[Spina Bifida Association](#)

[Spina bifida - Symptoms and causes - Mayo Clinic](#)

[Spina Bifida Defying Folic Acid Supplementation - PMC](#)

[Spina Bifida Health Issues and Treatments | CDC](#)

<https://violence.chop.edu/addressing-domestic-violence-healthcare-settings>

<https://domesticviolence.org/domestic-violence-awareness-month/>