

AWHONN
PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS


Maternal Mortality and AWHONN's Post Birth Warning Signs

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 AWHONN

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DISCLOSURE STATEMENT

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Gain insight into maternal mortality and use of AWHONN's POST-BIRTH Warning Signs

Objectives

- Discuss the state of maternal mortality in the United States
- Examine the state of postpartum discharge education today
- Identify the components of AWHONN's Save Your Life Handout
- Explore the use of the POST-BIRTH Warning Signs Discharge Education checklist


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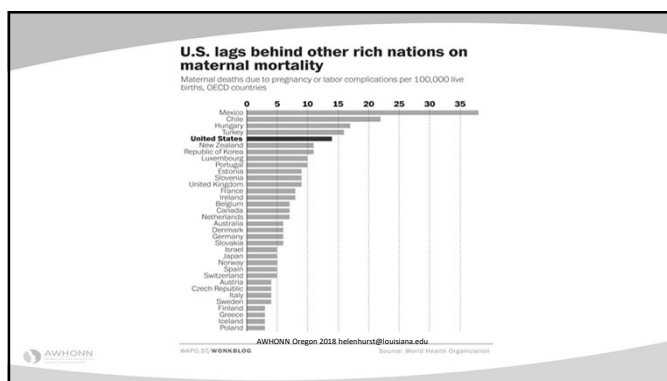
MATERNAL MORTALITY

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Pregnancy Related Deaths CDC

A pregnancy-related death is defined as the death of a woman while pregnant or within 1 year of the end of a pregnancy—regardless of the outcome, duration or site of the pregnancy—from any cause related to or aggravated by the pregnancy or its management, but not from accidental or incidental causes.

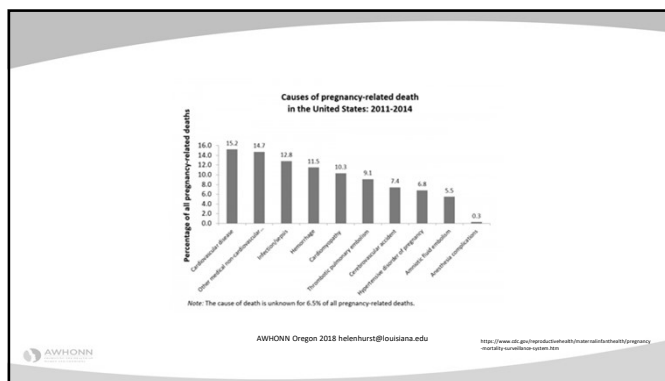
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Maternal Deaths in the USA

Highest	Lowest
<ol style="list-style-type: none"> 1. Louisiana 2. Georgia 3. Indiana 4. Arkansas 5. New Jersey 6. Missouri 7. Texas 8. DC 9. South Carolina 10. Tennessee 	<ol style="list-style-type: none"> 1. California 2. Massachusetts 3. Nevada 4. Connecticut 5. Colorado 6. Minnesota 7. Oregon 8. West Virginia 9. Hawaii 10. Wisconsin

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Racial Disparities (2011-2014)

- 12.4 deaths per 100,000 live births for white women.
- 40.0 deaths per 100,000 live births for black women.
- 17.8 deaths per 100,000 live births for women of other races.

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POSTPARTUM DISCHARGE EDUCATION

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Postpartum Discharge Education...where are we?

- No standardized message
- Focus is on the baby
- Limited focus on warning signs
 - Inaccurate and inconsistent
 - Focused on women considered “at risk”
- Main focus is on the day of discharge

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Barriers for Postpartum Education


- Lack of instruction on how to give postpartum education
- Frustration from duplication of documentation
- Hard to talk about complications
- Mom in information overload/tired/emotional
- Focus on the newborn
- “It can’t happen to me.”
- “She doesn’t have any risk factors.”
- “This isn’t her first baby; she knows this.”

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Funded by Merck for Mothers

EMPOWERING WOMEN TO OBTAIN NEEDED CARE PROJECT


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Access to quality, consistent, information about PP complications


- Gather sample postpartum discharge educational materials and audit tools from the hospitals with which members are affiliated.
- Review educational materials compiled by AWHONN
- Contribute to literature review on postpartum discharge teaching by sharing journal articles and publications.
- Review baseline assessment plan for focus groups and analysis of findings.
- Advise on process for pilot testing of materials and audit tools and the integration of materials into discharge planning process at hospital sites.

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POST-BIRTH WARNING SIGNS: DISCHARGE EDUCATION CHECKLIST


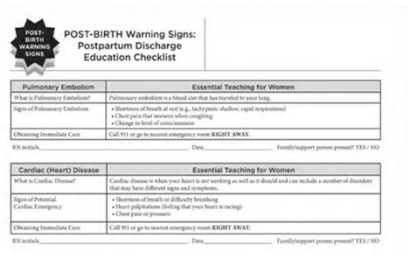
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Standardizes the message...for every woman...regardless of risk

- Defines potential complications
 - Pulmonary embolism
 - Cardiac (heart) disease
 - Hypertensive disorders of pregnancy
 - Obstetric hemorrhage
 - Venous thromboembolism
 - Infection
 - Postpartum Depression
- Lists specific signs and symptoms
- Explains where and when a woman should seek medical care
- Provides a script for nurses to begin the conversation

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THE SAVE YOUR LIFE HANDOUT

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SAVE YOUR LIFE: Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. But any woman can have complications after the birth of a baby. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

Call 911 if you have:

- Pain in chest
- Obstructed breathing or shortness of breath
- Seizures
- Thoughts of hurting yourself or your baby

Call your healthcare provider if you have:

- Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger
- Incision that is not healing
- Red or swollen leg, that is painful or warm to touch
- Temperature of 100.4°F or higher
- Headache that does not get better, even after taking medicine, or bad headache with vision changes

Tell 911 or your healthcare provider: "I had a baby on _____ and I am having _____."

GET HELP My Healthcare Provider/Class: _____ Phone Number: _____ Hospital/Class To Me: _____

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These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- Pain in chest, obstructed breathing or shortness of breath (trouble taking your breath) may mean you have a blood clot in your lung or a heart problem.**
- Seizures may mean you have a condition called eclampsia.**
- Thoughts or feelings of wanting to hurt yourself or your baby may mean you have postpartum depression.**
- Bleeding heavily, soaking more than one pad in an hour or passing an egg sized clot or bigger may mean you have an obstructed bloodway.**
- Incision that is not healing, increased redness or any pain from opening or C-section may mean you have an infection.**
- Swollen, red, warm, or pain in the calf area of your leg may mean you have a blood clot.**
- Temperature of 100.4°F or higher, had something red/dark blood or discharge that mean you have an infection.**
- Headache (very painful), vision changes, or pain in the upper right area of your body may mean you have high blood pressure or preeclampsia.**

GET HELP My Healthcare Provider/Class: _____ Phone Number: _____ Hospital/Class To Me: _____

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What can you do?

- Encourage clinicians and facilities to adopt the use of the checklist and handout (EBP)
 - Identify one or more champions
 - Do it as part of an EBP project
- Teach the information in childbirth classes
- Encourage clinicians to discuss the warning signs in prenatal visits
- Discuss the information on the checklist throughout the stay
- Engage support persons in the postpartum education
- Encourage the woman to trust what her body is telling her
- Encourage patients to put it on the fridge (in color)
- Tell another nurse, tell a friend and anyone you know who is pregnant.

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