

# Coord



*New*  
**Maternal  
Health  
Initiatives**

Coming Spring-Summer 2021



## Fourth Trimester Initiative

Birth Facilities engaged in the Kansas Perinatal Quality Collaborative (KPQC) are enrolling in the **Fourth Trimester Initiative** now! Be watching for more information to come on how Local Public Health MCH Programs can be involved.



## Maternal Warning Signs Initiative

Be on the lookout for a "Save-the-Date" announcement coming soon for the **Maternal Warning Signs Initiative** Kick-Off Webinar! Local MCH Service Providers will play a crucial role in providing patient education and engaging community partners in this important work.

**Free training and technical assistance, as well as a variety of resources, will be provided!**

# Maternal Warning Signs Initiative



Center for Disease Control

Integrating:

- Mental Health Focus
- Low literacy resource



*Warning Signs*

Education Program

# Campaign Resources

- Data on pregnancy related deaths
- Overview of campaign
- Videos and social media content
- Education resources for:
  - Pregnant and postpartum women
  - Partners, Friends and Family
  - Healthcare Providers
- Resources use graphics and images of racial minorities

**Listening and Acting Quickly**  
HEAR HEAR HER concerns

**You know your body best**  
If you experience something that seems unusual or is worrying you, don't ignore it.  
HEAR HEAR HER concerns

**Learn about urgent warning signs and how to talk to your healthcare provider.**

**How Can You Help?**  
If a pregnant or recently pregnant woman has concerns about any symptoms she experiences, it's time to Hear Her. Listening and acting quickly can help save her life.

- Learn the urgent maternal warning signs.
- Listen to her concerns.
- Encourage her to seek medical care. If she doesn't feel right, she should reach out. If she is experiencing an urgent symptom, she should get medical care right away. If she says she is pregnant or was pregnant last year.
- Offer to go with her to get medical care and ask questions. Visit <https://www.cdc.gov/pregnant-postpartum-women/>.
- Take notes and help her talk to her healthcare provider to get the support she needs.
- Support her through follow-up care.

**During Pregnancy**  
It's hard to tell what's normal and what's changing right now. It's best to talk to your healthcare provider about any concerns you have. Some symptoms can be serious, so it's important to get the care and answers you need. Here are some talking points to help with your conversation.

**Urgent Maternal Warning Signs**  
If you experience any of these warning signs, get medical care immediately.

- Severe headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about harming yourself or your baby
- Changes in your vision
- Fever of 100.4° F or higher
- Extreme swelling of your hands or face
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up (not like morning sickness)
- Severe belly pain that doesn't go away

**After Pregnancy**  
While your new baby needs a lot of attention and care, it's important to remain aware of your own body and take care of yourself, too. It's normal to feel tired and have some pain, particularly in the first few weeks after having a baby, but there are some symptoms that could be signs of more serious problems.

**Tips:**

- Bring this conversation starter and any additional questions you want to ask to your provider.
- Be sure to tell them that you are pregnant or have been pregnant within a year.
- Tell the doctor or nurse what medication you are currently taking or have recently taken.
- Take notes and ask more questions about anything you didn't understand.

Learn more about CDC's Hear Her Campaign at [www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)

**Use This Guide to Help Start the Conversation:**

- Thank you for seeing me. I am/was recently pregnant. The date of my last period/delivery was \_\_\_\_\_ and I'm having serious concerns about my health that I'd like to talk to you about.
- I have been having \_\_\_\_\_ (symptoms) that feel like \_\_\_\_\_ (describe in detail) and have been lasting \_\_\_\_\_ (number of hours/days)
- I know my body and this doesn't feel normal.

**Sample questions to ask:**

- What could these symptoms mean?
- Is there a test I can have to rule out a serious condition?

**HEAR HEAR HER concerns**

<https://www.cdc.gov/hearher/index.html>

# 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.



<p><b>Call 911</b> if you have:</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>P</b>ain in chest</li> <li><input type="checkbox"/> <b>O</b>bstructed breathing or shortness of breath</li> <li><input type="checkbox"/> <b>S</b>eizures</li> <li><input type="checkbox"/> <b>T</b>houghts of hurting yourself or your baby</li> </ul>
<p><b>Call your healthcare provider</b> if you have:</p> <p><small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>B</b>leeding, soaking through the size of an egg or bigger</li> <li><input type="checkbox"/> <b>I</b>ncision that is not healing</li> <li><input type="checkbox"/> <b>R</b>ed or swollen leg, that is painful</li> <li><input type="checkbox"/> <b>T</b>emperature of 100.4 or higher</li> <li><input type="checkbox"/> <b>H</b>eadache that does not get better with medicine, or bad headache with vomiting</li> </ul>



**Tell 911 or your healthcare provider:**

"I had a baby on \_\_\_\_\_ (date)  
 I am having \_\_\_\_\_"  
(Specific warning signs)

## AWHONN'S POST-BIRTH Warning Signs Education Program

- KS launch will include:
  - 3 paid seats for the AWHONN online education course per grantee/enrolled birth center
  - Paid access to AWHONN's PBWS Implementation Toolkit
  - KDHE provided online toolkit (MWS toolkit)
- Kick-Off webinar scheduled for June
- Official launch July 1