

POST-BIRTH Resources

AWHONN POSTBIRTH Toolkit

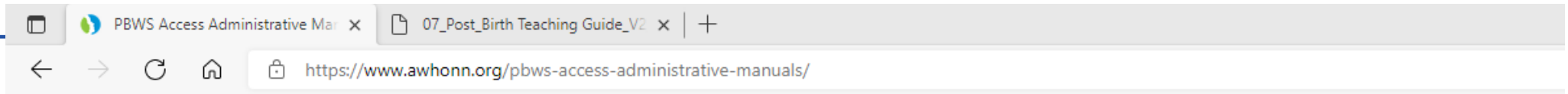
Accessing the PBWS Implementation Toolkit

<https://www.awhonn.org/page/PBWSDownloads>

Password: **#JR3EvT2018**

*Once you have logged in, you will be able to access the items in the Implementation Toolkit.

POSTBIRTH Resources: Multiple languages



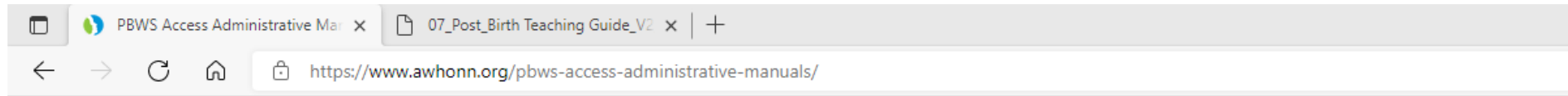
About Us Nurse Resources Education Professional Development

Welcome to PBWS Resources

Introductory Items	Clinical Tools	Implementation Tools
	<ul style="list-style-type: none">06.1 PBWS Save Your Life Handout Arabic06.2 PBWS Save Your Life Handout Chinese Mandarin06.3 PBWS Save Your Life Handout English06.4 PBWS Save Your Life Handout Spanish06.5 PBWS Save Your Life Handout Haitian Creole06.6 PBWS Save Your Life English Poster Size07 PBWS Teaching Guide08 PBWS References for Online Course	Maternal Warning Signs: Policy...



POSTBIRTH Resources: Teaching Guide



About Us

Nurse
Resources

Education

Professional
Development

Welcome to PBWS Resources

Introductory Items

Clinical Tools

Implementation Tools

- [06.1 PBWS Save Your Life Handout Arabic](#)
- [06.2 PBWS Save Your Life Handout Chinese Mandarin](#)
- [06.3 PBWS Save Your Life Handout English](#)
- [06.4 PBWS Save Your Life Handout Spanish](#)
- [06.5 PBWS Save Your Life Handout Haitian Creole](#)
- [06.6 PBWS Save Your Life English Poster Size](#)
- [07 PBWS Teaching Guide](#)
- [08 PBWS References for Online Course](#)

Maternal Warning Signs: Policy...



MWS Toolkit



MATERNAL WARNING SIGNS Guidance on Use of Patient Education Resources

The intent and purpose of this Maternal Warning Signs (MWS) toolkit is to place a comprehensive selection of patient education materials, in the hands of all providers, across all sectors and settings, to ensure **consistent** and **repeat** messaging on this very important and **critical** health topic.

MWS resources should be implemented:

- by all provider types... inpatient and outpatient clinical providers, birthing facilities, home visitors, case managers, WIC dietitians, doulas, community health workers, etc.
- for different education and comprehension levels, learning styles, and opportunities for engagement
- in diverse settings, under particular time constraints, and with unique patient needs

The key to decreasing the burden of maternal mortality is for ALL provider types to:

- engage in this campaign
- do their part in educating patients and support persons
- provide **multiple doses** of this life saving information

At a Glance – Quick Guide to MWS Resources:

	Brief (touch point) i.e. routine clinical visit, WIC	Repeat messaging: in combination	Longer period of engagement (case management, prenatal education, inpatient)	Lower comprehension/ education level	Higher comprehension/ education level	Low literacy / language barrier
Prenatal - Client/Patient Focused <input type="checkbox"/>						
Perinatal – Client/Patient Focused <input type="checkbox"/>						
Postpartum – Client/Patient Focused <input type="checkbox"/>						
Support Person/Family Focused <input type="checkbox"/>						
Signs/Symptoms of Preterm Labor	✓	✓	✓	✓	✓	✓
Count the Kicks	✓	✓	✓	✓	✓	✓
Hear Her – You Know Your Body Best	✓	✓	✓	✓	✓	✓
Infographic – Urgent Warnings Signs	✓	✓	✓	✓	✓	✓
Action Plan for Depression	✓	✓	✓	✓	✓	✓
AWHONN – Save Your Life*	✓	✓	✓	✓	✓	✓
Hear Her – Listening and Acting	✓	✓	✓	✓	✓	✓
Talk About Depression	✓	✓	✓	✓	✓	✓

All handouts available in English and Spanish. *Available in multiple other languages

These resources are funded and provided to you by Kansas Title V, as part of the Maternal Warning Signs Initiative, launched in partnership with the Kansas Perinatal Quality Collaborative's Fourth Trimester Initiative.



Maternal Warning Signs Patient Education Resources – Description and Ideal Use

	Purpose:	Who should use this?	In what setting?	Ideal use:
Signs and Symptoms of Preterm Labor	• Recognizing and acting quickly on the signs and symptoms of preterm labor	• Anyone	• Any setting	• Early pregnancy • Repeat in later pregnancy before 37 weeks gestation
Count the Kicks	• Recognizing and acting quickly on changes in fetal movement	• Anyone	• Any setting	• 3 rd Trimester • Encourage/assist to download app • Follow-up during subsequent visit
Hear Her - You Know Your Body Best	• Calls out the urgent warning signs • Provides tips and prompts for more productive dialogue about one's concerns	• Patient educator / Nurse • Home visitor • Case manager • Doula	• Initial OB visit • Home visit • Prenatal education class	• Where/when there is opportunity for review and conversation about the resource
Infographic - Urgent Maternal Warning Signs	• Uses easy to understand images to communicate urgent warning signs and what to do	• Anyone	• Any setting	• Low literacy level • Language barrier • Brief encounter • Repeat messaging
Action Plan for Depression and Anxiety Around Pregnancy	• Focuses on the mental health warning signs • Indicates level of severity or concern and need for action	• Anyone	• Any setting	• Compare to a traffic light – red, yellow and green categories of symptoms – for easy digestion
AWHONN - Save Your Life	• Calls quick attention to the urgent POST-BIRTH Warning Signs	• Anyone	• Any setting in postpartum period	• Lower comprehension level • Lower education level • Brief encounter • Repeat messaging
Hear Her - Listening and Acting Quickly	• Provides messaging about the urgent warning signs to partners/family/ support people in a pregnant person's life	• Patient educator / Nurse • Home visitor • Case manager • Doula	• Any setting where the opportunity to engage partners/family/support persons presents itself	• Where/when there is opportunity for review and conversation about the resource
Talk About Depression and Anxiety During Pregnancy and After Birth	• Provides messaging about the mental health warning signs to partners/family/ support people in a pregnant person's life	• Patient educator / Nurse • Home visitor • Case manager • Doula	• Any setting where the opportunity to engage partners/family/support persons presents itself	• Where/when there is opportunity for review and conversation about the resource

URGENT MATERNAL WARNING SIGNS

Call 911 if you have:

- Trouble breathing
- Chest pain or fast beating heart
- Seizures
- Thoughts of hurting yourself or your baby

Call your healthcare provider if you have:
(If you can't reach your healthcare provider, call 911 or go to an emergency room)

- Severe belly pain that doesn't go away
- Severe nausea and throwing up (not the morning sickness)
- Extreme swelling of your hands or face
- Changes in your vision
- Headache that won't go away, dizziness or lightheadedness
- Baby's movements stopping or slowing
- Vaginal bleeding or fluid leaking during pregnancy
- Fever
- Incision that is not healing
- Vaginal bleeding soaking through more than 1 pad/hour after pregnancy
- Swelling, redness, or pain of your leg
- Overwhelming tiredness
- Feeling intense anxiety
- Feelings of depression or having little interest in things
- Scary or upsetting thoughts that won't go away

SEÑALES MATERNAS DE ADVERTENCIA URGENTES

Llame al 911 si tiene:

- Dificultad para respirar
- Dolor de pecho o latidos de corazón acelerados
- Convulsiones
- Pensamientos de hacerse daño a sí misma o a su bebé

Llame a su proveedor de atención médica si tiene:
(Si no puede comunicarse con su proveedor de atención médica, llame al 911 o vaya a una sala de emergencias)

- Dolor de estómago intenso que no desaparece.
- Náuseas intensas y vómito (no como las náuseas matutinas)
- Hinchazón extrema de las manos o la cara
- Cambios de la vista
- Dolor de cabeza que no desaparece, mareos o desmayos
- Los movimientos del bebé se detienen o disminuyen
- Sangrado vaginal o pérdida de fluido durante el embarazo
- Fiebre
- Incisión que no sana
- Sangrado vaginal que empapa más de 1 toalla sanitaria/hora después del embarazo
- Hinchazón, enrojecimiento o dolor en la pierna
- Cansancio agotante
- Sensación de ansiedad intensa
- Sentimientos de depresión o poco interés en las cosas
- Pensamientos aterradores o perturbadores que no desaparecen

If you have any of these symptoms during or after pregnancy, contact your health care provider and get help right away.

If you can't reach your provider, go to the emergency room. **Remember to say that you're pregnant or have been pregnant within the last year.** Learn more: kshhs.kan.gov/healthcare/urgentmaternalwarning signs

Si tiene alguno de estos síntomas durante o después del embarazo, comuníquese con su proveedor de atención médica y obtenga ayuda de inmediato.

Si no puede comunicarse con su proveedor, vaya a la sala de emergencias. **Recuerde decir que está embarazada o ha estado embarazada durante el último año.** Más información: kshhs.kan.gov/healthcare/urgentmaternalwarning signs

Action Plan for Depression and Anxiety Around Pregnancy

Having a baby brings a mix of emotions, including feeling sad and overwhelmed. Depression and anxiety are some of the most common medical complications during pregnancy and the postpartum period.

Be prepared. Watch for the signs. Ask for help.

If you...	Get help now!
<ul style="list-style-type: none"> Feel hopeless and total despair Feel out of touch with reality (you may see or hear things that other people don't) Feel that you may hurt yourself or your baby 	<ul style="list-style-type: none"> These feelings will not go away on their own. Call 9-1-1 or go to your nearest emergency department for immediate help.

Plan de acción para la depresión y la ansiedad en torno al embarazo

Tener un bebé trae una mezcla de emociones, que incluyen sentirse triste y abrumada. La depresión y la ansiedad son algunas de las complicaciones médicas más comunes durante el embarazo y el posparto.

Esté preparada. Está atenta a las señales. Pida ayuda.

Si...	¡Busque ayuda ahora!
<ul style="list-style-type: none"> Se siente desesperanzada y totalmente desolada Se siente fuera de contacto con la realidad (lo posible que ve o escucha cosas que otras personas no ven) Siente que puede hacerse daño o hacerle daño a su bebé 	<ul style="list-style-type: none"> Estos sentimientos no desaparecerán por sí solos. Llame al 9-1-1 o vaya al departamento de emergencias más cercano para obtener ayuda inmediata.

Magnet: Multiple Languages



About Us

Nurse
Resources

Education

Professional
Development

Welcome to PBWS Resources

Introductory Items

Clinical Tools

Implementation Tools

- [09 PBWS Audit Final](#)
- [10.1 PBWS Magnet Arabic](#)
- [10.2 PBWS Magnet Chinese Mandarin](#)
- [10.3 PBWS Magnet English](#)
- [10.4 PBWS Magnet Spanish](#)
- [10.5 PBWS Save Your Life Magnet Haitian Creole](#)
- [11 PBWS Sample News Release](#)
- [12 PBWS Sample Timeline](#)
- [13 Bulletin Board Communication Materials](#)

