



# 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:

	<b>Brief touch point</b> i.e. routine clinical visit; WIC	<b>Repeat messaging;</b> in combination	<b>Longer period of engagement</b> i.e. home visiting; case management; prenatal education; in-patient	<b>Lower comprehension/</b> education level	<b>Higher comprehension/</b> education level	<b>Low literacy, language barrier</b>
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"/>						
<b>Signs/Symptoms of Preterm Labor</b>	✓		✓	✓		
<b>Count the Kicks</b>	✓		✓	✓		
<b>Hear Her – You Know Your Body Best</b>		✓	✓		✓	
<b>Infographic – Urgent Warnings Signs</b>	✓	✓		✓		✓
<b>Action Plan for Depression</b>		✓	✓	✓		
<b>AWHONN – Save Your Life*</b>	✓	✓		✓		
<b>Hear Her – Listening and Acting</b>		✓	✓		✓	
<b>Talk About Depression</b>		✓	✓		✓	

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	<ul style="list-style-type: none"> <li>Recognizing and acting quickly on the <b>signs and symptoms of preterm labor</b></li> </ul>	<ul style="list-style-type: none"> <li>Anyone</li> </ul>	<ul style="list-style-type: none"> <li>Any setting</li> </ul>	<ul style="list-style-type: none"> <li>Early pregnancy</li> <li>Repeat in later pregnancy before 37 weeks gestation</li> </ul>
Count the Kicks	<ul style="list-style-type: none"> <li>Recognizing and acting quickly on <b>changes in fetal movement</b></li> </ul>	<ul style="list-style-type: none"> <li>Anyone</li> </ul>	<ul style="list-style-type: none"> <li>Any setting</li> </ul>	<ul style="list-style-type: none"> <li>3<sup>rd</sup> Trimester</li> <li>Encourage/assist to download app</li> <li>Follow-up during subsequent visit</li> </ul>
Hear Her - You Know Your Body Best	<ul style="list-style-type: none"> <li>Calls out the <b>urgent warning signs</b></li> <li>Provides tips and prompts for more productive dialogue about one's concerns</li> </ul>	<ul style="list-style-type: none"> <li>Patient educator / Nurse</li> <li>Home visitor</li> <li>Case manager</li> <li>Doula</li> </ul>	<ul style="list-style-type: none"> <li>Initial OB visit</li> <li>Home visit</li> <li>Prenatal education class</li> </ul>	<ul style="list-style-type: none"> <li>Where/when there is opportunity for review and conversation about the resource</li> </ul>
Infographic - Urgent Maternal Warning Signs	<ul style="list-style-type: none"> <li>Uses easy to understand <b>images</b> to communicate <b>urgent warning signs</b> and what to do</li> </ul>	<ul style="list-style-type: none"> <li>Anyone</li> </ul>	<ul style="list-style-type: none"> <li>Any setting</li> </ul>	<ul style="list-style-type: none"> <li>Low literacy level</li> <li>Language barrier</li> <li>Brief encounter</li> <li>Repeat messaging</li> </ul>
Action Plan for Depression and Anxiety Around Pregnancy	<ul style="list-style-type: none"> <li>Focuses on the <b>mental health</b> warning signs</li> <li>Indicates level of severity or concern and need for action</li> </ul>	<ul style="list-style-type: none"> <li>Anyone</li> </ul>	<ul style="list-style-type: none"> <li>Any setting</li> </ul>	<ul style="list-style-type: none"> <li>Compare to a traffic light – red, yellow and green categories of symptoms – for easy digestion</li> </ul>
AWHONN - Save Your Life	<ul style="list-style-type: none"> <li>Calls quick attention to the urgent <b>POST-BIRTH Warning Signs</b></li> </ul>	<ul style="list-style-type: none"> <li>Anyone</li> </ul>	<ul style="list-style-type: none"> <li>Any setting in postpartum period</li> </ul>	<ul style="list-style-type: none"> <li>Lower comprehension level</li> <li>Lower education level</li> <li>Brief encounter</li> <li>Repeat messaging</li> </ul>
Hear Her - Listening and Acting Quickly	<ul style="list-style-type: none"> <li>Provides messaging about the <b>urgent warning signs to partners/family/support people</b> in a pregnant person's life</li> </ul>	<ul style="list-style-type: none"> <li>Patient educator / Nurse</li> <li>Home visitor</li> <li>Case manager</li> <li>Doula</li> </ul>	<ul style="list-style-type: none"> <li>Any setting where the opportunity to engage partners/family/support persons presents itself</li> </ul>	<ul style="list-style-type: none"> <li>Where/when there is opportunity for review and conversation about the resource</li> </ul>
Talk About Depression and Anxiety During Pregnancy and After Birth	<ul style="list-style-type: none"> <li>Provides messaging about the <b>mental health</b> warning signs to <b>partners/family/support people</b> in a pregnant person's life</li> </ul>	<ul style="list-style-type: none"> <li>Patient educator / Nurse</li> <li>Home visitor</li> <li>Case manager</li> <li>Doula</li> </ul>	<ul style="list-style-type: none"> <li>Any setting where the opportunity to engage partners/family/support persons presents itself</li> </ul>	<ul style="list-style-type: none"> <li>Where/when there is opportunity for review and conversation about the resource</li> </ul>