



O P Q I C

OKLAHOMA PERINATAL **QUALITY**  
IMPROVEMENT COLLABORATIVE

Supported by funding including from Title V MCH and State Maternal Health Innovation Program through OSDH  
and the George Kaiser Family Foundation

# WELCOME TO OPQIC'S 10<sup>TH</sup> ANNUAL SUMMIT!



Please check in with the QR code on your table.

THANK YOU TO OUR CORPORATE SPONSORS  
FOR MAKING OPQIC'S ANNUAL SUMMIT  
HAPPEN!



THANK YOU TO THE **OU STAR PRENATAL  
CLINIC** FOR SPONSORING OUR GUEST  
SPEAKER

- The University of Oklahoma is an equal opportunity institution. STAR Prenatal Clinic and this educational offering is funded in part by the Oklahoma Department of Mental Health and Substance Abuse Services, State Opioid Response (SOR). Grant No. 41000-3004097



# Milk Donation

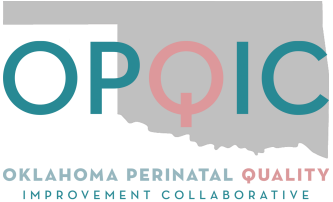
Home / Forms / Milk Donation

*Know anyone interested in donating breast  
milk?*

Visit [okmilkbank.org](https://okmilkbank.org) for details.



FIND US AT [OPQIC.ORG](https://www.opqic.org)



- COBA Scholarship Application NOW online!
- Next deadline: IBCLC Exam Fee, January 30<sup>th</sup>
- Education category deadline: March 31<sup>st</sup>
- [Info@okbreastfeeding.org](mailto:Info@okbreastfeeding.org)

The screenshot shows a web browser window with the URL [okbreastfeeding.org/about/scholarship-program/#scholarship-application](http://okbreastfeeding.org/about/scholarship-program/#scholarship-application). The page features a red header with the phone number 405-297-0683 ExL 100, a 'Get Involved' link, and social media icons for Facebook, Twitter, LinkedIn, and Email. Below the header is a navigation menu with links for 'About', 'Breastfeeding At Work', 'Breastfeeding Help', 'Health Care', 'Law-Policy', 'Contact', and a red 'Donate' button. A blue banner contains a 'Skip To Application' button. The main content area is titled 'IBCLC Exam Fee and Education Scholarship Application' in yellow. It includes a dropdown menu for selecting a program, a paragraph explaining the scholarship's purpose, and two 'I Agree' checkboxes with their respective conditions.

okbreastfeeding.org/about/scholarship-program/#scholarship-application

405-297-0683 ExL 100 Get Involved f t in e

**COBA**  
CONFEDERATION OF OREGON  
BREASTFEEDING ADVOCATES

About Breastfeeding At Work Breastfeeding Help Health Care Law-Policy Contact Donate

Skip To Application

## IBCLC Exam Fee and Education Scholarship Application

Please check (one) for which program you are applying: *(Required)*

Choose One

This scholarship program is reserved for people who are working toward their IBCLC and identify as being a part of a marginalized population or serving a marginalized population. By applying, you are indicating that you identify this way. *(Required)*

I Agree

Should I be awarded a scholarship, I am committed to starting a course as soon as I receive funding from COBA: *(Required)*

I Agree



WHAT'S THE LATEST?

Get the latest OPQIC news at  
**opqic.org**

*Subscribe to monthly email updates*

[opqic.org/subscribe](https://opqic.org/subscribe)





# OPQIC/Maternal Health Task Force Quarterly Meetings



**OKLAHOMA**  
State Department  
of Health

## 2025 Meetings:

January 21

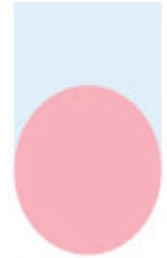
April 15

July 15

October 21

[opqic.org/register/](https://opqic.org/register/)

# Preparing



# for a



# Lifetime



It's Everyone's Responsibility



OKLAHOMA PERINATAL QUALITY  
IMPROVEMENT COLLABORATIVE

UPCOMING  
EVENT!

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SAVE  
*the*  
DATE

**Friday, February 28, 2025**

**13TH ANNUAL  
BECOMING BABY-FRIENDLY IN OKLAHOMA  
SUMMIT**

**METRO TECHNOLOGY CENTER, SPRINGLAKE CAMPUS  
BUSINESS CONFERENCE CENTER  
1900 SPRINGLAKE DR.  
OKLAHOMA CITY, OKLAHOMA**

**SPEAKERS:  
PAMELA BERENS, MD  
UT HEALTH HOUSTON OBGYN  
&  
EILEEN FITZPATRICK, DRPH  
CEO, BABY-FRIENDLY USA**

The BBFOK Summit is an Oklahoma Breastfeeding Resource Center program supported by the Maternal and Child Health Services Title V Block Grant and the Oklahoma State Department of Health.



[ABOUT](#) | [BABY-FRIENDLY HOSPITALS](#) | [RESOURCES](#) | [EVENTS/TRAININGS](#) | [FAMILIES](#) | [BECOME AN IBCLC](#) | [BREASTFEEDING HOTLINE](#) | [BREASTFEEDING CLINIC](#)



Find Resources at  
[OBRC.ouhsc.edu](http://OBRC.ouhsc.edu)



Text4baby makes it easy to get information about your pregnancy

***A free text messaging service*** available for pregnant women and new moms that provides information, appointment reminders, and more.

- Text “BABY” or “BEBE” to 511411 to enroll





FIND US ON INSTAGRAM  
INSTAGRAM.COM/OPQIC




# NOVEMBER IS PREMATURITY AWARENESS MONTH

November is  
**PREMATURITY AWARENESS  
MONTH**

Did you know 1 in 5  
premature births are  
related to preeclampsia?

Ask your provider how low-  
dose (81mg) aspirin can reduce  
your risk of preeclampsia and  
preterm birth.

#ASKABOUTASPIRIN



**OPQIC**  
OKLAHOMA PERINATAL QUALITY  
IMPROVEMENT COLLABORATIVE

**2024 REPORT  
CARD** 

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**OKLAHOMA**

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<b>PRETERM BIRTH GRADE</b>	<b>PRETERM BIRTH RATE</b>
<b>D</b>	<b>11.0%</b>

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 Learn more about the factors in your state.

# 2024 MARCH OF DIMES REPORT CARD

The preterm birth rate in Oklahoma was **11.0%** in 2023, lower than the rate in 2022

## PRETERM BIRTH GRADE

# D

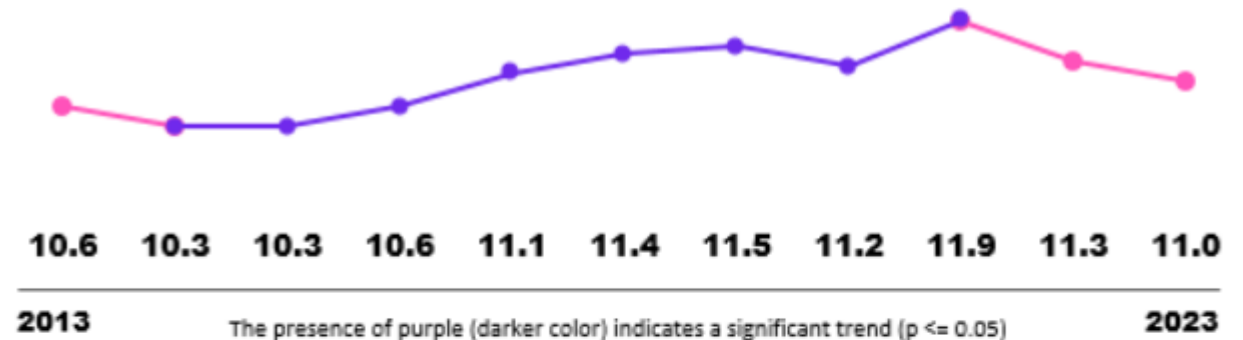
U.S. RATE

OK RATE

OK RANK



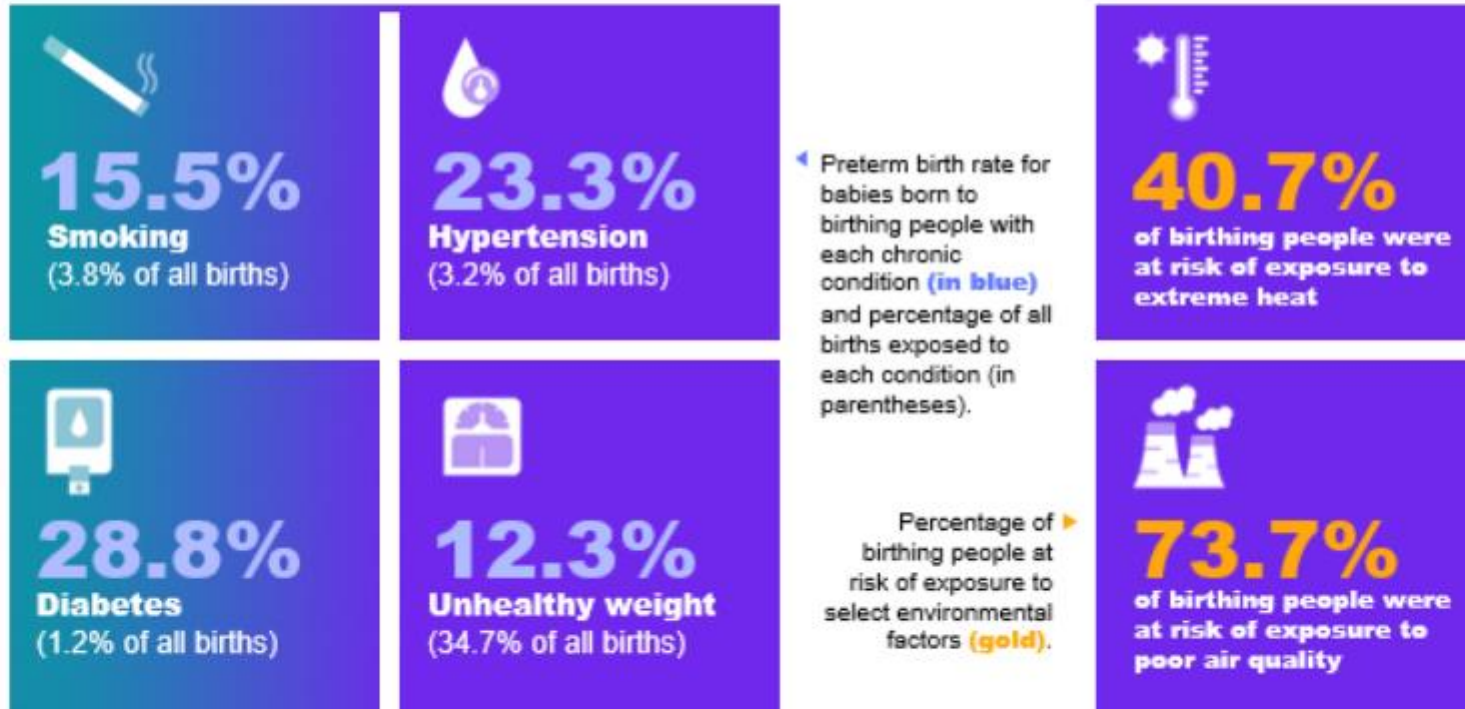
Percentage of live births born preterm



# 2024 MARCH OF DIMES US REPORT CARD

## Many factors make birthing people more likely to have a preterm birth

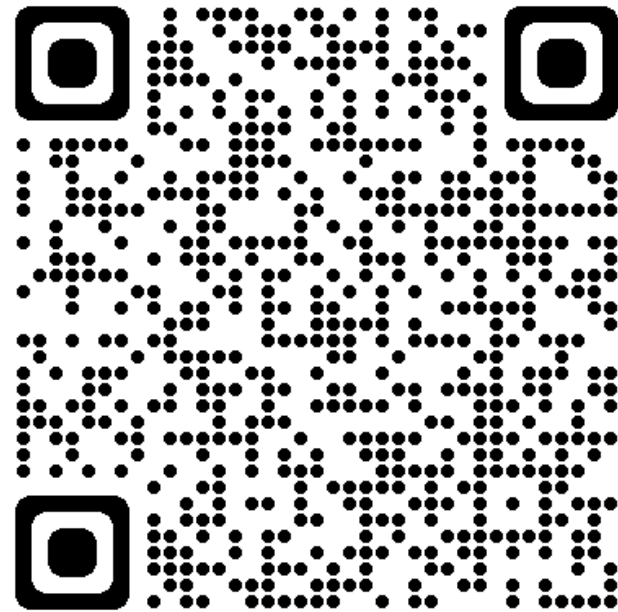
Addressing chronic health conditions before pregnancy, educating people about the risks and management of environmental exposures, and advocating for policies that offer solutions can mitigate the risks of preterm birth and other adverse outcomes.



**Note:** More than one condition can occur at the same time. Hypertension, diabetes, smoking and unhealthy weight occur pre-pregnancy. Extreme heat is defined by  $\geq 30$  days above the 90<sup>th</sup> percentile of the heat index. Poor air quality is defined by Air Quality Index over 100 for  $\geq 1$  day.



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LINKEDIN.COM/OPQIC



# parentPRO

*Free parenting support. Delivered to your door.*

CALL TODAY!

**1-877-271-7611**

[parentPRO.org](http://parentPRO.org)



**OKLAHOMA**  
State Department of Health





FIND US ON FACEBOOK  
FACEBOOK.COM/OPQIC





ASK YOUR PATIENTS  
THE ONE KEY  
QUESTION...

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ONE KEY QUESTION:  
“WOULD YOU LIKE  
TO BECOME  
PREGNANT IN THE  
NEXT YEAR?”

- By asking the **ONE KEY QUESTION**<sup>®</sup>, health care providers can support the needs of all reproductive-age women whether they want to become pregnant or prevent a pregnancy.
- For more information on both birth control and preparing for pregnancy, visit: [www.onekeyquestion.org](http://www.onekeyquestion.org)

THANK YOU TO OUR CORPORATE SPONSORS  
FOR MAKING OPQIC'S ANNUAL SUMMIT  
HAPPEN!



## DID YOU KNOW?

Pregnant people should receive the flu vaccine during any trimester of pregnancy.



# FLU FACT

Flu vaccine has been shown to reduce the risk of adults and pregnant women being hospitalized from flu by 40%.

#FIGHT FLU





## DID YOU KNOW?

Pregnant women should receive the *Tdap vaccine* ideally between 27-36 weeks gestation.

Those in close contact to the infant should *also* receive the *Tdap vaccine*.



In 2022-2023, only **55.4%** of pregnant women received the Tdap vaccine.

***Make sure to protect yourself and your baby. Get vaccinated.***

[www.cdc.gov/flu/protect/vaccine/pregnant.htm](http://www.cdc.gov/flu/protect/vaccine/pregnant.htm)



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

## DID YOU KNOW?

The CDC recommends that people who are pregnant, breastfeeding, trying to get pregnant now, or who might become pregnant in the future, get vaccinated and stay up-to-date with their COVID-19 vaccines.



It is estimated that only **27.2%** of pregnant people receive the COVID-19 vaccine.

***Make sure to protect yourself and your baby. Get vaccinated.***

[www.cdc.gov/flu/protect/vaccine/pregnant.htm](http://www.cdc.gov/flu/protect/vaccine/pregnant.htm)



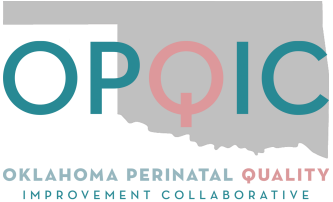
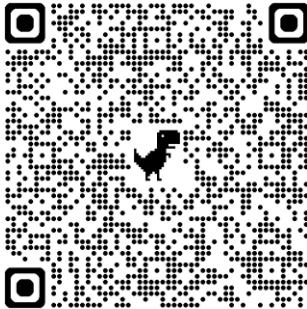
U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention





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*Now Available:*  
Oklahoma's 2024 MMRC Report



## DID YOU KNOW?

### New RSV Vaccination

The CDC recommends two ways to protect babies from getting very sick with Respiratory Syncytial Virus (RSV):

- **RSV vaccination during pregnancy:** Pfizer's RSV vaccine and RSVpreve (Abrysvo) are recommended for use during pregnancy (maternal RSV vaccination). It's given during RSV season to people who are 32 through 36 weeks pregnant.
- **RSV immunization given directly to infants and some high-risk babies.**

## DID YOU KNOW?

Babies born to mothers who get RSV vaccine at least 2 weeks before delivery will have protection and, in most cases, should not need an RSV immunization later.



THANK YOU TO



Maternal Health  
Access Solutions

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POWERED BY **Ob Hospitalist Group**™

FOR PROVIDING TODAY'S LUNCH!

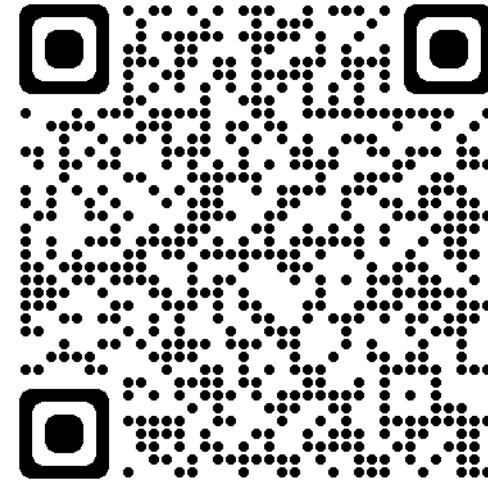


# Perinatal Mental Health Tool Kit

Perinatal mood and anxiety disorders are among the most common complications that occur in pregnancy or in the first 12 months after delivery. Despite the negative effects on maternal, obstetric, birth, offspring, partner, and family outcomes, perinatal mental health disorders often remain underdiagnosed, and untreated or under-treated.

## Toolkit includes:

- ❖ Summary of perinatal mental health conditions.
- ❖ Patient screening tools.
- ❖ Assessment of and treatment of perinatal mental health conditions.
- ❖ Educational resources for providers, patients, & families.
- ❖ A guide to integrate mental health care into an OBGYN practice.



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SUBSCRIBE TO OPQIC



FIND US AT OPQIC.ORG



## DID YOU KNOW?

1-800-QUITNOW

OKhelpline.com

provides *free* support *24/7* for your patients who use tobacco products

 Free help	Oklahoma Tobacco Helpline	
	<b>1 800</b>	<b>QUIT NOW</b>
	<b>784-8669</b>	<b>OKhelpline.com</b>



# OKLAHOMA'S 10 BABY-FRIENDLY HOSPITALS!

- Claremore Indian Hospital (06/2013) (06/2018)
- Cherokee Nation W. W. Hastings Hospital (07/2015) (01/2022)
- INTEGRIS Health Baptist Medical Center (01/2015) (03/2023)
- SSM Health St. Anthony Hospital - OKC (11/2016) (01/2023)
- Chickasaw Nation Medical Center, Ada, OK (05/2017) (07-2023)
- Comanche County Memorial Hospital, Lawton, OK (10/2015) (03/2020)
- Integris Canadian Valley Hospital (02/2019)
- Oklahoma Children's Hospital at OU Health (12/2019)
- Duncan Regional Hospital (01/2022)
- SSM Health St. Anthony Hospital - Shawnee (01/2022)

On the pathway to become Baby-Friendly - Stillwater Medical Center



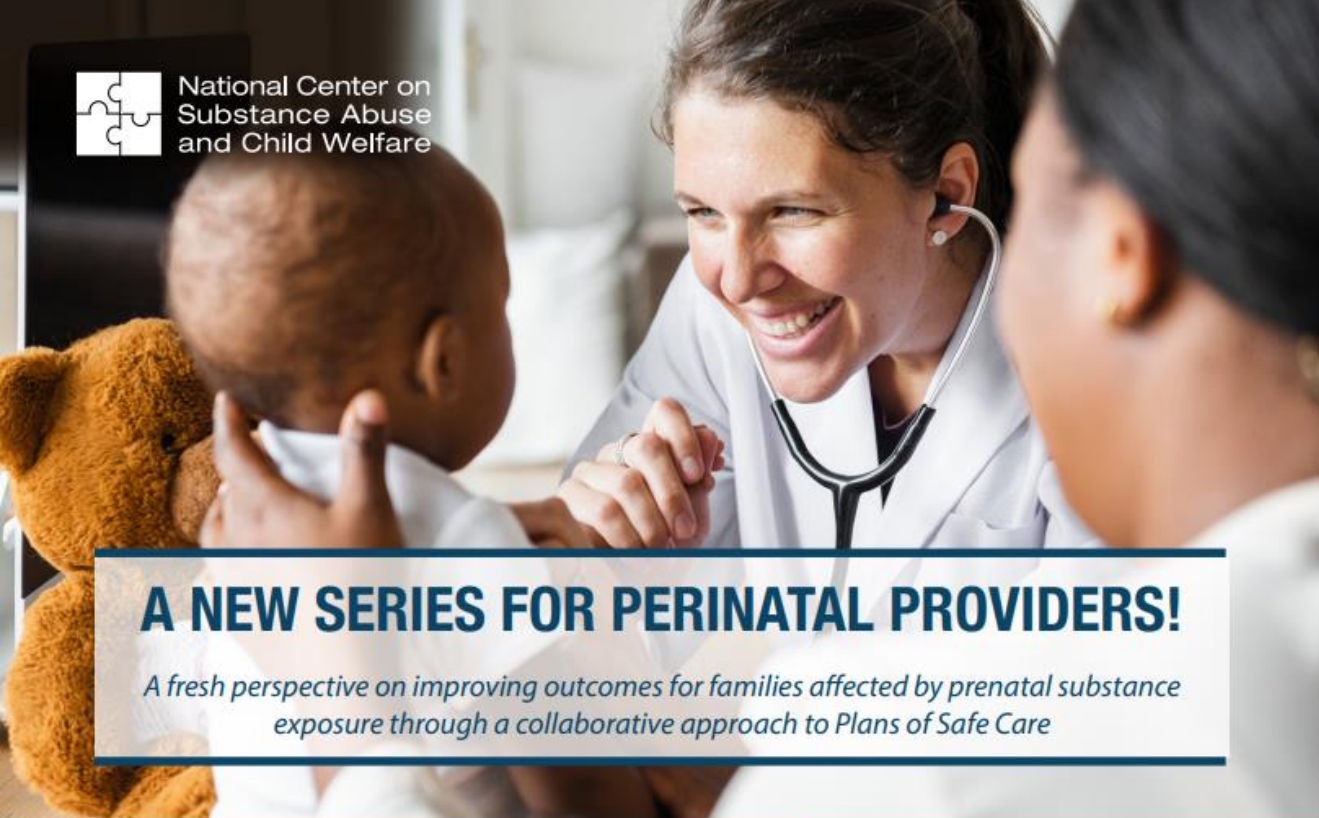
**Preparing  
for a  
Lifetime**  
It's Everyone's Responsibility







National Center on  
Substance Abuse  
and Child Welfare



## A NEW SERIES FOR PERINATAL PROVIDERS!

*A fresh perspective on improving outcomes for families affected by prenatal substance exposure through a collaborative approach to Plans of Safe Care*

A four-part video series examining the role healthcare providers play in collaborative initiatives to improve outcomes for infants

Scan here to  
access the  
video!



**#healthybabieshealthyfamilies**



This 4-Part video series will focus on the Child Abuse Prevention and Treatment Act (CAPTA) as it applies to infants affected by SUD and care coordination.

← Scan the QR code to access the video series.

# DID YOU MISS IT? NURTURING RECOVERY WEBINARS NOW AVAILABLE

**Nurturing Recovery:  
Maternal Substance  
Use and Trauma-  
Informed Care**

**A 4-Part  
Webinar Series**



**Topics Include:**

- [Part 1-August 22, 2024 @ 11:30 a.m.](#)  
Trauma-Informed Care for the Maternal Patient
- [Part 2-August 29, 2024 @ 11:30 a.m.](#)  
Equitable Toxicology Testing of Birthing People
- [Part 3-September 5, 2024 @ 11:30 a.m.](#)  
Storytelling and Stigma
- [Part 4-September 12, 2024 @ 11:30 a.m.](#)  
Perinatal Cannabis Use and Breastfeeding

**Learn from the experts!**  
All Sessions will be recorded

**Our Speakers:**

December Maxwell, PhD, MSW  
Martina Jelley, MD, MSPH, FACP  
Rachael Duncan, PharmD, BCPS, BCCCP  
Laurie Halmo, MD, FAAP  
Christine Gold, MD, CLC  
Katharine Wagner, MSN, CPNP-AC/PC  
Kaytlin Thompson, RSS  
Melinda Ramage, FNP-BC, CARN-AP, LCAS  
Erica Wymore, MD, MPH

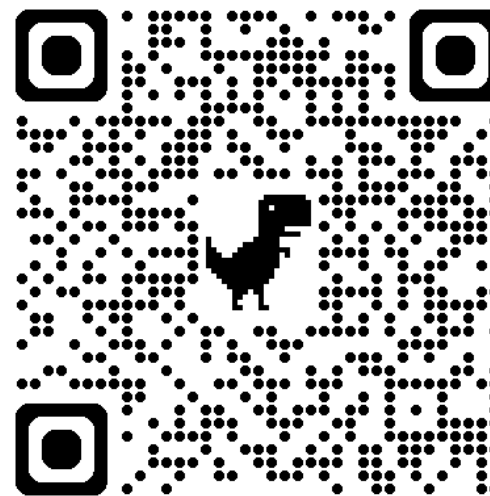
Register for the Webinar Series:  
Or Visit: <https://opqic.org/event-registration/>



The University of Oklahoma is an equal opportunity institution. 5758 Perinatal Clinic and this educational offering is funded in part by the Oklahoma Department of Mental Health and Substance Abuse Services, State Opioid Response (SOR), Grant No. 41030-0004267.

Oklahoma Children's Hospital Health  
OKLAHOMA Mental Health & Substance Abuse  
OPQIC  
OKLAHOMA PERINATAL QUALITY IMPROVEMENT COLLABORATIVE

Topics include Equitable Toxicology, Perinatal Cannabis Use, Stigma, and Trauma-Informed Care.



## DID YOU KNOW?

Your hospital can sign up for the *Becoming Baby Friendly in Oklahoma* initiative.

Interested?

Contact [Rebecca-Mannel@ouhsc.edu](mailto:Rebecca-Mannel@ouhsc.edu)



## THE MORE YOU KNOW...

Low-dose aspirin taken daily from 12 weeks gestation until birth can reduce the risk of preeclampsia (15%), perinatal mortality (21%), preterm birth (20%) and fetal growth restriction (18%).

### WHY TAKE ASPIRIN DURING PREGNANCY?



Your provider told you that **low-dose aspirin** could help you during your pregnancy. You've never heard of someone taking **low-dose aspirin** while pregnant before.  
Let's find out why!

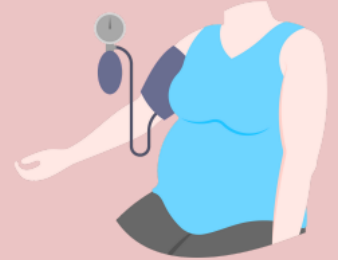
### What is Preeclampsia?

Preeclampsia (pre-eclamp-sia) is a high blood pressure disorder of pregnancy and postpartum that can affect multiple organ systems within your body. In severe cases, preeclampsia can lead to seizures and even stroke.

In addition to high blood pressure, a urine test may show too much protein in a pregnant person's urine. Too much protein means your kidneys may be damaged. If you get preeclampsia, you risk having your baby too early.

### What is Eclampsia?

Eclampsia (e-clamp-sia) is when a person with preeclampsia develops seizures. Eclampsia is a serious medical emergency that can cause strokes or death. Eclampsia only occurs in 3% of people with preeclampsia.



### What are the symptoms of preeclampsia?

- High blood pressure (greater than 140/90)
- Increased swelling in hands and feet and/or rapid weight gain
- A severe headache that doesn't resolve with Tylenol
- Nausea or vomiting
- Abdominal and/or shoulder pain
- Changes in vision
- Shortness of breath or anxiety (feeling of doom)
- Changes in reflexes.
- Some people do not notice symptoms.

Access the QI toolkit at [opqic.org/lda](https://opqic.org/lda)

## THE MORE YOU KNOW...

More than 50% of patients who develop preeclampsia are diagnosed with chronic hypertension on average 14 years after pregnancy.

*Access the QI toolkit at [opqic.org/lda](http://opqic.org/lda)*

**Long-term Impact**

4 out of 5 preeclampsia patients did not receive any information about long-term health risks of preeclampsia following their pregnancies.

I'm not old enough to have high blood pressure!

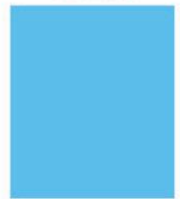
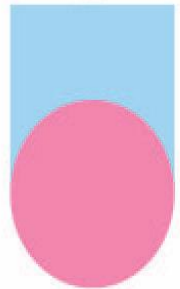
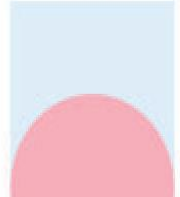
Women who experience preeclampsia are 2-4 times more likely to experience high blood pressure, heart disease, and stroke within the next 5 to 15 years of their life.

**Patient Journey**

**PREECLAMPSIA**  
FOUNDATION



# Preparing



# for a

# Lifetime

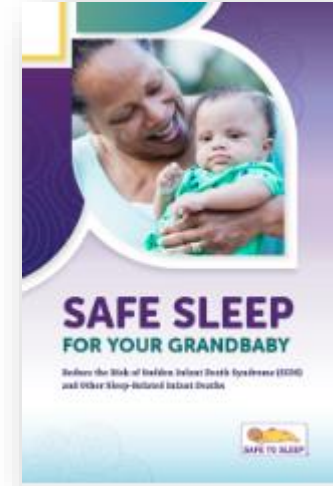
It's Everyone's Responsibility



**DID YOU KNOW?**

The NICHD has updated Safe to Sleep® campaign materials available for free download.

Visit [safetosleep.nichd.nih.gov](https://safetosleep.nichd.nih.gov)



FIND US ON INSTAGRAM  
INSTAGRAM.COM/OPQIC





DID YOU KNOW?

The Period of  
**PURPLE Crying®**  
program is available  
for your hospital.

Contact: Alicia Lincoln  
alicial@health.ok.gov



# Welcome to Oklahoma Mothers' Milk Bank

Vision: Every baby has a healthy start

Mission: To improve the health of babies through safe donor milk

LEARN MORE

Learn more at [okmilkbank.org](http://okmilkbank.org)  
[facebook.com/okmilkbank](https://facebook.com/okmilkbank)

Download the handout  
 → Available in 23  
 languages

[AWHONN.ORG/POSTBIRTH](https://www.awhonn.org/postbirth)

## SAVE YOUR LIFE:

## Get Care for These POST-BIRTH Warning Signs

Most women and postpartum people who give birth recover without problems. But anyone can have a complication for up to one year after birth. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.

Trust your instincts. ALWAYS get medical care if you are not feeling well or have questions or concerns.

<b>Call 911</b> if you have:	<input type="checkbox"/> Pain in chest <input type="checkbox"/> Obstructed breathing or shortness of breath <input type="checkbox"/> Seizures <input type="checkbox"/> Thoughts of hurting yourself or someone else
<b>Call your healthcare provider</b> if you have: (you only need one sign) <small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small>	<input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger <input type="checkbox"/> Incision that is not healing <input type="checkbox"/> Red or swollen leg, that is painful or warm to touch <input type="checkbox"/> Temperature of 100.4°F or higher or 96.8°F or lower <input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes

Tell 911 or your healthcare provider:

"I gave birth on \_\_\_\_\_ and \_\_\_\_\_"  
(Date)  
 I am having \_\_\_\_\_"  
(Specific warning sign)



Scan here to download this handout in multiple languages.

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 catching 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 someone else may mean you have postpartum depression
- Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- Incision that is not healing, increased redness or any pus from episiotomy, vaginal tear, or C-section site may mean an infection
- Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot
- Temperature of 100.4°F or higher or 96.8°F or lower, bad smelling vaginal blood or discharge may mean you have an infection.
- Headache (very painful), vision changes, or pain in the upper right area of your belly may mean you have high blood pressure or post birth preeclampsia



This program is supported by funding from Merck through Merck for Mothers. Merck for Mothers is known as MSD for Mothers outside the United States and Canada.

AWHONN thanks Kenvue for commercial support of the translations of this handout.

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**National  
Maternal  
Mental Health  
Hotline**



**HRSA**  
Health Resources & Services Administration

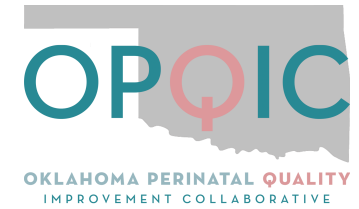
**Maternal Mental  
Health Patient  
Flyers And  
Toolkit  
Available To  
Print**

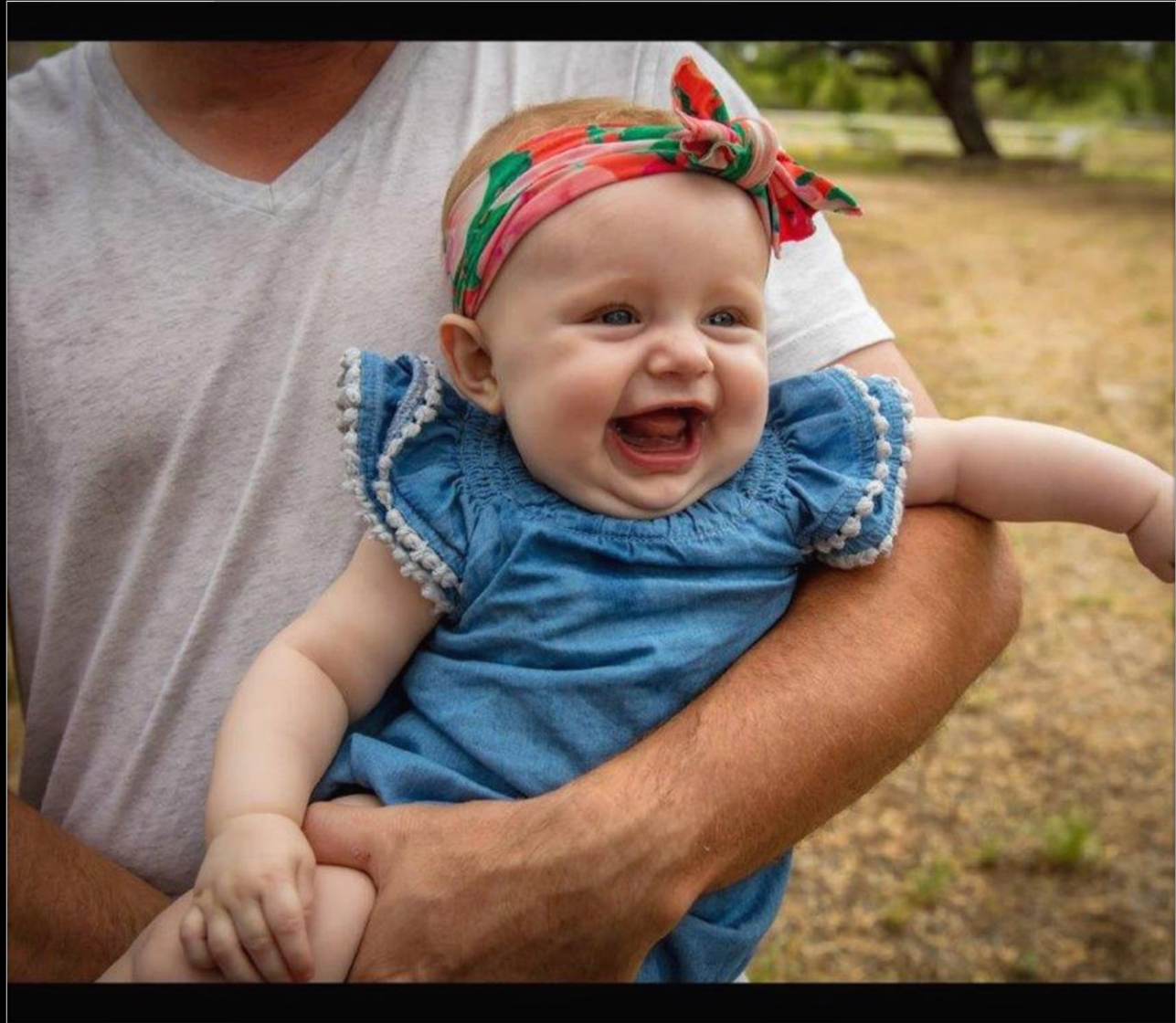
**Visit  
[mchb.hrsa.gov](https://mchb.hrsa.gov)**



**For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)**

**ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES**







THANK YOU TO



Maternal Health  
Access Solutions

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POWERED BY **Ob Hospitalist Group**<sup>SM</sup>

FOR PROVIDING TODAY'S LUNCH!

## THE MORE YOU KNOW...

*Who could benefit from low-dose aspirin during pregnancy?*

*70% of pregnant Oklahomans are eligible based on 2021 ACOG guidelines.*

*Access the QI toolkit at [opqic.org/lda](https://opqic.org/lda)*

Patient has <u>one</u> of the following high-risk factors:	Patient has <u>more than one</u> of the following moderate risk factors:
History of preeclampsia	Nulliparity
Multifetal gestation	Obesity (BMI>30)
Pregestational diabetes (type 1 or 2)	Family history of preeclampsia
Chronic hypertension	Black race
Kidney disease	Lower income
Autoimmune disease	Age 35 or older
Any combination of 2 moderate risk factors	Personal history factors (low birthweight, >10 years since pregnant)
**Source ACOG, USPSTF	Conceived via IVF

## THE MORE YOU KNOW...

*Hospitals with an approved Infant Safe Sleep policy can receive free sleep sacks to distribute to families through the OSDH Hospital Sleep Sack Initiative.*

*Visit [opqic.org/safesleep](https://opqic.org/safesleep)*



# PERINATAL MENTAL HEALTH TOOLKIT

*Find all your perinatal mental health resources in one place:*

- Summaries of perinatal mental health conditions
- Patient screeners
- How to assess and treat perinatal mental health conditions
- Educational resources for providers, patients and families
- A QI guide to integrate mental health care into an OBGYN practice

What if the “happiest time of your life” doesn’t feel so happy?



Access the toolkit at

[www.acog.org/programs/perinatal-mental-health](http://www.acog.org/programs/perinatal-mental-health)



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FOR MAKING OPQIC'S ANNUAL SUMMIT  
HAPPEN!



# WE WANT YOUR FEEDBACK!



Scan the QR code to complete our Summit  
evaluation.

## You Know Your Body Best

If you experience something that seems unusual or is worrying you, don't ignore it.

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

#### During Pregnancy

If you are pregnant, it's important to pay attention to your body and talk to your healthcare provider about anything that doesn't feel right. While it can be difficult to talk about, it's important to get medical care immediately if you experience any of the urgent maternal warning signs.

- 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, nurse or midwife 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/AIAN](http://www.cdc.gov/HearHer/AIAN)

#### 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. Complications can happen up to one year after pregnancy.

#### 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
- Baby's movement stopping or slowing down during pregnancy
- Vaginal bleeding or fluid leaking during pregnancy
- Heavy vaginal bleeding or leaking fluid that smells bad after pregnancy
- Swelling, redness or pain of your leg
- Overwhelming tiredness

*This list is not meant to cover every symptom you might have. If you feel like something just isn't right, talk to your healthcare provider.*

#### 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.

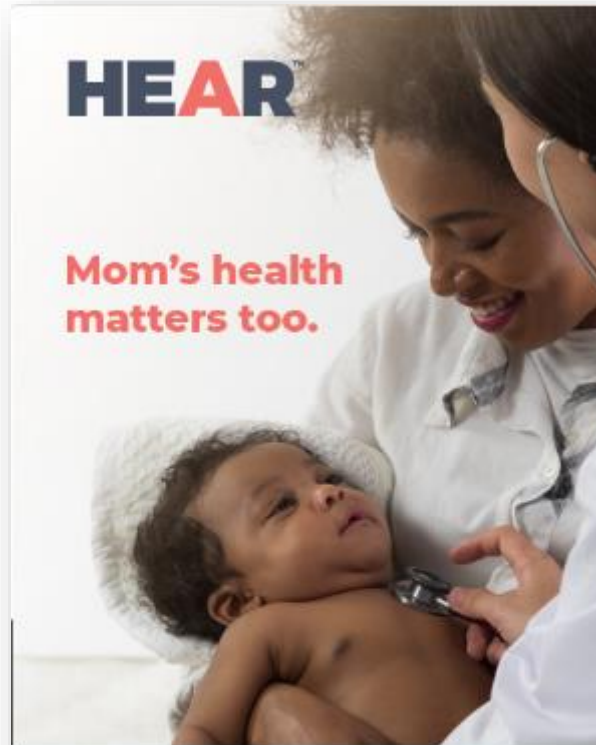
#### Sample questions to ask:

- What could these symptoms mean?
- Is there a test I can have to rule out a serious problem?
- At what point should I consider going to the emergency room or calling 911?

Notes:

# HEAR™

## Mom's health matters too.

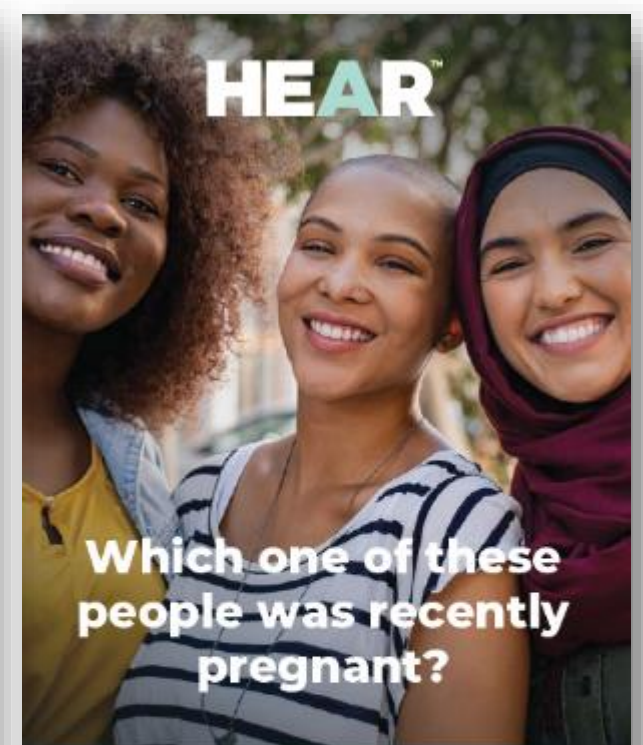


## Listen to her concerns. It could help save her life.

[www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)

# HEAR™

## Which one of these people was recently pregnant?



## Knowing could help save a life.

[www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)

Clinician and patient health equity resources available at [CDC.gov/HearHer](http://CDC.gov/HearHer)







**OKLAHOMA**  
State Department  
of Health



## TEAMBIRTH

Process innovation for clinical safety, effective communication,  
and dignity in childbirth

# OKLAHOMA IS THE FIRST STATEWIDE INITIATIVE

This project is supported by the state maternal health innovation program grant, maternal and child health bureau, health resources and services administration, department of health and human services.



TEAMBIRTH LAUNCH AT  
WEATHERFORD  
REGIONAL HOSPITAL

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# TEAMBIRTH LAUNCH AT GREAT PLAINS REGIONAL MEDICAL CENTER



# UPDATED EPPP TOOLKIT

Access here



## EMPOWER Pregnant & Postpartum Patients

-through education and resources-

### The Overview



#### Urgent Maternal Warning Signs

**Most useful in the Prenatal Care Setting**

- Engage patients and support persons by educating them on Urgent Maternal Warning Signs.
- Place Urgent Maternal Warning Signs posters in clinic exam rooms and waiting areas. Give patients and support persons written materials to keep as a reference.
- Urge patients to ask questions and seek help when they have concerns.
- Offer real-time provider contact and after hours contact information.

**Document this Conversation**

#### AWHONN POST-Birth Warning Signs

**Give to every patient before hospital discharge**

- Educate patients and support persons using AWHONN POST-BIRTH Warning Signs as a tool
- Provide a hard copy to patients and support persons.
- Urge patients to ask questions and seek help when they have concerns.
- Offer real-time provider contact and after hours contact information.

**Document this Conversation**

#### OPQIC Helpful Information Handout

**Give to every patient before hospital discharge**

- Review OPQIC Helpful Information Handout with all patients and support persons.
- Encourage them to use this resource for the non-emergent needs that will arise when they return home.
- Urge patients to reach out with questions or concerns.

**Document this Conversation**

#### Birth Hospital Clinical Summary

**Give to every patient before hospital discharge**

- Educate all patients and support persons on the clinical circumstances of their birth experience by using the Birth Hospital Clinical Summary as a tool.
- This is particularly useful for those patients that experience complications.
- Instruct patients to keep this accessible in case they need to reference it for future hospitalizations or questions about their birth experience.
- Urge patients to bring this clinical summary to future clinical visits or hospitalizations.

**Document this Conversation**



# HELPFUL INFORMATION PATIENT HANDOUT



[opqic.org/for-patients/](https://opqic.org/for-patients/)

## Helpful Information

Place on your refrigerator along with Post-Birth Warning Signs 

### Mental Health

 Maternal Mental Health Hotline  
TEXT or CALL 24/7  
1-833-TLC-MAMA English & Español  
[www.postpartum.net](http://www.postpartum.net)

### Expert Advice

 The 4th Trimester Project  
Expert information for parents and families  
[www.newmomhealth.com](http://www.newmomhealth.com)  
[www.saludmadre.com](http://www.saludmadre.com)

### Breastfeeding

 COBA 24/7 Hotline  
Text OK2BF to 61222  
1-877-271-MILK (6455)  
[www.okbreastfeeding.org](http://www.okbreastfeeding.org)

### More Resources

 Contact OPQIC for more support  
[www.opqic.org](http://www.opqic.org)  
[PatientSupport@opqic.org](mailto:PatientSupport@opqic.org)

**Don't hesitate!**  
Call 911 for a medical emergency  
Call 988 for a mental health emergency  
Contact your provider with Questions



I love you





FIND US ON FACEBOOK  
FACEBOOK.COM/OPQIC



New mom or  
about to be?

Maternal Mental  
Health Patient  
Flyers And Toolkit  
Available To Print

Visit [mchb.hrsa.gov](https://mchb.hrsa.gov)

CALL OR TEXT

1-833-TLC-MAMA





Oklahoma Perinatal  
Nurses Forum (OPNF)



OPQIC is proud to support the next generation of women's and children's healthcare nurses!

OPNF equips new nurses from across the state with essential skills in fetal monitoring, Teambirth, breastfeeding, newborn care, thermoregulation, and obstetric emergencies.



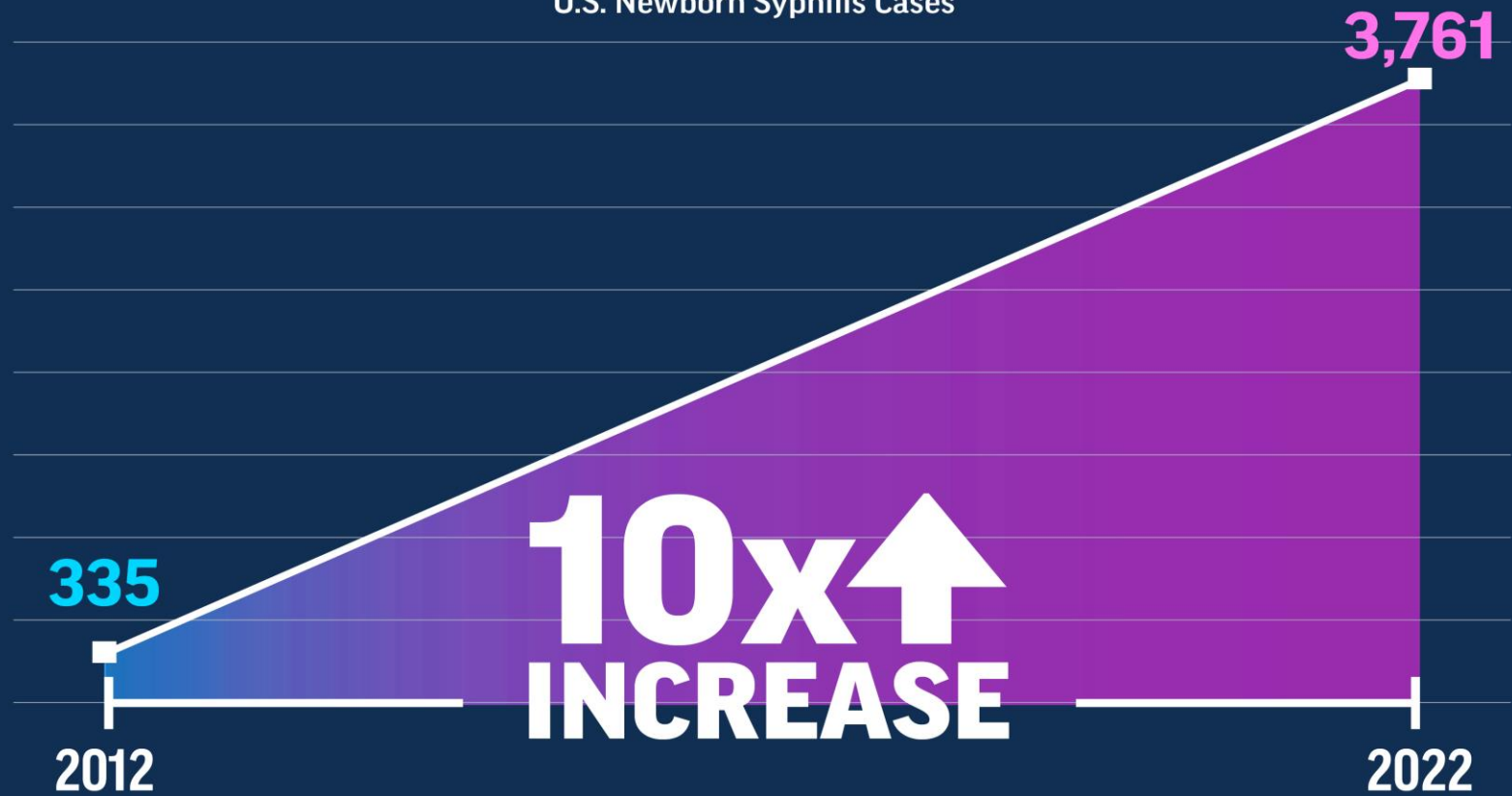
# OBSTETRIC EMERGENCIES IN THE ED WORKSHOPS

- OPQIC facilitated 4 workshops throughout Oklahoma to train ED and OB staff on how to respond to obstetric emergencies.
- Mama Natalie simulation tools were distributed to multiple hospitals across the state.
- Funding was provided by a \$20K AIM grant and OSDH.



# U.S. Newborn Syphilis Cases Surge Over 10 Years

U.S. Newborn Syphilis Cases



**Vital**<sup>CDC</sup>signs™

Source: November 2023 Vital Signs



CS341746

[New CDC data](#) reveal that more than 3,700 babies were born with syphilis in 2022, which was more than 10 times the number in 2012.



# CDC SYPHILIS TESTING RECOMMENDATIONS IN PREGNANCY

It is important for pregnant women to be tested for syphilis *three times* during pregnancy:

- First prenatal visit,
- In the third trimester,
- When the baby is born.



A glass jar filled with lit sparklers, set against a dark background with bokeh light effects. The sparklers are bright and glowing, creating a festive atmosphere. The background is dark with out-of-focus blue and white lights.

**TODAY WE'RE CELEBRATING  
OPQIC'S 10TH SUMMIT-VERSARY!**

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Here's a look at where we've been over the years.





# OPQIC SUMMIT 2015 SPOTLIGHT AWARDS





# OPQIC SUMMIT 2016 SPOTLIGHT AWARDS



Vicky Harter, BSN, RN  
Warren M. Crosby Champion for Maternal and Infant Health





# OPQIC SUMMIT 2017 SPOTLIGHT AWARDS





# OPQIC SUMMIT 2018 SPOTLIGHT AWARDS





# OPQIC SUMMIT 2019 SPOTLIGHT AWARDS



Mildred Ramsey, MPH, RN  
Warren M. Crosby Champion for Maternal and Infant Health





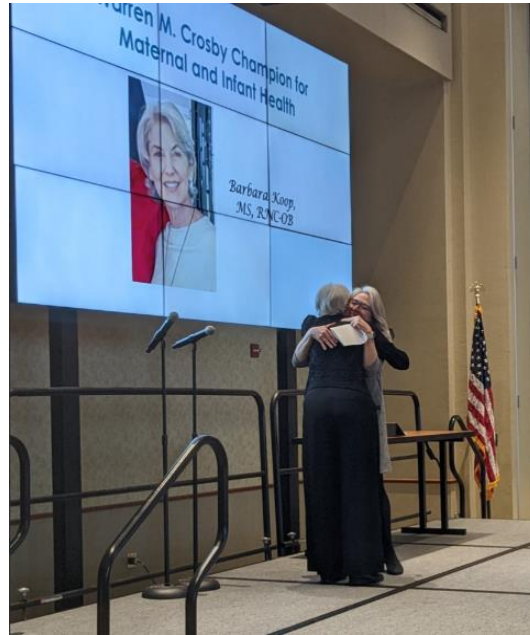
# 2020 VIRTUAL SPOTLIGHT AWARDS







# OPQIC SUMMIT 2022







# OPQIC SUMMIT 2023



BEFORE WE WERE  
OPQIC,  
WE WERE PCEP!

—  
Recognize anyone?



**OUHSC Perinatal Continuing Education Sta**

WHEN OPQIC WAS  
PCEP...

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Introductory Meeting



Fetal Monitoring Workshop

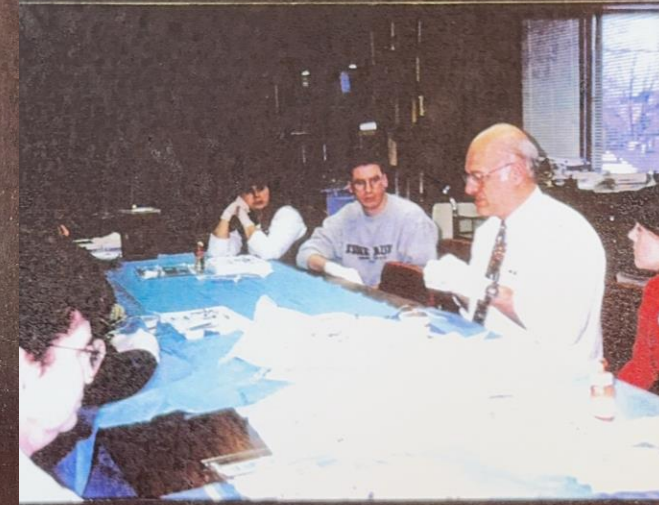


WHEN OPQIC WAS  
PCEP...

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Final Meeting



Coordinators Workshop



Coordinators Workshop