

# Welcome to OPQIC's 12<sup>th</sup> Annual Summit

**Thank you to our Gold sponsor**

**Medtronic**

**for providing today's lunch!**



# 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 about human milk donation at [okmilkbank.org](http://okmilkbank.org).

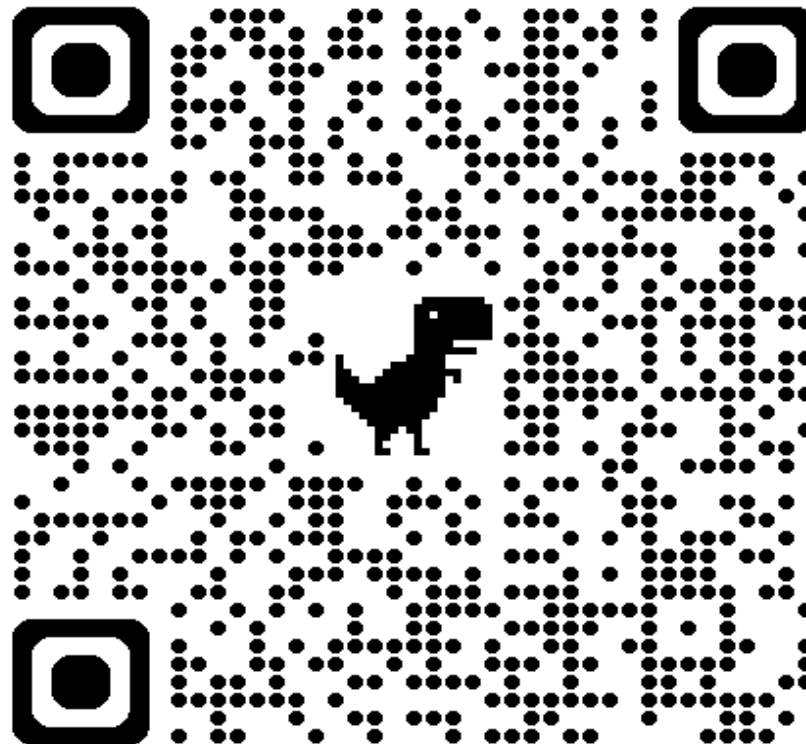
*You can find us at [opqic.org](https://opqic.org)*



# Oklahoma Neonatal Resuscitation Needs Assessment

Please complete the survey if you did not last year. Do not respond if you have already done so.

<https://forms.gle/J1yMLV3rShp8TZn86>



Please use the QR Code to complete the survey.



# New Resource! Newborn Warning Signs

Available in multiple languages.



## NEWBORN WARNING SIGNS

**911** Call 911  
if your baby:

- is not breathing
- is unresponsive
- has a seizure

TRUST  
YOUR  
INSTINCTS

 Go to the emergency  
room or urgent care  
if your baby has:

- difficulty breathing
- a sudden change in color
- green spit-up

 Call your newborn's  
healthcare provider  
if your baby:

- has a temperature below 97.7°F (36.5°C) or above 100.4°F (38°C)
- is not eating well
- has a change in wet or dirty diapers
- shows signs of illness or infection
- has yellow eyes or skin
- is crying more than usual

These newborn warning signs can become life-threatening without medical care.

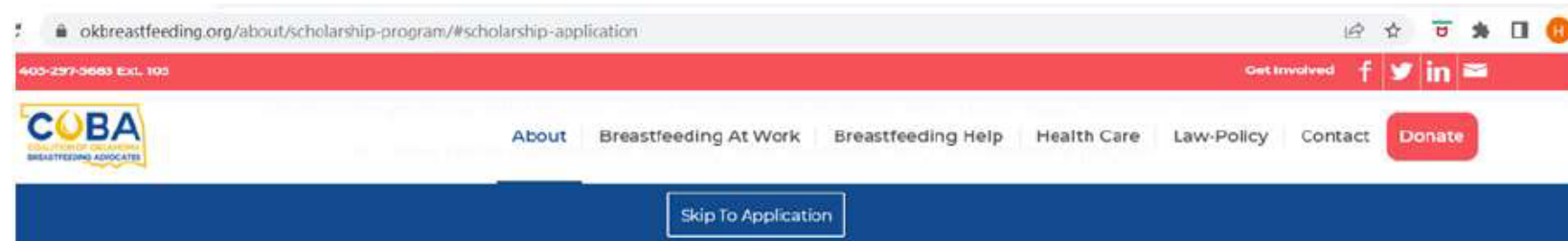
- **If your baby isn't breathing**, begin CPR immediately.
- **An unresponsive baby** is floppy or limp like a rag doll and can't wake up.
- **Seizures** are unusual rhythmic movements that you can't stop.
- **Your baby may have difficulty breathing** if:
  - they have a pause in breathing that worries you
  - they are breathing fast (more than 60 breaths per minute)
  - they are noisy while breathing (wheezing or whistling sounds)
  - they are sucking in below or between the ribs and/or in the neck with each breath
- **A sudden change in color** means your baby may be blue, grey, or pale, especially around the mouth/lips/tongue.
- **Green spit-up** may be a sign of a surgical emergency.
- **If your baby has a low or high temperature**, your healthcare provider will tell you what to do next.
- **Signs your baby isn't eating well** include:
  - unusual vomiting
  - less than 8 feedings in 24 hours
  - regularly needs to be awakened for feedings
  - refuses several feedings
  - unable to suck and swallow well
  - eating for shorter periods of time or taking less than usual from a bottle
- **Change in wet or dirty diapers** means:
  - a decrease in the number of wet diapers per day
  - the stomach seems rounder and harder than usual
  - blood in the diaper
- **Signs of illness or infection** may include redness or drainage from the umbilical cord, bleeding or discharge from the circumcision site, cough, runny or stuffy nose.
- **Yellow eyes or skin** are signs of jaundice which should be evaluated by a healthcare provider.
- **Crying more than usual** means your baby is excessively fussy and difficult to console.

Healthcare Provider's Name/Number: \_\_\_\_\_

Closest Pediatric Hospital: \_\_\_\_\_

Every baby is different. Trust your knowledge of your baby and call your baby's provider if you see signs that are worrisome to you.

- 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)



## 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

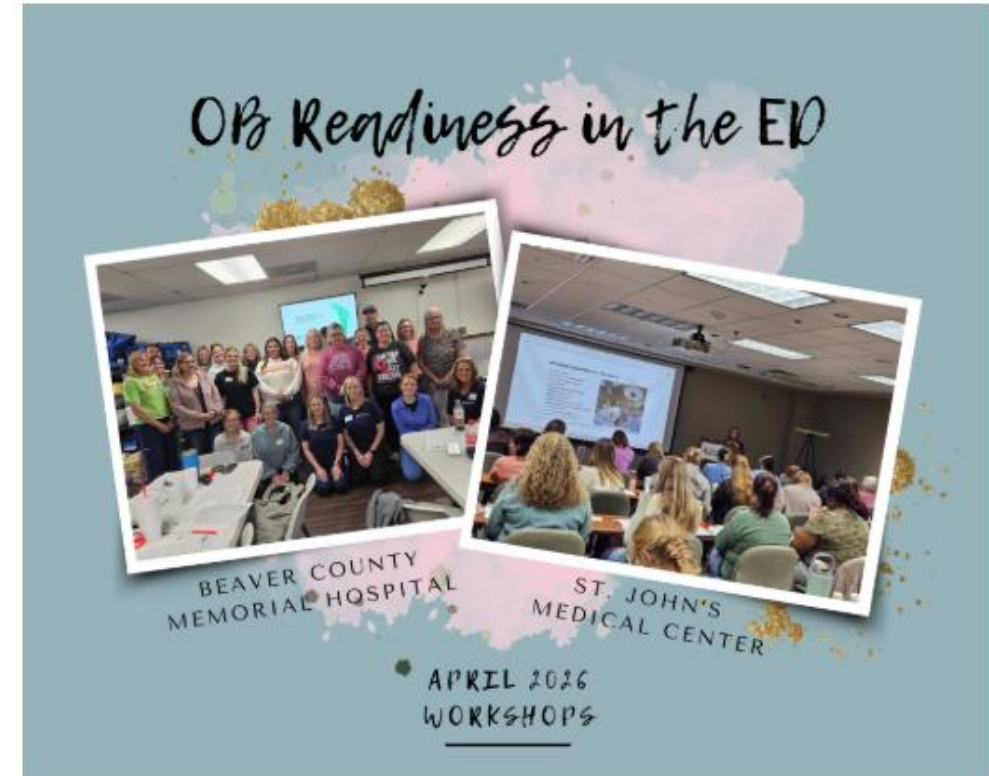
# What's the Latest in Perinatal Care?

Get the latest updates on perinatal care in Oklahoma and more by subscribing to our monthly newsletter!



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

## News and Announcements



### **OPQIC Concludes Spring OPS Workshop Series**

OPQIC recently concluded its spring series of AWHONN Obstetric Patient Safety (OPS) Workshops, bringing together clinicians from across Oklahoma for hands-on obstetric emergency training focused on teamwork, communication, and clinical response.



**Breastfeeding resources *for clinicians and families* available at [OBRC.ouhsc.edu](http://OBRC.ouhsc.edu)**

# OPQIC/Maternal Health Task Force Quarterly Meetings

## 2026-27 Meetings:

October 20, 2026

January 19, 2027

April 20, 2027

July 20, 2027

October 19, 2027

Additional dates to  
be announced.

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



OKLAHOMA  
State Department  
of Health

# Preparing for a Lifetime

It's *everyone's* responsibility.



Access  
Preparing for a Lifetime  
Resources Here



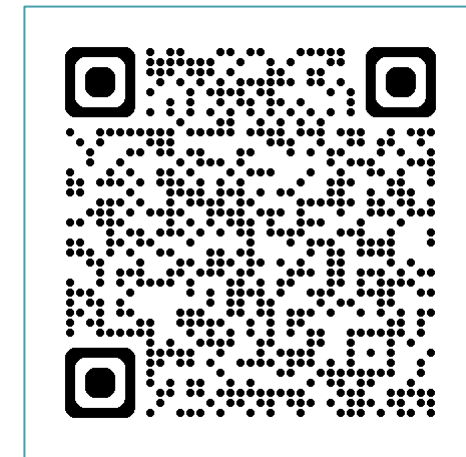


# Assessing the association between the domains of the Atlas Context Assessment and implementation outcomes of the TeamBirth project: a cross-sectional study

Christopher M. Westgard<sup>1</sup>, Lauren Spiegel<sup>1,2</sup>, Vanessa L. Neergheen<sup>1</sup>, Ki-Do Eum<sup>1</sup>, Sam Woodbury<sup>1</sup>, Ami Karlage<sup>1</sup>, Stuart Lipsitz<sup>1</sup>, Francine L. Maloney<sup>1</sup>, Trisha Short<sup>1</sup>, Amber Weiseth<sup>1</sup>, William Berry<sup>1</sup> and Meagan Elam<sup>1\*</sup>

## A Secondary Analysis of TeamBirth Findings:

- **Organizational context matters.** Strong implementation teams, staff commitment, and supportive workplace culture were linked to greater TeamBirth huddle participation.
- **Commitment and motivation had the strongest association.** Hospitals scoring higher in this area had more than **6 times the odds** of TeamBirth huddle participation.



# Find Us On Instagram



[Instagram.com/opqic](https://www.instagram.com/opqic)



# Maternity care access in Oklahoma



What are maternity care deserts?

Counties with no hospital or birth center with labor and delivery services and no obstetric clinicians

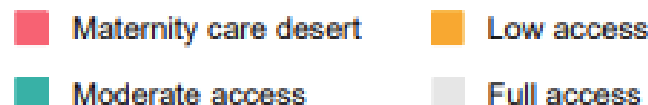
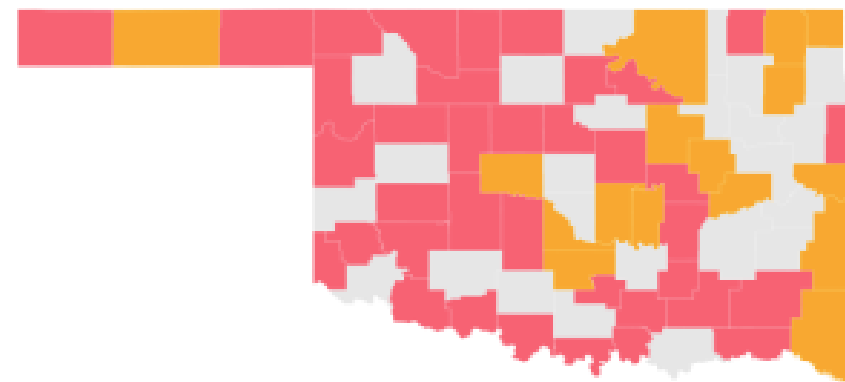
**1 in 2 counties in Oklahoma are maternity care deserts, affecting nearly 80,000 women and 5,000 births annually**

Limited access to maternity care can impact health outcomes for both mom and baby.

|  Counties |  Women |  Babies |
|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <b>48.1%</b><br>of counties are maternity care deserts (MCDs)                              | <b>80K</b><br>women ages 15 to 44 live in MCDs                                          | <b>5K</b><br>births annually to MCD residents                                              |

Data reflects access to maternity care as of 2024. For more information on designations and data sources, [see the full report](#).

## Maternity care access designations



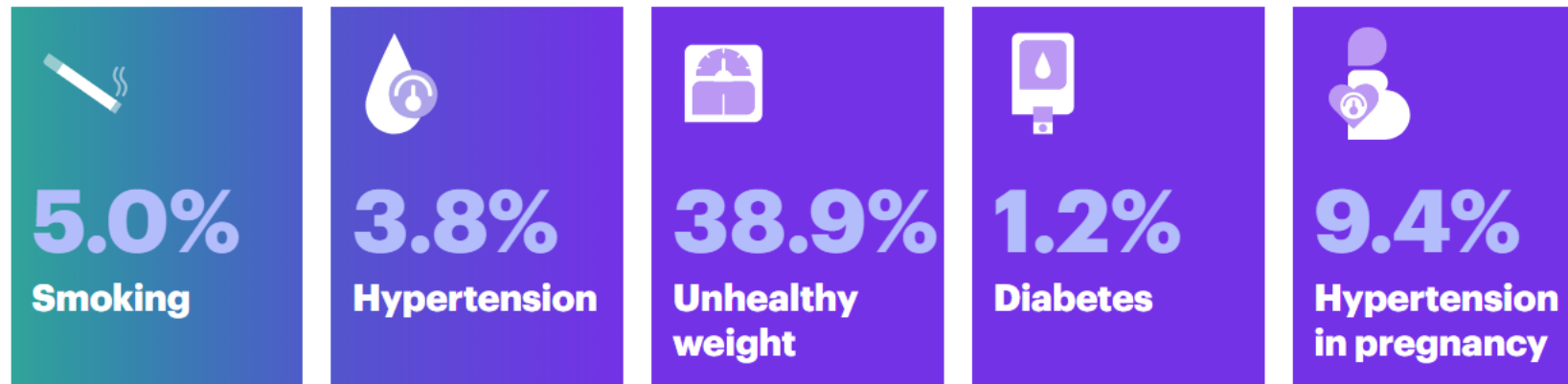
U.S. Percent



# March of Dimes 2025 Oklahoma Report Card

**Some health conditions make people more likely to have a preterm birth or experience other poor birth outcomes**

The tiles display the percentage of all live births exposed to each condition in 2024.



# March of Dimes 2025 Oklahoma Report Card

## SUMMARY TABLE

Refer to each individual section for more info on each measure.

|                      | Preterm birth       | Infant mortality         | Low-risk Cesarean        | Adequate PNC*        | Severe maternal morbidity        | Maternal mortality          |
|----------------------|---------------------|--------------------------|--------------------------|----------------------|----------------------------------|-----------------------------|
| <b>Measure</b>       | 11.0%               | 7.1                      | 25.4%                    | 78.9%                | 77.9                             | 27.3                        |
| <b>Rank</b>          | 37th of 52          | 46th of 52               | 23rd of 52               | 21st of 52           | 12th of 47                       | 31st of 48                  |
| <b>Direction*</b>    | No change           | Worsened                 | Improved                 | Improved             | Improved                         | Improved                    |
| <b>HP2030 Target</b> | 9.4% of live births | 5.0 deaths per 1k births | 23.6% of low-risk births | 80.5% of live births | 64.4 per 10K hospital deliveries | 15.7 deaths per 100k births |

**Note:** \*Measure differs from inadequate PNC. Adequate is presented to align with Healthy People 2030 target. Rank determined for all states with available data with 1 being the best. †Denotes statistically significant change from prior year ( $P < 0.05$ ). See [Technical Notes](#) for details.

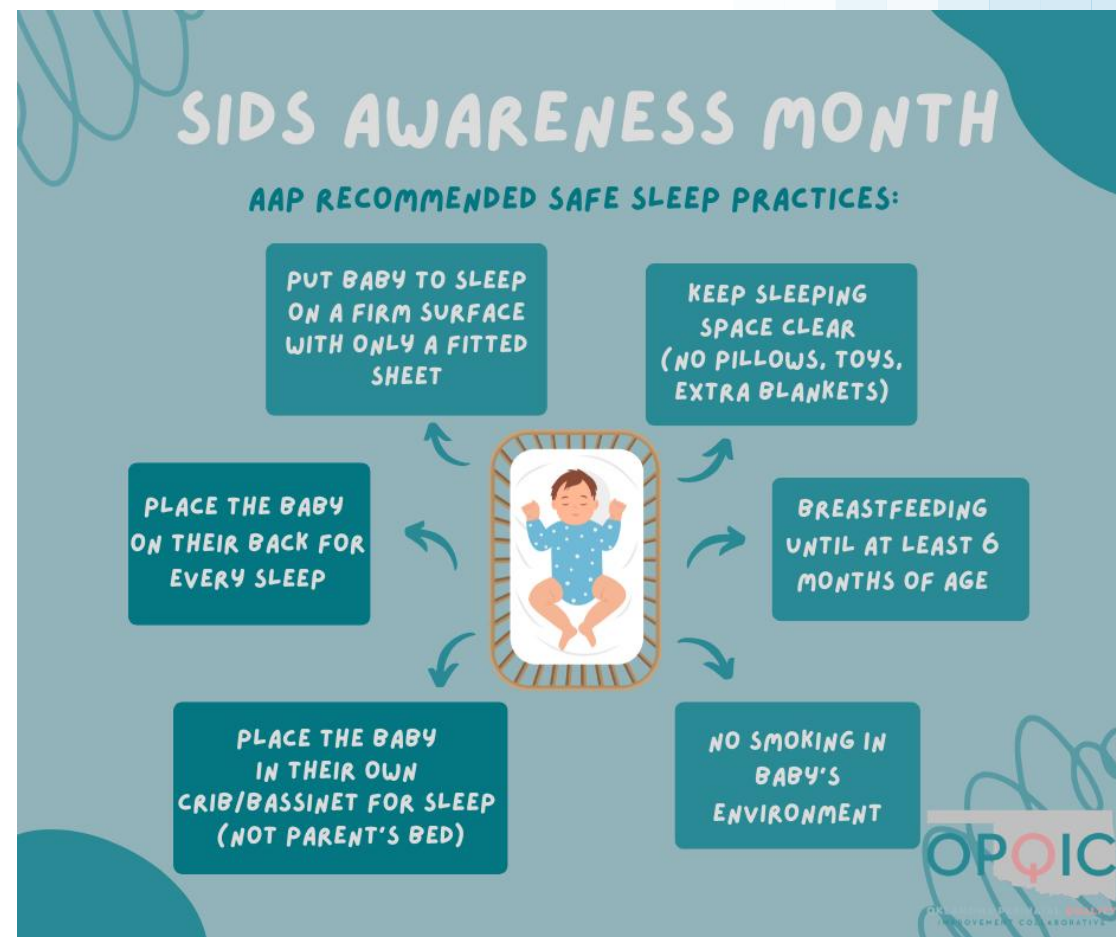
# October is SIDS Awareness Month

## Top 3 Causes† of Infant Death for All Infants

2021-2023 (Suppressed if <5)

- 1 Disorders related to short gestation and low birth weight, not elsewhere classified (P07)
- 2 Congenital malformations, deformations and chromosomal abnormalities (Q00-Q99)
- 3 Sudden infant death syndrome (R95)

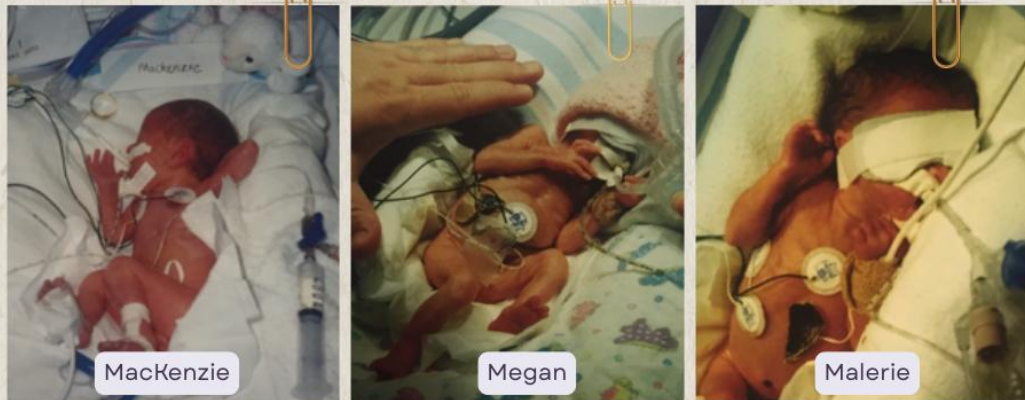
SIDS deaths were the 3rd leading cause of infant deaths in Oklahoma from 2021-2023.



*DYK?*

# November is Prematurity Awareness Month

IN OKLAHOMA, 1 OUT OF EVERY 9  
BABIES IS BORN PREMATURELY



MacKenzie Megan Malerie

Prematurity Awareness Month

BEING BORN TOO SOON CAN AFFECT A  
BABY'S HEALTH NOT JUST AT BIRTH, BUT  
FOR YEARS TO COME.

OPQIC

2025  
REPORT CARD GRADE  
OKLAHOMA



Preterm  
birth grade

**D**

Preterm  
birth rate  
**11%**

Black  
babies are  
**1.4** times  
more  
likely to be  
preterm than  
all other  
babies.

# Save the Date for Summit 2027!

## 13th Annual OPQIC Summit

*Save The Date*

**10.21.27**

Location: Oklahoma City Convention Center

100 Mick Cornett Dr.

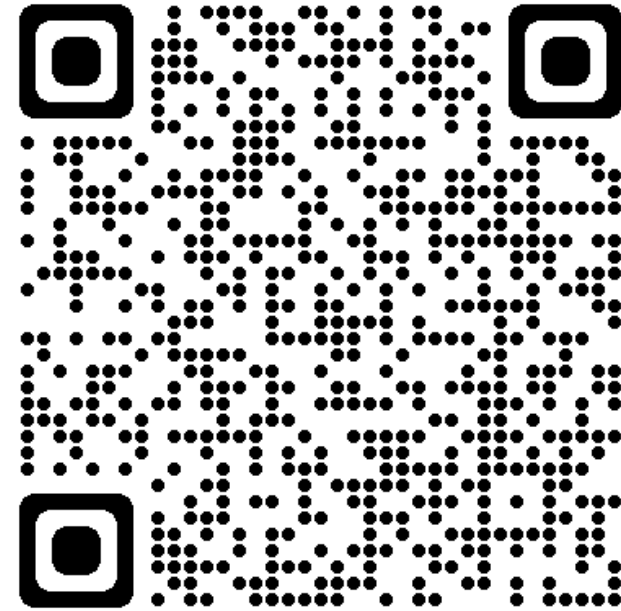
Oklahoma City, OK 73109

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

OHA  
CONNECT

OPQIC

# You Can Find Us On LinkedIn



[LinkedIn.com/opqic](https://www.linkedin.com/company/opqic)





CALL TODAY!

1-877-271-7611

parentPRO.org



**OKLAHOMA**  
State Department of Health



# You Can Find Us On Facebook



[Facebook.com/opqic](https://Facebook.com/opqic)

**Ask your patients the  
One Key Question...**

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# The 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)**

# Connect Your Patients to Community Resources in Oklahoma

The "Be A Neighbor" platform connects to local resources for transportation, food, childcare, mental health, utility assistance and more.





Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here:

[About](#) | [Join the Network](#) | [Partner Materials](#)

*If you or someone you know is in crisis, call or text 988 to reach the [Suicide and Crisis Lifeline](#), chat with them online via their website, or text HOME to 741741 (multiple languages available). If this is an emergency, call 911.*

ZIP code

Enter your ZIP code

SEARCH

Powered by 

# New Resource for Breastfeeding Families!

The new Breastfeeding Resource app offers educational videos, family services, telehealth support, and more!

Flyers are available in English and Spanish.

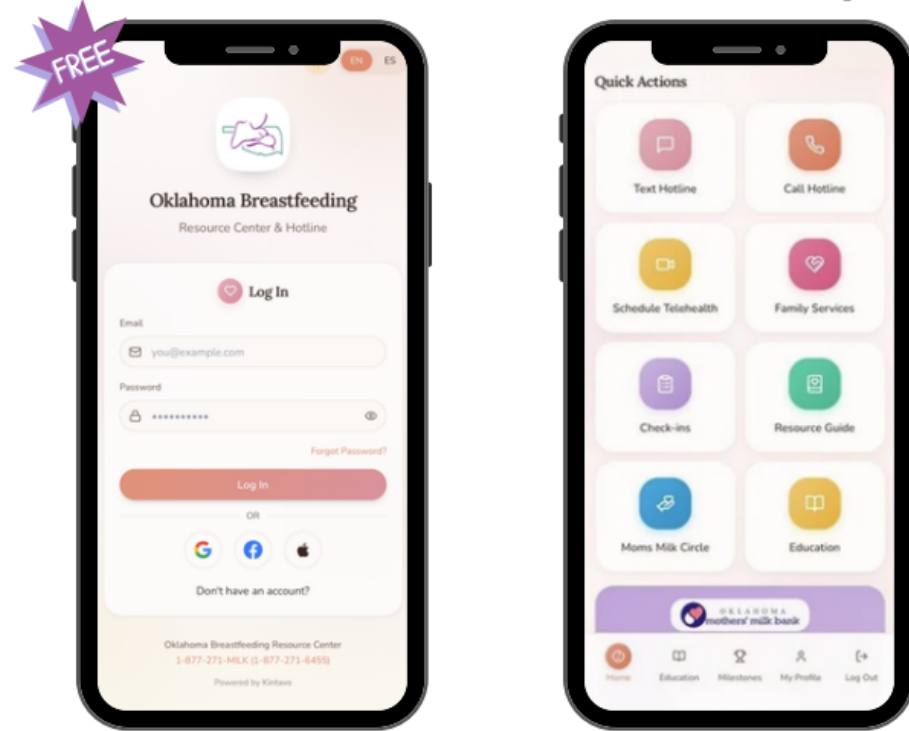
Download the forms at:  
<https://obrc.ouhsc.edu/>



## Download the OK BF App

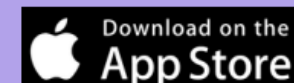
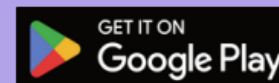
*From the Oklahoma Breastfeeding Resource Center & Hotline*

**All of our *FREE* services and more in one place!**



**Search “OK BF” in your app store or scan the QR Code**

**All services are offered by breastfeeding experts, International Board Certified Lactation Consultants.**



**Thank you to our Gold sponsor**

**Medtronic**

**for providing today's lunch!**

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# 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*.





# Midwifery Project Goals

1



Elevate and Improve  
Midwifery Access  
and Services

2



Enhance and Grow  
the Midwifery  
Workforce

3



Expand Midwifery  
Awareness and  
Education

4



Improve the Quality  
and Safety of  
Community Birth  
Transfers





**OKLAHOMA MATERNAL ADDICTION AND  
MENTAL HEALTH ASSISTANCE INITIATIVE**



In 2023-2024, only **59.6%** 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](https://www.cdc.gov/flu/protect/vaccine/pregnant.htm)

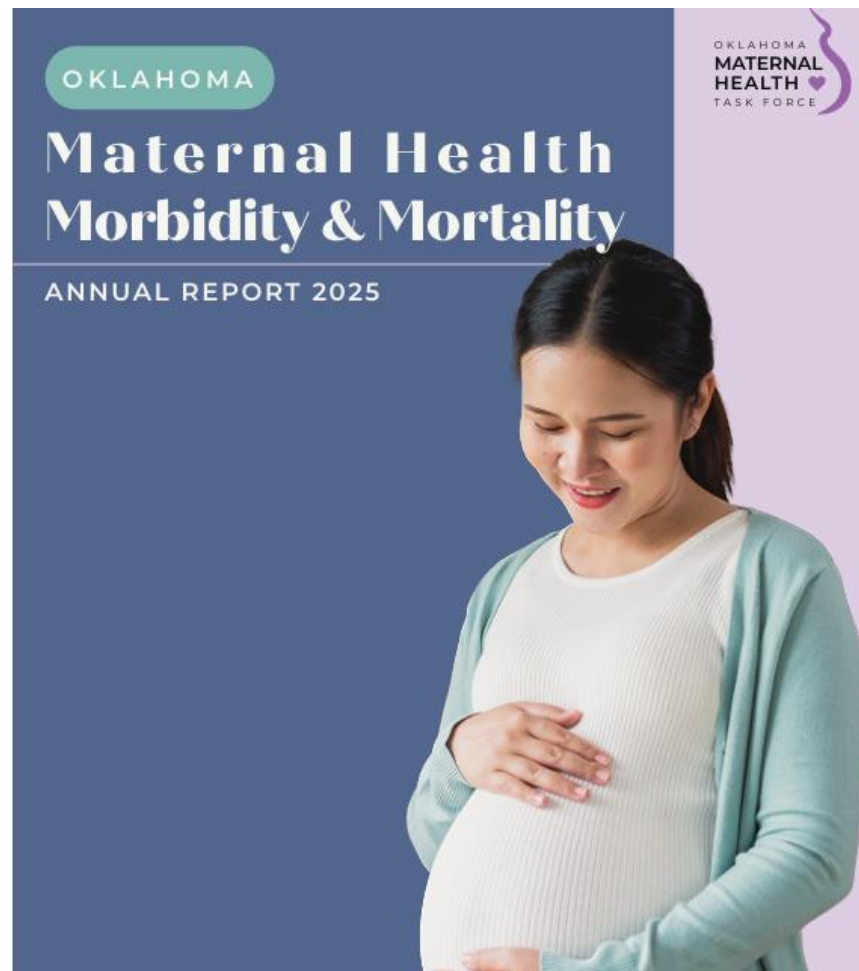


U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# 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.***

# *Coming Soon:* Oklahoma's 2026 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.

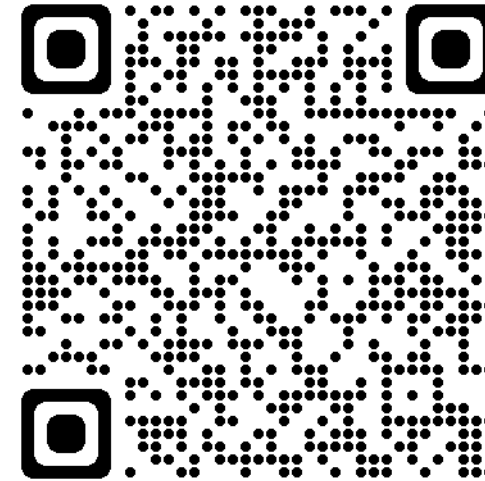
# Perinatal Mental Health Tool Kit



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.



# Find Us On YouTube



Subscribe to OPQIC

*You can find us at [opqic.org](https://opqic.org)*



# Did You Know?

**1-800-QUITNOW**

**OKhelpline.com**

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





# Oklahoma's 10 Baby-Friendly Hospitals!

- |                                                         |                     |
|---------------------------------------------------------|---------------------|
| ▪ <u>Cherokee Nation W. W. Hastings Hospital</u>        | (07/2015) (01/2022) |
| ▪ <u>INTEGRIS Health Baptist Medical Center</u>         | (01/2015) (03/2023) |
| ▪ <u>SSM Health St. Anthony Hospital - OKC</u>          | (11/2016) (01/2023) |
| ▪ <u>Chickasaw Nation Medical Center, Ada, OK</u>       | (05/2017) (07/2023) |
| ▪ <u>Memorial Health System of Oklahoma, Lawton, OK</u> | (10/2015) (03/2020) |
| ▪ <u>Integris Canadian Valley Hospital</u>              | (02/2019)           |
| ▪ <u>Oklahoma Children's Hospital at OU Health</u>      | (12/2019) (4/2025)  |
| ▪ <u>Duncan Regional Hospital</u>                       | (01/2022)           |

On the pathway to become Baby-Friendly:

- Stillwater Medical Center
- Newman Memorial Hospital
- Choctaw Nation Healthcare Center



# Did you know?

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

Interested?

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

# Did 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%)
- 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!

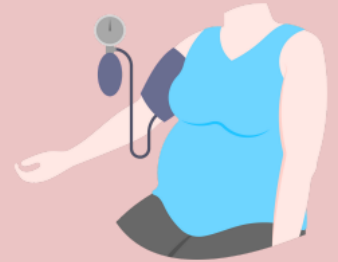
## What is Preeclampsia?

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.



## Did 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](https://opqic.org/lda)*

# Preparing for a Lifetime

It's *everyone's* responsibility.



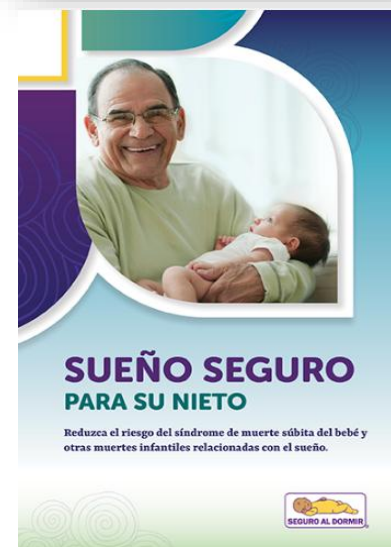
Access  
Preparing for a Lifetime  
Resources Here



# Promoting Safe Sleep

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

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





# The National Safe Sleep Hospital Certification Program

Helping Every Baby Sleep Safer



**SIDS is the 3<sup>rd</sup> leading cause of death in Oklahoma infants. Providing safe sleep education before discharge is key to reducing unsafe sleep-related deaths. Get certified today!**

# Find Us On Instagram



[Instagram.com/opqic](https://www.instagram.com/opqic)

## Page to Practice

A 2-part deep dive educational offering on quality and safety topics: one a brief conversation with the author of an article or guidance publication, followed by a separate teaching webinar on implementation and actional take aways for patient care.

### ARRIVE Lecture

**The ARRIVE Trial: Evidence, Outcomes, and Counseling for the 39 Week Conversation**

**Date:** June 24, 2026

### ARRIVE Conversation

**From Trial to Practice: The Current Impact of the ARRIVE Trial**

**Date:** June 17, 2026

### SMM Lecture

**Trauma-Informed Strategies to Support Patients and Families During and After Severe Maternal Morbidity**

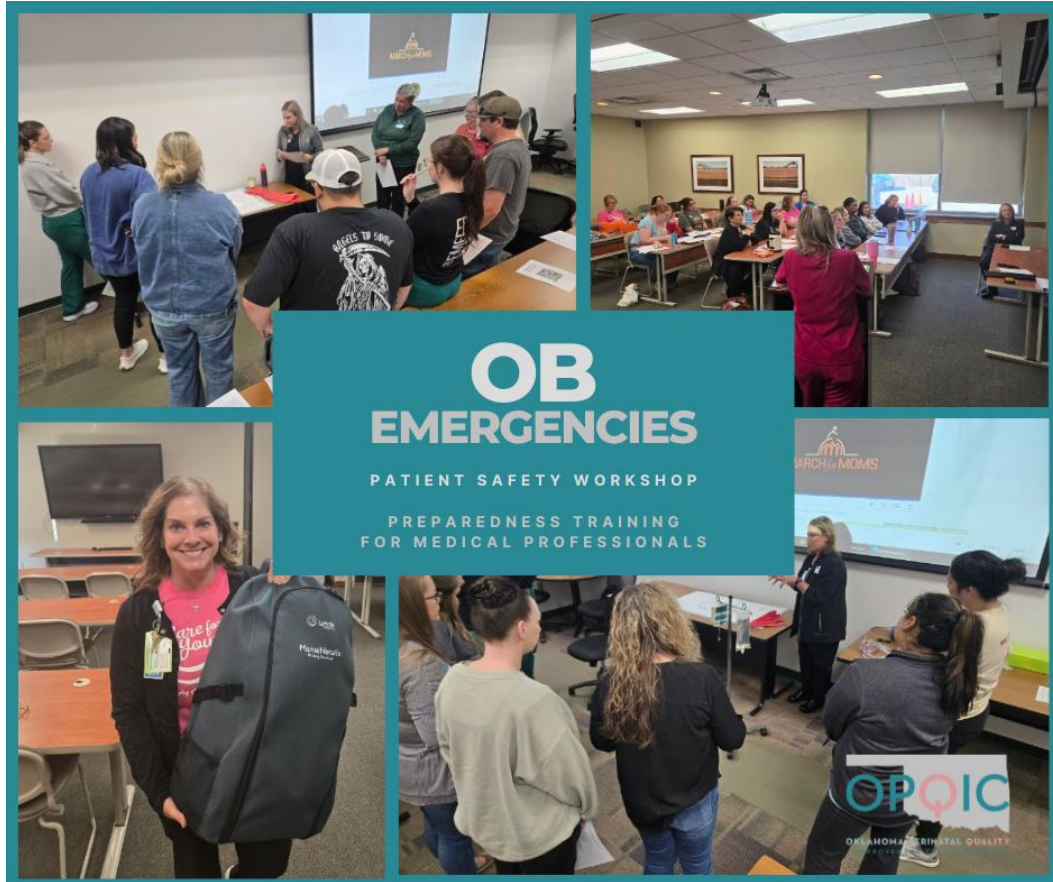
**Date:** April 20, 2026

### SMM Conversation

**Bridging the Gaps: Advancing Severe Maternal Morbidity Measurement, Quality Improvement, and Trauma-Informed Care**

**Date:** April 16, 2026

# OB Emergencies Workshops



- 2026 Spring Workshops were hosted by Ascension St. John Medical Center, Beaver County Memorial Hospital and Chickasaw Nation Medical Center
- 116 Participants from ICU, ED, Med-Surg, L&D, and other hospital teams.
- Gained 1 new instructor, and 1 new co-instructor.
- Interested in attending a workshop in 2027? Contact Katie Morgan at [Katie@okoha.com](mailto:Katie@okoha.com)

# Did you know?

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

Contact: Alicia Lincoln  
[alicial@health.ok.gov](mailto: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)

**FACT: Most maternal deaths occur in the postpartum period.**

**Save a life** by educating every discharging family using this flyer

→ Available in 50 languages



# 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><br>if you have:                                                                                                                                                       | <input type="checkbox"/> Pain in chest<br><input type="checkbox"/> Obstructed breathing or shortness of breath<br><input type="checkbox"/> Seizures<br><input type="checkbox"/> Thoughts of hurting yourself or someone else                                                                                                                                                                                                                                           |
| <b>Call your healthcare provider</b><br>if you have:<br>(you only need one sign)<br><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<br><input type="checkbox"/> Incision that is not healing<br><input type="checkbox"/> Red or swollen leg, that is painful or warm to touch<br><input type="checkbox"/> Temperature of 100.4°F or higher or 96.8°F or lower<br><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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16005

# Maternal mental health flyers and magnets are **FREE** to print or order.



*Visit the HRSA Website*



*Order **FREE** magnets  
or posters.*



**National  
Maternal  
Mental Health  
Hotline**

**HRSA**  
Health Resources & Services Administration

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

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

# 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?



## Millions of Americans have mental and substance use disorders. Find treatment here.

Welcome to FindTreatment.gov, the confidential and anonymous resource for persons seeking treatment for mental and substance use disorders in the United States and its territories.



### Find a Treatment Facility

Search

Thank You to Our Silver Sponsor!

**Humana**  
Healthy Horizons®  
in Oklahoma

---

INTERVENTION COLLABORATIVE

# Did 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)     |
| <i>**Source ACOG, USPSTF</i>                               | Conceived via IVF                                                        |



# Did 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)

# Low-Dose Aspirin for Preeclampsia Prevention:

Implementation Guide  
for Clinical Teams



**LOW DOSE  
BIG BENEFITS™**

CMQCC  
California Maternal  
Quality Care Collaborative

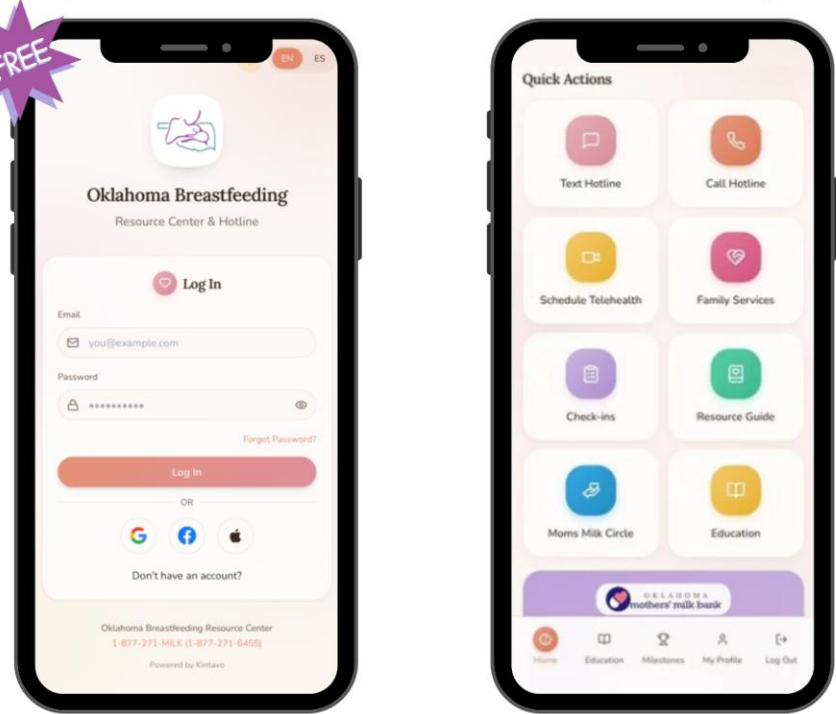


***Now Available!***  
**QI Toolkit for clinical teams seeking to reduce rates of  
preeclampsia.**

# Download the OK BF App

From the Oklahoma Breastfeeding Resource Center & Hotline

All of our **FREE** services and more in one place!



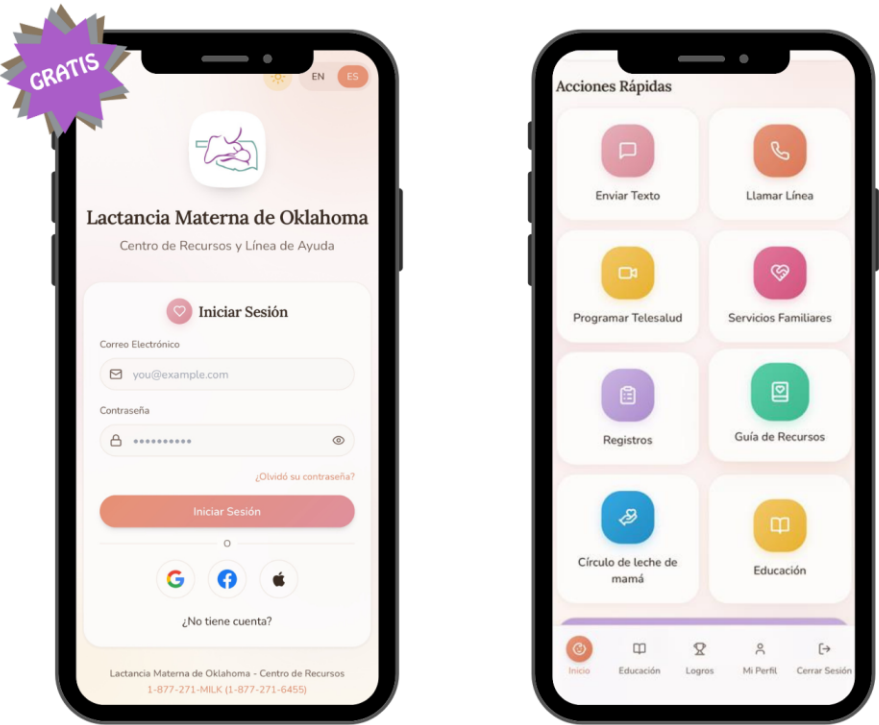
# OK BF Mobile App

Everything  
breastfeeding families  
need,  
all in one place!

# Descarga la aplicación OK BF

Del Centro de Recursos de Lactancia Materna de Oklahoma y la Línea Directa

¡Todos nuestros servicios **GRATIS** y más en un solo lugar!



Search “**OK BF**” in your app store or scan the QR Code

All services are offered by breastfeeding experts, International Board Certified Lactation Consultants.



Busca “**OK BF**” en tu tienda de aplicaciones o escanea el código QR

Todos los servicios son ofrecidos por expertos en lactancia, consultores en lactancia certificados por la Junta Internacional.



# Do you offer lactation services?

List your organization on the new, interactive Lactation Resource Guide by OBRC!

| Services    | Region        | Payment             | Facility Type | Spanish Speaking | Other Languages       | Class/Group Type              |                                                                                                                                                                  |
|-------------|---------------|---------------------|---------------|------------------|-----------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Donor Milk  | Central       | Free                |               |                  | Caddo                 | In Person Breastfeeding Class | <b>TO SEE CLASS &amp; GROUP INFORMATION,</b><br><br><b>MAKE YOUR SELECTION</b><br><br><b>THEN USE THE BAR AT THE BOTTOM OF THE TABLE TO SCROLL TO THE RIGHT.</b> |
| Home Visits | North Central | Medicaid/Soonercare | Tribal        | Yes              | German                | In Person Support Group       |                                                                                                                                                                  |
| Inpatient   | North East    | Private Insurance   | WIC Clinic    |                  | Interpreter available | Virtual Breastfeeding Class   |                                                                                                                                                                  |
| Outpatient  | South East    | Self-Pay            |               |                  |                       | Virtual Support Group         |                                                                                                                                                                  |
| Telehealth  | South West    |                     |               |                  |                       |                               |                                                                                                                                                                  |
|             | State-Wide    |                     |               |                  |                       |                               |                                                                                                                                                                  |



| Facility / Company                               | IBCLC or Other | Contact Person              | Email Address                                                                                    | Scheduling Number | City          | Location                                     |
|--------------------------------------------------|----------------|-----------------------------|--------------------------------------------------------------------------------------------------|-------------------|---------------|----------------------------------------------|
| Airway Health and Tongue Tie Center of Oklaho... | IBCLC          | Carla Sullivan, DMD, IBCLC  | <a href="mailto:info@tonguetieok.com">info@tonguetieok.com</a>                                   | 918-528-9700      | Tulsa         | 3124 E. 71st Street, Ste 130, Tulsa, OK, 7   |
| Array Nutrition & Lactation PLLC                 | IBCLC          | Wendy Wilson, RDN/LD, IBCLC | <a href="mailto:wendy.wilson@arraynutrition.com">wendy.wilson@arraynutrition.com</a>             | 405-215-9248      | Oklahoma City | Oklahoma City, OK, 73170                     |
| Ascension St. John Jane Phillips                 |                |                             | <a href="mailto:shauna.conn@ascension.org">shauna.conn@ascension.org</a>                         | 918-331-1105      | Bartlesville  | 3500 SE Frank Phillips Blvd, Bartlesville, . |
| Ascension St. John Medical Center                | IBCLC          |                             |                                                                                                  | 918-212-0795      | Tulsa         | 1923 S Utica, Tulsa, OK, 74104               |
| Boundless Bonds Lactation Care LLC               | IBCLC          | Marissa Foster BS IBCLC     | <a href="mailto:Marissafoster.ibclc@gmail.com">Marissafoster.ibclc@gmail.com</a>                 | 405-223-1340      | Norman        | Norman, OK, 73071                            |
| Caddo Nation Childcare                           | Other          |                             | <a href="mailto:rwhittle@mycaddonation.com">rwhittle@mycaddonation.com</a>                       | 405-656-6249      | Binger        | 117 Memorial Ln, Binger, OK, 73005           |
| Cherokee Nation WW Hastings Hospital             |                |                             | <a href="mailto:health@cherokeemnationhealth.org">health@cherokeemnationhealth.org</a>           | 918-458-3100      | Tahlequah     | 100 S. Bliss Ave., Tahlequah, OK, 74464      |
| Chickasaw Nation Medical Center                  | IBCLC          |                             | <a href="mailto:LactationSupport@chickasaw.net">LactationSupport@chickasaw.net</a>               | 580-436-6200      | Ada           | 1921 Stonecipher Blvd., Ada, OK, 74820       |
| Chickasaw Nation WIC                             | IBCLC          |                             | <a href="mailto:laura.robinson@chickasaw.net">laura.robinson@chickasaw.net</a>                   | 580-399-2000      | Ada           | 1001 N. Country Club, Ada, OK, 74820         |
| Choctaw Nation Health Care Center                | IBCLC          |                             |                                                                                                  | 918-567-7000      | Talihina      | 1 Choctaw Way, Talihina, OK, 74571           |
| Citizen Potawatomi Nation WIC                    | IBCLC          |                             |                                                                                                  | 4052733216        | Shawnee       | 1601 S. Gordon Cooper Dr., Shawnee, O        |
| Creek County Health Dept WIC                     | IBCLC          |                             |                                                                                                  | 918-224-5531      | Sapulpa       | 314 E. Dewey Ave, Sapulpa, OK, 74066         |
| Dewbre Pediatric Dentistry                       | IBCLC          | Sarah Bendure, RN, IBCLC    | <a href="mailto:office@dewbrepediatricdentistry.com">office@dewbrepediatricdentistry.com</a>     | 405-341-3030      | Edmond        | 169 E. 33rd St., Edmond, OK, 73013           |
| Duncan Regional Hospital                         | IBCLC          |                             |                                                                                                  | 580-251-8830      | Duncan        | 1407 N Whisenant Dr, Duncan, OK, 735         |
| Expression Lactation LLC                         | IBCLC          | Kelsey Schones, APRN, IBCLC | <a href="mailto:kelseyschones@expressionlactation.com">kelseyschones@expressionlactation.com</a> | 580-246-4314      | Elk City      | 112 Meadow Ridge Drive, Elk City, OK, 7      |
| Hillcrest Hospital Claremore                     | IBCLC          |                             | <a href="mailto:cecilia.bates@hillcrest.com">cecilia.bates@hillcrest.com</a>                     | 918-342-6762      | Claremore     | 1202 N Muskogee Pl., Claremore, OK, 74       |
| Hillcrest Hospital South                         |                |                             |                                                                                                  | 918-294-4250      | Tulsa         | 8801 S 101st E Ave, Tulsa , OK, 74133        |
| Hillcrest Medical Center - Tulsa                 | IBCLC          |                             |                                                                                                  | 918 579-8018      | Tulsa         | 1120 South Utica, Tulsa, OK, 74104           |
| Hope Center WIC Office                           | IBCLC          |                             | <a href="mailto:edmondwic@gmail.com">edmondwic@gmail.com</a>                                     | 405-348-4680      | Edmond        | 1251 N. Broadway, Edmond, OK, 73034          |
| Hughes County Health Department (At Pottawat...  | IBCLC          |                             |                                                                                                  | 405-273-2157      | Shawnee       | 1904 Gordon Cooper Dr. , Shawnee, OK         |
| Indian Health Service/Clinton Service Unit       |                |                             |                                                                                                  | 580-331-3300      | Clinton       | 10321 N. 2274 Rd., Clinton, OK, 73601        |



## 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.

### 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. If you experience any of the urgent maternal warning signs, get medical care immediately.

### 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)

*Tear this panel off and use this guide to help you start the 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
- 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

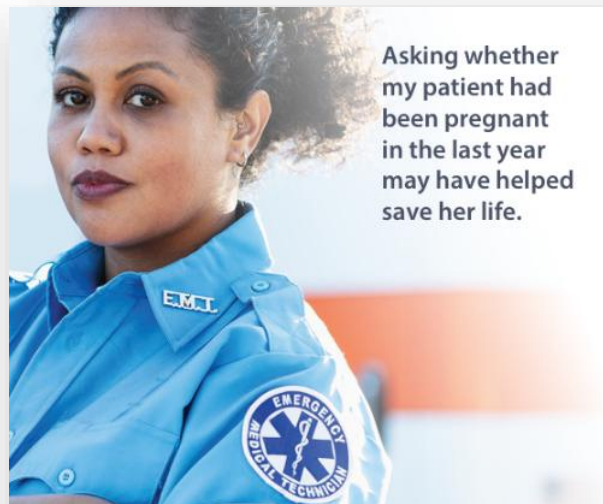
### Use This Guide to Help Start the Conversation:

- 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:



Asking whether my patient had been pregnant in the last year may have helped save her life.

Life-threatening complications can happen up to a year after pregnancy. Most pregnancy-related deaths are preventable.

**Ask whether your patient is pregnant or was pregnant in the last year.**

Connect her to the care she needs right away.

**HEAR**  
HEAR HER CONCERNS

Learn more at [cdc.gov/HearHer](http://cdc.gov/HearHer)



### Mom's health matters too.

Women can suffer from life-threatening complications up to a year after giving birth. **When she comes in for her infant's visit, listen for urgent maternal warning signs.**

It could help save her life.

**HEAR**  
HEAR HER CONCERNS

Recognize the warning signs at [cdc.gov/HearHer](http://cdc.gov/HearHer)



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

**HEAR**  
HEAR HER CONCERNS

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





## TEAMBIRTH

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

**OKLAHOMA IS THE FIRST  
STATEWIDE INITIATIVE, AND  
LEADS THE NATION WITH 17  
TEAMBIRTH RECOGNIZED  
HOSPITALS**

**This project was 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.**

# Congratulations to Oklahoma's *TeamBirth Recognized Hospitals*

- OSU Medical Center
- INTEGRIS Health Edmond Hospital
- Hillcrest Medical Center
- Northeastern Health System
- Chickasaw Nation Medical Center
- Norman Regional Health System
- Mercy Hospital Ardmore
- Choctaw Nation
- Duncan Regional Hospital
- Oklahoma Children's Hospital at OU Health
- Saint Francis Hospital
- Hillcrest Hospital South
- McAlester Regional Health Center
- INTEGRIS Health Baptist Medical Center
- Ascension St. John Owasso
- INTEGRIS Health Enid
- Stillwater Medical Center

# Tobacco Use During Pregnancy

★ Oklahoma is experiencing an increased number of people using, or being exposed to, e-cigarettes in the perinatal period.

★ Refer to 1-800-QUIT-NOW for free quit-smoking resources.

**EVERY BREATH REACHES YOUR BABY – PROTECT THEM FROM SMOKE AND VAPE EXPOSURE**

**INCREASES THE RISK OF:**

- STILLBIRTH
- BABY BEING BORN TOO EARLY (PREMATURE BIRTH)
- LOW BIRTH WEIGHT
- BIRTH COMPLICATIONS

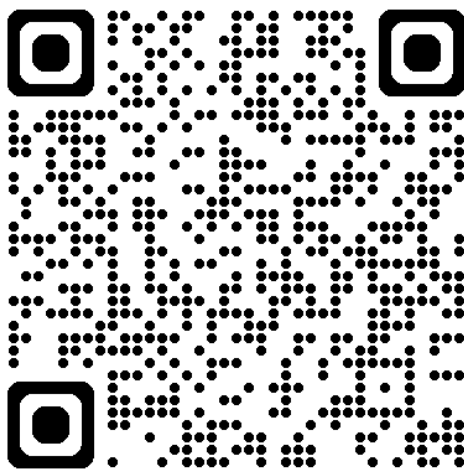
**READY TO QUIT SMOKING OR VAPING – OR HELP SOMEONE YOU CARE ABOUT QUIT?**

**CALL 1-800-QUIT-NOW FOR FREE RESOURCES**



# EPPP Toolkit

Access Here



## EMPOWER Pregnant & Postpartum Patients ~through education and resources~ The Toolkit

### 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

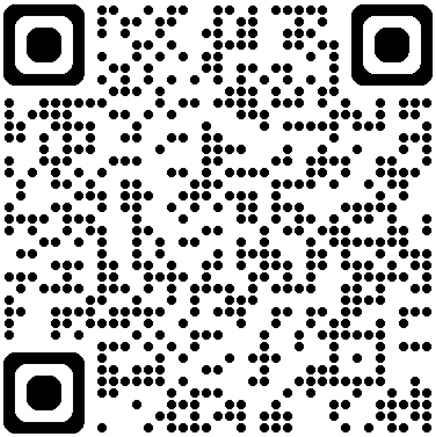
##### Give to every patient before hospital discharge

- 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

Now available in Spanish!



[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 or  
visit [postpartum.net](https://postpartum.net)

### Expert Advice



The 4th Trimester Project

Expert information for parents and families

[newmomhealth.com](https://newmomhealth.com)

[saludmadre.com](https://saludmadre.com)

### Breastfeeding



FREE 24/7 Hotline

1-877-271-MILK (6455)

Get the app! Search “OK BF” in your  
app store to access free resources.

### More Resources



Contact OPQIC for more support

[OPQIC.org](https://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.



## Building Midwifery capacity & expanding access to all birthing families in Oklahoma

We bridge **licensed midwives, community organizations, and funding partners** to strengthen midwifery care in Oklahoma and grow the profession for future generations.

EXPLORE PROGRAMS



[Home](#)

[CNM Loan Forgiveness](#)

[Birth Center Directory](#)

[Smooth Transitions® Oklahoma](#)

[Contact](#)



The Midwifery Project operates as a program of [the Oklahoma Perinatal Quality Improvement Collaborative \(OPQIC\)](#), advancing respectful, community rooted maternal care.

Those with a history of Hypertensive Disorders of Pregnancy (HDP) have a *lifelong increased risk* of cardiovascular disease.



## The Role of Cardiovascular Health in Maternal Health eModule

Register Here

LEARN.HEART.ORG

Free maternal health eModule

Register now, get CE credit

Learn more

<https://education.heart.org/productdetails/the-role-cardiovascular-health-in-maternal-health>

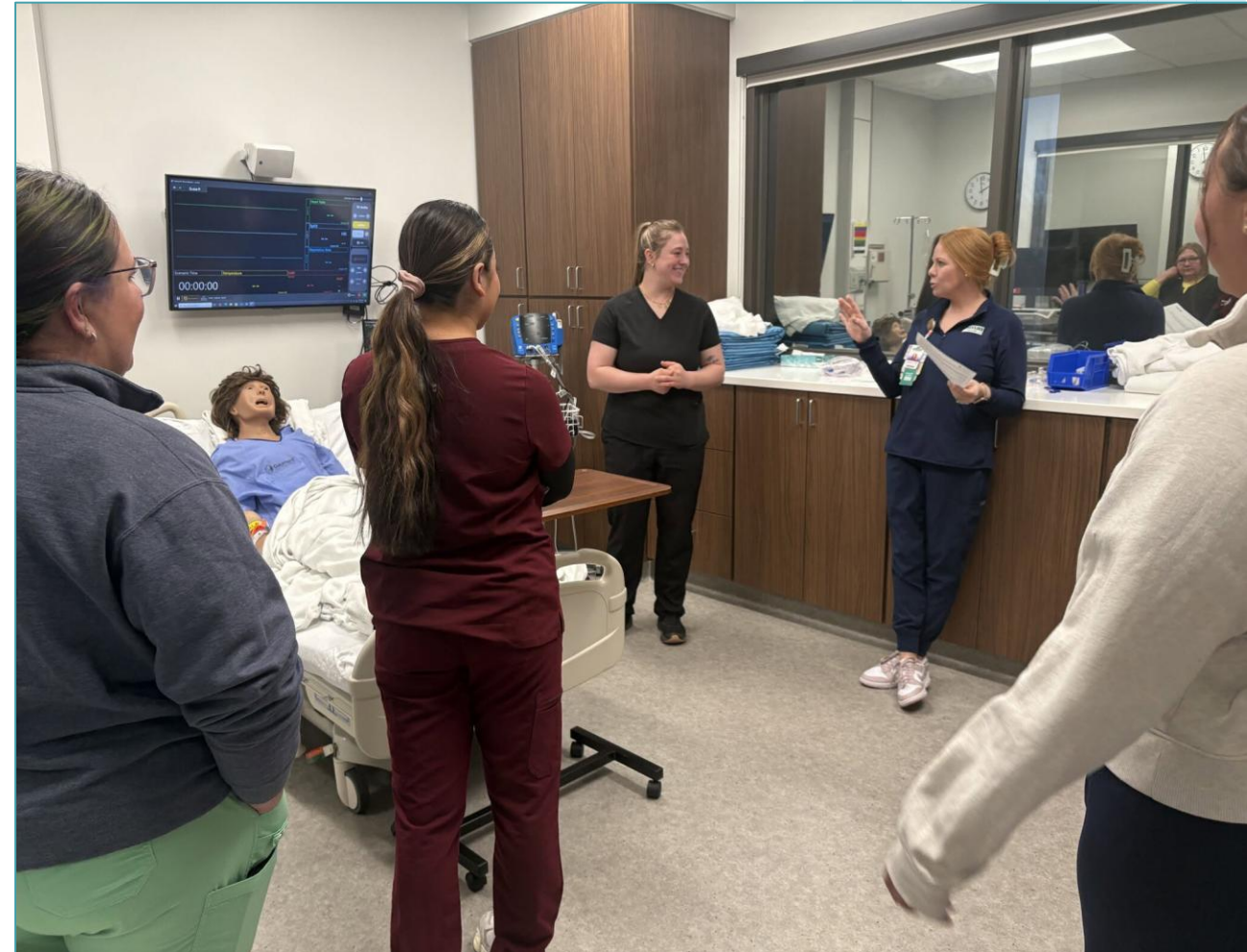
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Healthy Horizons®  
in Oklahoma

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IMPROVEMENT COLLABORATIVES

# 2026 OPNF Spring Bootcamp



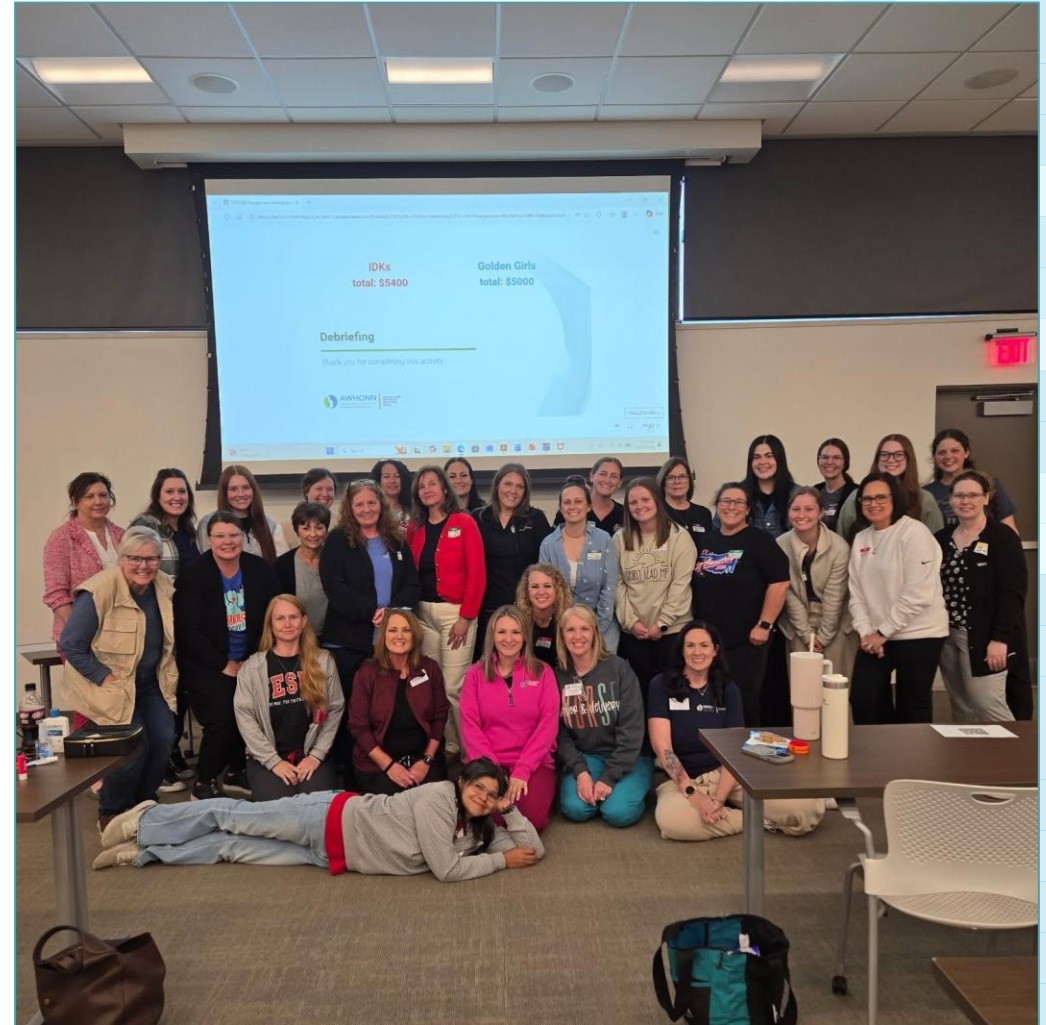
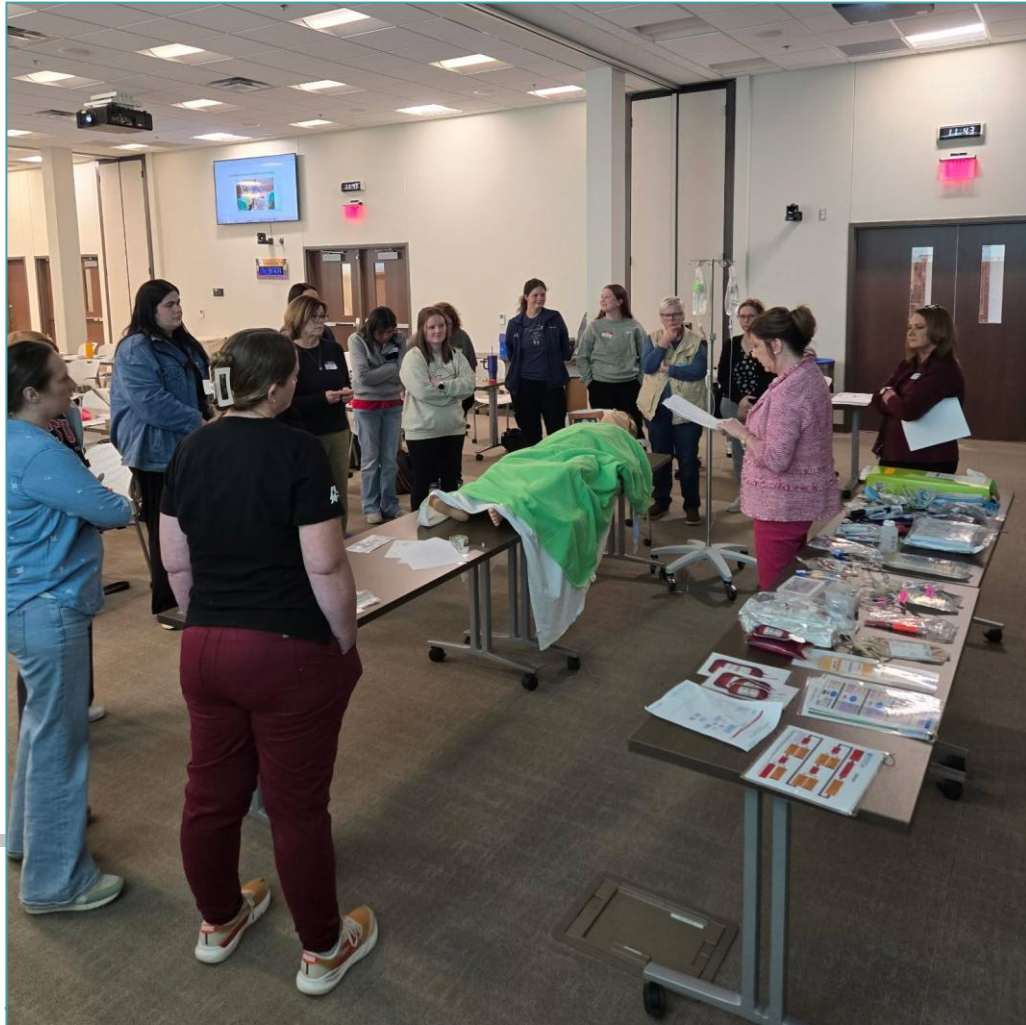
# 2026 OPNF Fall Bootcamp



# National Network of Perinatal Quality Collaboratives (NNPQC) 2026 Conference



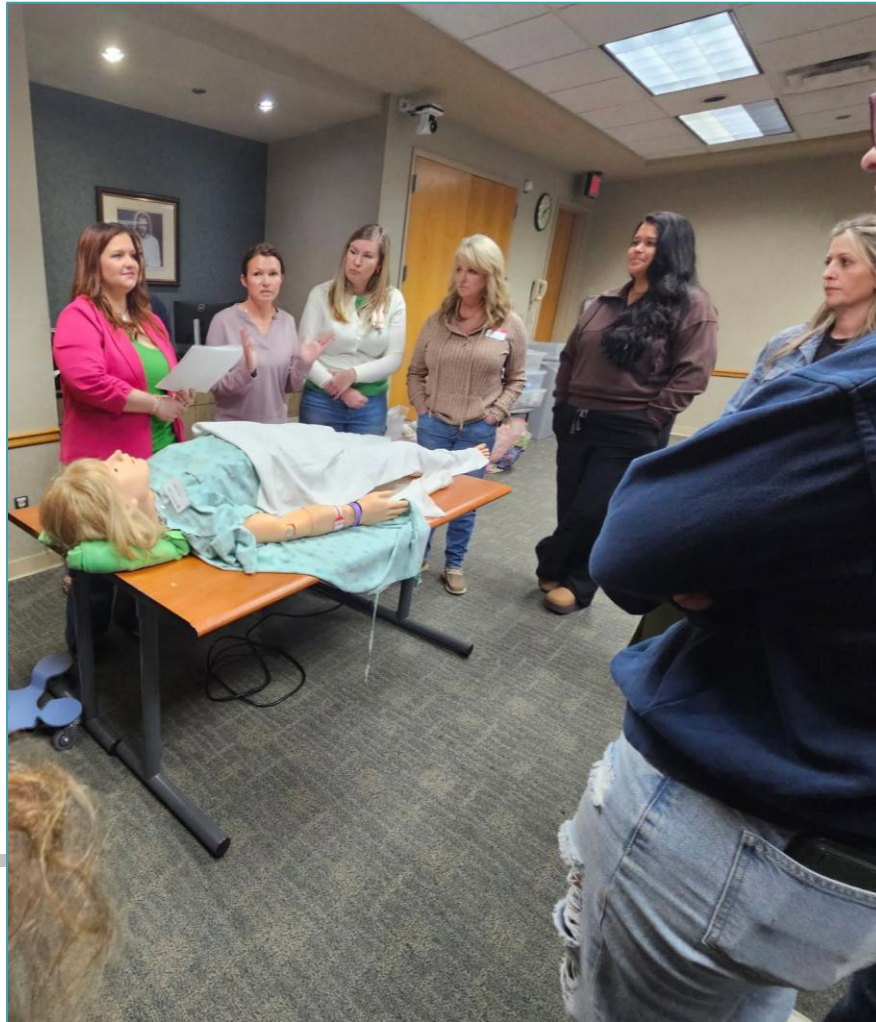
# 2026 OB Emergencies Workshop at Chickasaw Nation Medical Center



# 2026 OB Emergencies Workshop at Beaver County Memorial Hospital

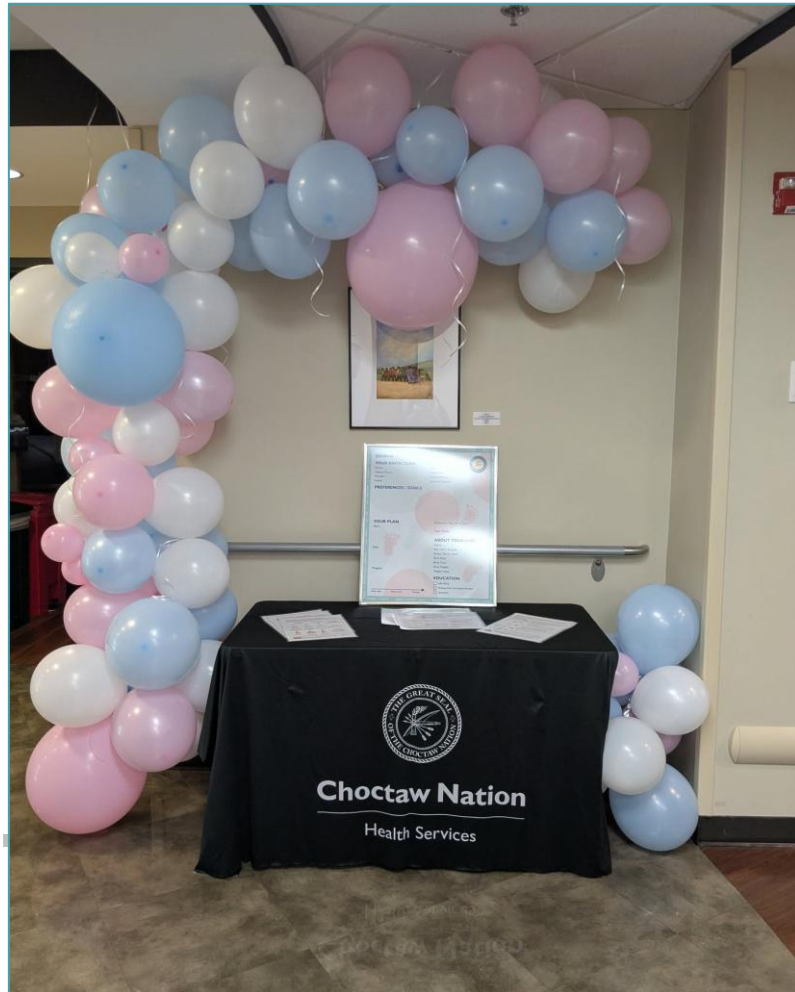


# 2026 OB Emergencies Workshop at Ascension St. John Medical Center



# TeamBirth Launch 2026

## Choctaw Nation Health Services Authority



# 2026 Alliance for Innovation on Maternal Health(AIM) Annual Meeting



**Thank you to our Gold sponsor**

**Medtronic**

**for providing today's lunch!**



# 2026 TeamBirth *Recognized* McAlester Regional Health Center



# 2026 TeamBirth *Recognized* Hillcrest Hospital South



# 2026 TeamBirth *Recognized* INTEGRIS Health Enid Hospital



**2026 TeamBirth  
*Recognized***

**Stillwater  
Medical Center**



**TEAMBIRTH**  
RECOGNIZED

# 2026 TeamBirth *Recognized* Choctaw Nation Medical Center



**2026 TeamBirth  
*Recognized***

**Ascension St. John  
Owasso Hospital**



# 2026 TeamBirth *Recognized*

## Mercy Ardmore Hospital



# Hospitals in Action – *Spinning Babies*



# 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.

2026 workshops were funded by the Oklahoma State Department of Health (OSDH) through State Maternal Health Innovation Program (SMHIP) funds.

**More workshops coming in 2027!**

# The State of STIs in the U.S. in 2024

Data are provisional. Details:  
[www.cdc.gov/sti-statistics](https://www.cdc.gov/sti-statistics)



Protect your health with  
three simple steps

talk } test } treat

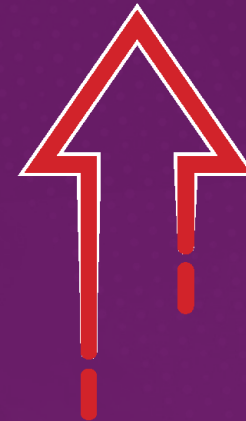


**3,941**  
cases of **SYPHILIS**

**AMONG NEWBORNS;**

**82% increase**

since 2020.



# Syphilis Testing During Pregnancy

## CDC Recommendation:

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

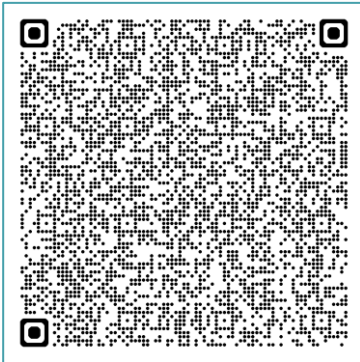
First prenatal visit,  
In the third trimester,  
When the baby is born.



# Updated Obstetric Hemorrhage Checklist

## Updated Guidance

Includes slide deck, checklist, quick reference guide and respectful care resources.



### New Clinician Tool

Postpartum hemorrhage is a leading cause of maternal mortality in the United States.

**The updated obstetric hemorrhage checklist and quick reference guide help clinicians respond to and manage postpartum hemorrhage to save lives.**



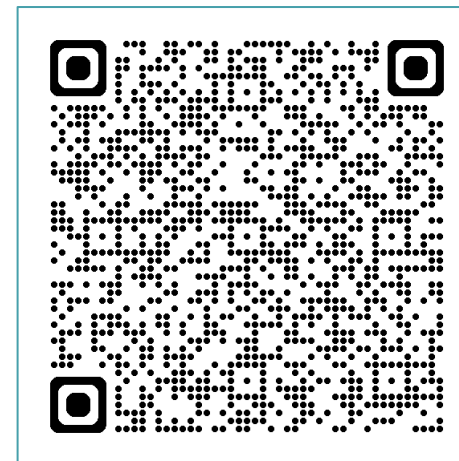
Developed as part of the work of the ACOG District II Safe Motherhood Initiative (SMI), with input and support from the ACOG Foundation Patient Safety Organization (PSO), Quality in Action, and ACOG subject matter expert member review.

# Preparing for a Lifetime

It's *everyone's* responsibility.



Access  
Preparing for a Lifetime  
Resources Here





5201 N Lincoln Blvd, Ste. 300  
Oklahoma City, OK 73105  
Phone: (405) 427-9537  
Fax: (405) 424-4507  
oha@okoha.com



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[www.facebook.com/opqic](http://www.facebook.com/opqic)