



POSTPARTUM ALERT TOOLKIT:

A Life-Saving Maternal Safety Initiative

**NEBRASKA
PERINATAL QUALITY
IMPROVEMENT
COLLABORATIVE**

www.npqic.org

MAY 2025



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This toolkit provides an overview of recommended strategies for implementing the Postpartum Alert Initiative in birthing facilities, outpatient practices, and clinics. It also details the available materials for distribution and the content of postpartum warning signs.

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Acknowledgments

NPQIC gratefully acknowledges CHI Health St. Elizabeth and CHI Health Lakeside for introducing the Postpartum Alert project in Nebraska. Their innovative work and willingness to share resources, insights, and lessons learned have been instrumental in enabling the statewide expansion of this life-saving program to all Nebraska birthing facilities.

This toolkit also builds upon successful maternal safety initiatives from the Minnesota Perinatal Quality Collaborative (MNPQC) and Washington State Department of Health's Blue Band projects, which focused on hypertensive disorders of pregnancy. We thank the Alabama Perinatal Quality Collaborative (ALPQC) for sharing their provider and EMS poster resources that we've adapted for this initiative. We also acknowledge the Alliance for Innovation on Maternal Health (AIM) for their pioneering work on maternal safety bundles that has informed many aspects of this initiative.

Collaborative efforts like this exemplify how sharing knowledge and resources across healthcare systems can significantly improve maternal health outcomes in our state. We extend our sincere appreciation to the dedicated healthcare teams across Nebraska who will implement this initiative and make it a reality for the mothers we serve.



Disclaimer: The information included in this document is for informational and educational purposes only. Users should not substitute this information for professional medical judgment, nor should they rely solely on the information provided herein. Always consult appropriate healthcare professionals regarding specific patient care decisions.

NPQIC: Our Mission and Vision for Maternal Health

MISSION

The Nebraska Perinatal Quality Improvement Collaborative (NPQIC) seeks to improve the delivery of and access to evidence-based health care for all Nebraska mothers and newborns.

HISTORY

NPQIC was formed in February 2015 by a group of statewide stakeholders to improve the quality of care for mothers and babies in Nebraska. In September 2022, NPQIC became one of 36 perinatal quality collaboratives funded by the CDC.

GOALS

- Engage all stakeholders statewide.
- Identify opportunities to optimize measurable perinatal outcomes and implement initiatives for sustained improvement.
- Work together to improve maternal and infant health outcomes for all mothers and babies and improve the quality of healthcare delivery across Nebraska.
- Reduce the impact of premature birth statewide.
- Be good stewards of the financial resources committed to the work of the organization and will allocate our resources across the entire state of Nebraska to achieve the best possible outcomes.



Understanding Postpartum Alert: Purpose and Impact

What is Postpartum Alert?

The Postpartum Alert Initiative utilizes teal wristbands to identify postpartum patients who need heightened monitoring and rapid response for various maternal complications. This visual alert system serves a dual purpose: educating patients about warning signs requiring immediate medical attention and helping ensure all healthcare providers recognize these patients' special status and provide appropriate urgent care. The Postpartum Alert Initiative focuses on reducing maternal mortality by raising awareness and enabling timely care for postpartum complications to save lives.

- Postpartum patients wear a teal band for six weeks during the critical postpartum period.
- Wearing a teal band ensures all medical staff are aware of a patient's postpartum status and can provide prompt, informed care in emergencies.

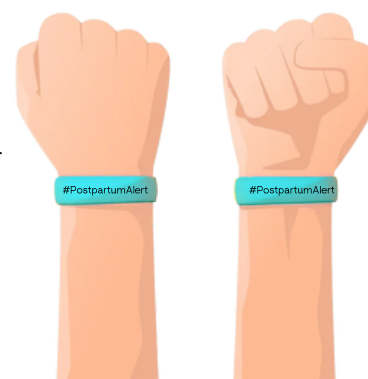
Why Postpartum Alert Matters

With Nebraska ranked 17th in maternal mortality nationally, this initiative addresses the urgent need for standardized recognition and response to maternal complications, which are often preventable with proper monitoring and swift intervention. The United States faces a critical maternal health crisis, with mortality rates tripling those of other developed nations.

References: Centers for Disease Control and Prevention. (n.d.). Maternal deaths and mortality rates by state, 2018-2022. National Center for Vital Statistics. <https://www.cdc.gov/nchs/maternal-mortality/MMR-2018-2022-State-Data.pdf>

Munira Z. Gunja et al., Insights into the U.S. Maternal Mortality Crisis: An International Comparison (Commonwealth Fund, June 2024). <https://doi.org/10.26099/cthn-st75>

Nebraska Division of Public Health. (2023a, December). State Maternal Death Review Team annual report: 2017-2021 [Unpublished raw data]. Nebraska Department of Health and Human Services



Postpartum Alert Warning Signs : Provider Reference

Healthcare providers should be familiar with these postpartum warning signs that may indicate serious complications within 12 months after pregnancy. Early recognition of these signs is critical for timely intervention and can prevent maternal mortality and morbidity. Ensure all staff are trained to identify these warning signs and respond appropriately.

Emergency Signs Requiring Immediate Action

When patients present with any of these symptoms, initiate emergency protocols immediately:

- Chest pain
- Respiratory distress or shortness of breath
- Seizures
- Suicidal or homicidal ideation
- Uncontrollable vaginal bleeding

High Alert Warning Signs Requiring Urgent Assessment

The following symptoms warrant prompt medical evaluation:

- Heavy vaginal bleeding (saturating ≥ 1 pad per hour)
- Large blood clots (egg-sized or larger)
- Erythema, edema, or pain in lower extremities
- Fever $\geq 100.4^{\circ}\text{F}$
- Severe, persistent headache unresponsive to analgesics
- Visual disturbances or scotomata
- Vertigo or syncope
- Progressive edema
- Extreme fatigue unresponsive to rest
- Elevated blood pressure readings (systolic > 160 mmHg or diastolic > 110 mmHg)

Risk Factors for Postpartum Complications

When assessing postpartum patients, consider these risk-enhancing factors:

- History of pregnancy complications
- Cardiovascular disease, including hypertensive disorders
- Multiple gestation
- Obesity (BMI > 30)
- Diabetes or other chronic conditions

For detailed information on urgent maternal warning signs, refer staff to the Alliance for Innovation on Maternal Health (AIM) at www.saferbirth.org, [CDC's Hear Her Campaign](#), and [ACOG](#).

Implementation Guide: Getting Started

Now That You Have Your Supplies

Hospitals participating in the Postpartum Alert Initiative can obtain teal wristbands and educational materials at **no cost** from NPQIC. Facilities will receive an order request form via email annually. When ordering, facilities should consider their annual birth volume to ensure adequate supply until the next ordering period.

In addition to the free wristbands, NPQIC will provide patient education materials in English, Spanish, Arabic, and Karen, along with educational resources for healthcare teams and EMS providers—all at no cost to participating facilities.

Key Implementation Steps

1. Designate Leadership

- Identify a program champion to oversee implementation
- Create a small implementation team with nursing, provider, and staff representation

2. Prepare Your Team

- Facilities should communicate with maternity care staff, administrators, and emergency response teams to ensure effective implementation
- Schedule brief (15-30 minutes) training sessions for all relevant staff
- Use the educational webinars (page 13) provided by NPQIC as a training resource

3. Create a Consistent Workflow

- Integrate wristband distribution into standard discharge processes
- Incorporate the discharge script (pages 17-19) into patient education
- Establish clear documentation protocols in patient records
- Display Emergency Department and Clinic poster (page 14) in staff areas



Implementation Timeline and Evaluation

Implementation Timeline

Timeline	Action Items
2-4 Weeks Before Launch	<ul style="list-style-type: none">• Designate facility champion/coordinator• Review all materials in toolkit and on NPQIC website• Schedule staff education sessions• Notify key stakeholders (see Strategic Communication section)
1-2 Weeks Before Launch	<ul style="list-style-type: none">• Complete staff training• Send Emergency Services Letter (Appendix A)• Prepare press release (Appendix B)• Set up tracking process
Launch Week	<ul style="list-style-type: none">• Begin distributing wristbands to all postpartum patients• Implement discharge education using scripts (pages x-x)• Distribute patient education materials• Display provider resource posters in key areas
Ongoing	<ul style="list-style-type: none">• Maintain supply of wristbands and educational materials• Continue staff education for new employees• Conduct patient follow-up calls (see Evaluation section) and enter data into REDCap

Resource Checklist

- Teal wristbands (ordered based on birth volume)
- Patient education materials in appropriate languages
- Provider and EMS resource posters for clinical areas
- Emergency services letter (Appendix A)
- Press release template (Appendix B)
- Discharge script (pages 17-19)
- Evaluation tools (pages 20-23)

Evaluation Process

Participating hospitals will be asked to follow up with up to 10 patients per quarter to assess the initiative's impact. This evaluation will measure program effectiveness and identify opportunities for improvement.

Patient Education Resources

The Postpartum Alert Initiative provides comprehensive educational materials designed to empower patients with life-saving knowledge about postpartum warning signs. These resources are provided **at no cost** to participating facilities and distributed to patients at hospital discharge along with their teal wristband. Available in three formats:

One Pager: A comprehensive guide that identifies all warning signs, explaining when and how to seek immediate medical attention.

Postcard: A portable reference card that includes a symptom tracker, helping patients recognize and document concerning symptoms.

Wallet Card: A compact emergency reference highlighting critical warning signs for immediate identification and quick decision-making.

These materials feature clear visual cues, straightforward instructions for seeking help, reminders about wearing the teal wristband, and a QR code linking to additional online resources. All formats are currently available in English, Spanish, Arabic, and Karen to serve Nebraska's diverse communities.

The following pages show examples of these resources. Printable versions in all languages are available at www.npqic.org. Physical copies can be ordered through the request form sent to birthing facilities on an annual basis.

Patient Education: One- Pager

Example shown in English. Available in Spanish, Arabic, and Karen.

Printable versions of all patient education materials are available for download at www.npqic.org

Postpartum Alert Warning Signs

Your Health is a Priority.

Watch for these signs if you are pregnant or postpartum.

Understand the warning signs of postpartum complications—together, we can save lives. If you are pregnant or have given birth in the past six weeks, you could be at risk for serious health issues. If you or someone you know experiences any of the symptoms listed below, take immediate action.



Act Fast, Call 911 immediately if you experience:



Chest pain



Thoughts of harming yourself or others



Seizures



Hard to breathe or short of breath



Unstoppable vaginal bleeding



High Alert, Call Your Health Care Provider for:

- Heavy vaginal bleeding (soaking 1 or more pads in an hour)
- Egg-sized or larger blood clots
- Leg pain or swelling (red, tender, or warm to touch)
- High fever (100.4°F or higher)
- Severe headaches (not relieved by medication)
- Blurry vision or seeing spots
- Severe dizziness or fainting
- Extreme swelling (hands, face, or feet)
- Unusual fatigue (not improved with rest)
- High blood pressure (above 160/110)



Scan to learn more about postpartum alert wristbands and warning signs.

- Wear your wristband for **6 weeks** continuously (including during showers).
- Show your wristband and this card to healthcare providers.
- Share this information with family and caregivers.










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Patient Education: Postcard

Example shown in English. Available in Spanish, Arabic, and Karen.

Printable versions of all patient education materials are available for download at www.npqic.org

Postpartum Alert Warning Signs			
 ACT FAST, Call 911 Immediately for:			
	Chest pain		Thoughts of harming yourself or others
	Hard to breathe or short of breath		Unstoppable vaginal bleeding
			Seizures
 High Alert, Call Your Health Care Provider for:			
<ul style="list-style-type: none">• Heavy vaginal bleeding (Soaking through one or more pads in an hour)• Large clots: Egg-sized or larger• Painful, red, or swollen legs• Fever of 100.4°F or higher• Severe headache: Not relieved by medication		<ul style="list-style-type: none">• Blurry vision or seeing spots• Dizziness or feeling faint• Severe swelling: Worsening over time• Extreme fatigue: Not relieved by rest• High blood pressure: (Above 160 (systolic) or 110 (diastolic))	

Symptom Tracker	
Warning Sign or Blood Pressure	Date & Time
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<ul style="list-style-type: none">• Wear your wristband for 6 weeks continuously (including during showers).• Show your wristband and this card to healthcare providers.• Share this information with family and caregivers.	
	
Emergency Contact Numbers	
Your Doctor: <hr/>	 Take a photo to learn more
Emergency Room: <hr/>	
	
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Patient Education: Wallet Card

Example shown in English. Available in Spanish, Arabic, and Karen.

Printable versions of all patient education materials are available for download at www.npqic.org

Postpartum Alert Warning Signs

(Keep this card with you for quick reference)

GET HELP, ACT FAST!
Call 911 immediately if you experience:




- Chest pain
- Unstoppable vaginal bleeding
- Thoughts of harming yourself or others
- Shortness of breath
- Seizures

- Wear your wristband for **6 weeks** continuously (including during showers).
- Show your wristband and this card to healthcare providers.
- Share this information with family and caregivers.





High Alert, Call Your Health Care Provider for:


- Heavy vaginal bleeding (soaking a pad in 1 hour)
- Egg-sized blood clots
- Severe headaches or blurry vision
- High fever (100.4°F or higher)
- Painful, red, or swollen legs
- Extreme swelling (hands, feet, or face)
- Dizziness or fainting
- High blood pressure (above 160/110)



Emergency Contact Numbers
Your Doctor: _____
Emergency Room: _____

 Take a photo
to learn more




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Provider Resource Materials

The Postpartum Alert Initiative includes educational resources designed for healthcare providers and emergency services personnel to enhance recognition and response to urgent maternal warning signs.

Educational Resources

Launch Webinar Recording: A comprehensive overview of the Postpartum Alert Initiative is available on the NPQIC website (www.npqic.org). This recording provides essential information on the initiative's background, implementation, and evaluation process.

Clinical Education Webinar: A comprehensive training webinar presented by Dr. Todd Lovgren, NPQIC Maternal Medical Director and Maternal Fetal Medicine Physician, focuses on urgent maternal warning signs. This recording can be used to educate providers, nursing staff, and EMS teams about the Postpartum Alert Initiative. The webinar is available on the NPQIC website (www.npqic.org).

Provider Poster: A visual reference tool for emergency departments and clinical areas that outlines the "Ask-Identify-Act" protocol for identifying and assisting postpartum patients experiencing potential complications.

Emergency Medical Services Poster: A visual resource for first responders highlighting the importance of recognizing postpartum status and critical warning signs.

Additional Resources:

- Alliance for Innovation on Maternal Health (AIM): Visit www.saferbirth.org for evidence-based patient safety resources.
- CDC's Hear Her Campaign: Access resources at www.cdc.gov/hearher to help providers better recognize urgent maternal warning signs.
- Test Your Knowledge: The CDC offers an interactive quiz on urgent maternal warning signs that can be used for staff education. Take the quiz [here](#).

These materials complement the patient education resources by ensuring all members of the healthcare team are prepared to recognize postpartum complications.

The following pages show examples of these resources. Downloadable versions are available at www.npqic.org.

Emergency Department and Clinic Poster

A guide that can be displayed in emergency departments and clinics. A printable version of this poster is available for download at www.npqic.org.

POSTPARTUM ALERT

Emergency Department & Clinic Guide

ASK - IDENTIFY - ACT


ASK

→ Are you currently pregnant or have you been pregnant within the last year?

IDENTIFY WARNING SIGNS

→ Be alert for warning signs and symptoms that may indicate a postpartum complication:



- Chest pain or difficulty breathing
- Severe headache or vision changes
- Heavy bleeding or signs of infection
- Thoughts of harming self or baby
- Seizures or high blood pressure
- Severe swelling, redness, or pain in the legs
- Any unusual or concerning symptoms



Scan to learn more about postpartum alert wristbands and warning signs.

ACT FAST

- Escalate concerns
- Assess and treat promptly
- Consult OB or maternal health experts
- Give clear discharge instructions
- Arrange follow-up care



Emergency Medical Services Poster

A guide for emergency medical service providers. A printable version of this poster is available for download at www.npqic.org.

POSTPARTUM ALERT

GUIDE FOR EMERGENCY MEDICAL SERVICES

WHY IT MATTERS FOR NEBRASKA

Nebraska has the 17th highest rate of maternal mortality in the nation. Many maternal complications are preventable with early recognition and quick response.

EMS ACTION STEPS FOR NEBRASKA PROVIDERS

1

Look for the Teal Band

2

Ask Every Female Patient (Ages 15-45)
"Have you been pregnant in the last year?"

3

Always inform the receiving facility of recent pregnancy or postpartum status

- Teal wristbands identify postpartum patients during the critical six-week period after delivery.
- It alerts all healthcare providers to provide prompt, informed care in an emergency.



Scan to learn more about postpartum alert wristbands and warning signs.

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Spreading the Word: Key Stakeholder Communication

Successful implementation of the Postpartum Alert Initiative requires comprehensive communication across multiple stakeholder groups. Ensure these key audiences in your region are informed about the program:

Healthcare Personnel

- Clinical teams (nurses and other staff)
- OB providers and midwives
- Family practice providers
- Emergency department staff
- Internal medicine physicians
- Hospitalists and laborists
- Clinic personnel
- Doulas and birth workers

Emergency Services

- Ambulance crews and first responders
- Fire departments

When notifying emergency services, customize and send the *Emergency Personnel Letter* in **Appendix A** to all EMS agencies in your service area before implementation. This letter explains the significance of the teal wristbands and how EMS should respond.

Community Partners

- Local public health departments
- Lactation consultants
- Home visiting programs
- WIC offices

Communication Channels

- Your facility website and social media accounts
- Internal newsletters and staff bulletins
- Local news media
- Community bulletin boards

To announce your participation to the community, adapt the *Press Release Template* in **Appendix B** with your facility's information. Consider timing the release to coincide with your implementation date.

Hospital Discharge Script: Instructions for Patients

Introduction

Congratulations on the birth of your baby! As you prepare to go home, we want to make sure you have all the information you need to stay healthy and safe during your postpartum recovery. Before you leave, we'd like to explain an important program called Postpartum Alert. The Postpartum Alert program is a maternal safety initiative designed to ensure you receive the best possible care during your postpartum recovery to help protect you during the critical weeks after giving birth.

Why It's Important

The first six weeks after having a baby are especially important for your health. This program helps us ensure that you get the right care right away if you need it. We want you to know exactly what warning signs to watch for and what to do if you notice them. Maternal health is a priority, and this initiative helps us address potential risks early.

Explaining the Wristband

As part of this program, you'll be given a teal wristband to wear for the next six weeks. This wristband is very important- it is a visual alert for healthcare providers, letting them know that you are in the postpartum period and may need special attention or urgent care if complications arise.

What You Need to Do:

- **Wear the Teal Wristband:**
 - Keep the teal wristband on for the full six-week postpartum period.
 - Do not remove it unless your healthcare provider tells you it's okay.
- **Attend Follow-Up Appointments:**
 - Make sure to attend all scheduled postpartum checkups. These visits are crucial for monitoring your health.
- **Take Medications as Directed:**
 - If you've been prescribed any medications, take them exactly as instructed.
- **Know the Warning Signs:**
 - Be aware of the symptoms that could indicate a serious postpartum complication. If you experience any of these, seek medical attention immediately.

Hospital Discharge Script: Instructions for Patients

Emergency Warning Signs (Show the patient the list while explaining)

There are some symptoms that need immediate attention. If you experience any of these, call 911 immediately:

- Chest pain
- Difficulty breathing or shortness of breath
- Seizures
- Thoughts of hurting yourself or someone else
- Vaginal bleeding that won't stop

You should also call your healthcare provider immediately if you notice:

- Heavy vaginal bleeding (soaking through one or more pads in an hour)
- Blood clots larger than an egg
- Red, swollen, or painful legs
- Fever of 100.4°F or higher
- A headache that won't go away, even after taking medicine
- Blurry vision or seeing spots
- Dizziness or feeling like your head is spinning
- Severe swelling that's getting worse
- Extreme fatigue that doesn't improve with rest
- Blood pressure readings over 160 (top number) or 110 (bottom number)

Risk Factors

It's especially important to be aware of these warning signs if you have any of these risk factors:

- Previous pregnancy complications
- High blood pressure or heart problems
- Age 35 or older
- Multiple babies
- Higher body weight
- Diabetes or other chronic conditions

Hospital Discharge Script: Instructions for Patients

Final Instructions

Remember these key points:

1. Keep wearing your teal band for the full six weeks
2. Don't miss any follow-up appointments
3. Take all your medications as prescribed
4. If you need medical care, always tell healthcare providers you recently had a baby
5. Don't hesitate to seek emergency care if you notice any warning signs

Have the patient demonstrate understanding by explaining back:

- The purpose of the teal wristband
- When to call 911
- When to call their healthcare provider

Finally

Thank you for taking the time to learn about the Postpartum Alert program. If you have any questions or concerns before you leave, please don't hesitate to ask.

We're here to support you and your baby every step of the way.

(Hand the patient their teal wristband and any additional written materials about postpartum warning signs.)

Measuring Success: Evaluation Framework and Metrics

Evaluation:

Participating facilities will be asked to follow up with up to 10 patients (6-7 weeks postpartum) per quarter and report this data in REDCap quarterly.

Metrics Categories and Definitions:

- **Wristband Receipt**- Percentage of postpartum patients who received the teal wristband at hospital discharge (measures program implementation at the facility level)
- **Wristband Utilization** –Length of time patients continued to wear the teal wristband after hospital discharge (measures sustained engagement with the initiative during the critical postpartum period).
- **Symptom Experience** - Patient reports of whether they experienced any warning signs, and if so, what actions they took as a result (measures the initiative's real-world impact on complication management)
- **Care-Seeking Behavior** - Whether patients sought medical care for concerning symptoms, and if the wristband influenced their decision to seek care (measures the initiative's impact on patient action during potential complications).
- **Provider Recognition** - Patient reports of whether healthcare providers noticed and acknowledged the teal wristband during encounters (measures the effectiveness of the visual cue in clinical settings).
- **Patient Confidence** - Patient's self-reported confidence in recognizing warning signs and knowing when to seek medical attention (measures patient empowerment resulting from the initiative).

Evaluation: Follow-Up Phone Call

REDCap Record ID:

((auto-assigned by REDCap))

Reporting period of this follow-up:
(Based on the date of delivery)

- ☐ July-Sept 2025
- ☐ Sept-Oct 2025
- ☐ Nov-Dec 2025
- ☐ Jan-Mar 2026
- ☐ Mar-June 2026
- ☐ Jul-Sept 2026
- ☐ Oct-Dec 2026

Scripting: "Hello, my name is [Your Name] calling from [Your Hospital/Facility]. I'm reaching out because you received care at our facility after having your baby, and we're following up with new mothers who may have received a teal wristband at discharge. Do you have about 5-10 minutes to answer a few questions about your experience? Your feedback will help us improve care for other new mothers."

If they agree to participate:

"Thank you. I'll be asking you six short questions about your experience during your postpartum period. Your answers are confidential and will only be used to evaluate and improve our maternal care program."

1. "Did you receive a teal wristband when you were discharged from the hospital after delivery?"

- ☐ Yes
- ☐ No
- ☐ Don't remember

2. "How long did you wear your teal wristband after leaving the hospital?"

- ☐ Not at all
- ☐ Less than 1 week
- ☐ 1-2 weeks
- ☐ 3-4 weeks
- ☐ 5-6 weeks
- ☐ More than 6 weeks

3. "Did you experience any maternal urgent warning signs during the 6 weeks after delivery?"

- ☐ Yes
- ☐ No
- ☐ Unsure

Evaluation: Follow-Up Phone Call

Confidential

Page 2

If yes, "Which ones?" (select all that apply)

- ☐ Headache that wouldn't go away
- ☐ Dizziness or fainting
- ☐ Thoughts of hurting themselves or another person
- ☐ Changes in vision
- ☐ Fever
- ☐ Trouble breathing
- ☐ Chest pain or fast-beating heart
- ☐ Severe belly pain that wouldn't go away
- ☐ Vaginal bleeding
- ☐ Swelling, redness, or pain in the legs
- ☐ Extreme swelling
- ☐ Extreme tiredness
- ☐ High blood pressure
- ☐ Other

If 'Other', "please specify"

If yes, "What did you do about them?" (select all that apply)

- ☐ Called provider
- ☐ Office visit
- ☐ Went to Emergency Department
- ☐ Called 911
- ☐ Nothing
- ☐ Other

If 'Other', "please specify"

4. "Did you need to contact a healthcare provider for any concerns during the 6 weeks after delivery?"

- ☐ Yes
- ☐ No

If yes, "What tools or resources reminded you to make that call?" (select all that apply)

- ☐ Postpartum alert wristband
- ☐ Postpartum alert postcard, wallet card, or handout
- ☐ Maternal warning sign magnet
- ☐ Discharge education
- ☐ Other

If 'Other', "please specify"

5. "When you visited healthcare providers after delivery, did they notice or mention your teal wristband?"

- ☐ Yes
- ☐ No
- ☐ Didn't visit providers

6. "Looking back on the first six weeks after delivery, how confident did you feel on a scale of 1 to 5 about recognizing urgent maternal warning signs and knowing when to seek medical help? A score of 1 means not confident at all, while a score of 5 means very confident."

- ☐ 1 - Not confident at all
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5 - Very confident

Evaluation: Follow-Up Phone Call

Confidential

Page 3

"Thank you so much for your time and for sharing your experience. Your feedback is valuable and will help us improve postpartum care for mothers across Nebraska. Do you have any questions for me before we end the call?"

[Answer any questions they may have]

"Thank you again, and congratulations on your baby. Have a great day!"

Patient Demographics to be Collected from Patient Charts:

1. Ethnicity:

- ☐ Hispanic
- ☐ Non-Hispanic
- ☐ Unknown

2. Race (select all that apply):

- ☐ Asian
- ☐ Black
- ☐ Native American/American Indian
- ☐ Native Hawaiian/Pacific Islander
- ☐ White
- ☐ Some other race
- ☐ Decline to answer
- ☐ Race is unknown/unavailable

If 'Some other race', please specify:

3. Health Insurance Type:

- ☐ Private insurance (including Marketplace plans)
- ☐ Public insurance (Medicaid)
- ☐ Uninsured/Self-pay
- ☐ Tricare or other Veteran's Benefits

4. Preferred Language:

- ☐ English
- ☐ Spanish
- ☐ Arabic
- ☐ Karen
- ☐ Other

If 'Other', please specify:

Appendix A: Emergency Services Letter

[Hospital Name] in **[City Name]** Nebraska is proud to be participating in a postpartum alert initiative aimed at improving maternal health outcomes and saving lives. Across the country, there is growing recognition of the critical need for fast intervention and increased awareness when caring for postpartum patients — especially in emergency situations. This letter serves to provide you with information about the initiative and to request your support in helping us identify and care for postpartum women in our community.

In Nebraska, maternal health is a growing concern. Nebraska currently has the 17th highest rate of maternal mortality nationally, underscoring the need for increased awareness, education, and collaboration across healthcare settings. The Nebraska Perinatal Quality Improvement Collaborative (NPQIC) is leading statewide efforts to improve perinatal outcomes and reduce preventable maternal deaths. Through education, quality improvement projects, and community partnerships, NPQIC is supporting hospitals, EMS, clinics, and other care providers to close critical gaps in maternal care — especially during the postpartum period.

To help close these gaps, we are implementing a #PostpartumAlert initiative designed to improve early identification, communication, and care coordination for postpartum patients who present with concerning symptoms. As part of this initiative, postpartum patients at Nebraska hospitals will be offered a teal #PostpartumAlert wristband to wear for 6 weeks after delivery. The wristband serves as a visible reminder to patients, families, and healthcare providers of the importance of recognizing postpartum warning signs.

We ask for your partnership in this initiative. EMS plays a vital role in the early identification and rapid transport of postpartum patients experiencing complications. When transporting a postpartum patient (up to one year postpartum) with concerning signs or symptoms, please consider using the term “Postpartum Alert” in your phone communication to the receiving facility.

Early notification allows hospitals to mobilize resources quickly and be prepared to deliver appropriate care upon arrival.

We are committed to educating hospital staff, EMS teams, clinics, and community partners about postpartum warning signs and the importance of early intervention. Education will be provided through letters, posters, wallet cards, and social media.

Together, we can help save the lives of mothers in our community.
Sincerely,

[Your Name(s)]
[Your Title(s)]
[Hospital Name]

Appendix B: Press Release

Postpartum Alert: A Life-Saving Maternal Safety Initiative

The Nebraska Perinatal Quality Improvement Collaborative (NPQIC) is proud to announce the launch of the Postpartum Alert: A Life-Saving Maternal Safety Initiative, a groundbreaking program designed to reduce maternal mortality and improve postpartum care across the state.



Postpartum Alert employs a simple yet effective visual system: teal wristbands worn by postpartum patients during the critical six-week period after delivery. These bands alert healthcare providers to the patient's postpartum status, enabling timely recognition and response to life-threatening complications.

Nebraska has the 17th highest rates of maternal mortality nationwide, underscoring the urgent need for initiatives like Postpartum Alert. With maternal mortality rates in the U.S. three times higher than in other developed nations, this program addresses a critical gap in postpartum care. By enhancing awareness and facilitating urgent care, the initiative aims to save lives and improve maternal health outcomes.

Postpartum patients wear a teal wristband for six weeks after delivery, ensuring that all medical staff are immediately aware of their postpartum status. Patients are encouraged to attend all follow-up appointments, take prescribed medications, and seek immediate care if they experience warning signs of complications.

Timely recognition of postpartum warning signs is crucial. Patients and providers should watch for symptoms that may indicate life-threatening complications. Emergency warning signs include chest pain, difficulty breathing, seizures, uncontrollable bleeding, or thoughts of self-harm or harming others, all of which require calling 911 immediately. Additional symptoms such as severe headaches, dizziness, heavy bleeding, swollen or painful legs, persistent fever, fatigue, or high blood pressure readings should prompt immediate contact with a healthcare provider.

Founded in 2015, NPQIC is dedicated to improving the quality and equity of maternal and newborn care in Nebraska. As one of 36 perinatal quality collaboratives funded by the CDC, NPQIC works to engage stakeholders, implement evidence-based practices, and reduce disparities in maternal and infant health outcomes statewide.

Join Us in Saving Lives! To learn more about the Postpartum Alert initiative and urgent maternal warning signs, visit NPQIC.org to support maternal health awareness statewide.

Together, we can save lives and create a safer future for Nebraska mothers and their families.



THANK YOU

#POSTPARTUMALERT