

Postpartum Alert Initiative

QUICK REFERENCE SHEET

Nebraska ranks **17th** in the nation for maternal mortality, with many deaths occurring within six weeks after childbirth. The Nebraska Perinatal Quality Improvement Collaborative (NPQIC) has launched the Postpartum Alert Initiative to reduce preventable deaths by increasing awareness and expediting care for postpartum mothers. Teal wristbands are used to identify postpartum patients at risk and ensure timely, life-saving care during this critical period.

This is the Teal Band. This is What to Do.

Patients wearing this teal wristband are in the Postpartum Alert Program. It means:

- They recently gave birth (within the last 6 weeks)
- They are at higher risk for serious or life-threatening complications.
- They should be assessed **immediately** if they report any of the symptoms listed below.

The band is a visual cue for all healthcare providers:
ACT FAST. PRIORITIZE CARE. ESCALATE CONCERNS.



Look for Postpartum Alert Warning Signs

EMERGENCY - Signs Requiring Immediate Action

- Chest pain
- Difficulty breathing
- Seizures
- Heavy, unstopable bleeding
- Suicidal or homicidal thoughts

URGENT - Immediate provider assessment needed

- Soaking ≥ 1 pad/hour or passing large clots
- Severe headache not relieved with medication
- Blurry vision or seeing spots
- High fever ($\geq 100.4^{\circ}\text{F}$)
- Red, swollen, or painful legs
- Dizziness or fainting
- Extreme fatigue that doesn't improve with rest
- Swelling that's getting worse
- Blood pressure $\geq 160/110$ mmHg

The teal wristband means the patient is in a **high-risk period**

Most postpartum deaths are **PREVENTABLE** with fast action



Document and Escalate

- Note postpartum warning signs in the chart
- Alert the provider or OB team immediately
- Follow your clinic's postpartum or emergency protocols



Scan to learn more



#PostpartumAlert