

PA PQC

Pennsylvania Perinatal Quality Collaborative

PA PQC Virtual Session: *Office Hours*

October 1, 2025

Urgent Maternal Warning Signs Sprint Recap



- Kickoff (8/13)

- Baseline assessment
- Determine workflow, use QI workflow planning tools
- Metrics and measures to track

- Check-In #1 (9/3)

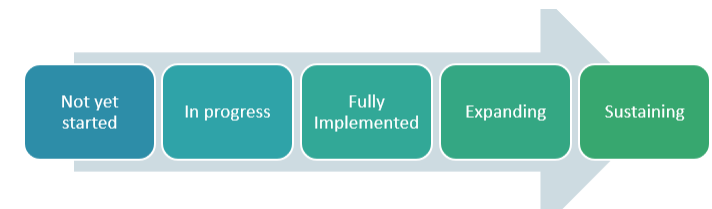
- Create small tests of change
- Identify stakeholders and roles
- Establish timeline and due dates
- Document individual action steps
- Meet regularly to evaluate progress

- Check-In #2 (9/17)

- Study workflow of the healthcare team
- Study experience of the patients and family unit
- Conduct staff pulse checks

- Upcoming: Finale (10/15)

- Address barriers and remaining workflow issues via adjustments to workflow
- Continued PDSA cycles vs. sustainment
- Sprint assessment



Urgent Maternal Warning Signs Tools

URGENT MATERNAL WARNING SIGNS

 Headache that won't go away or gets worse over time	 Dizziness or fainting	 Thoughts about hurting yourself or your baby
 Changes in your vision	 Fever	 Trouble breathing
 Chest pain or fast-beating heart	 Severe belly pain that doesn't go away	 Severe nausea and throwing up (not like morning sickness)
 Baby's movements stopping or slowing	 Vaginal bleeding or fluid leaking during pregnancy	 Vaginal bleeding or fluid leaking after pregnancy
 Swelling, redness, or pain of your leg	 Extreme swelling of your hands or face	 Overwhelming tiredness

If you have any of these symptoms during or after pregnancy, contact your health care provider and get help right away.



If you can't reach your provider, go to the emergency room. Remember to say that you're pregnant or have been pregnant within the last year.

Learn more: <https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/>

Take a photo to learn more

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Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:

 Headache that won't go away or gets worse over time	 Dizziness or fainting	 Changes in your vision	 Fever of 100.4°F or higher
 Extreme swelling of your hands or face	 Thoughts of harming yourself or your baby	 Trouble breathing	 Chest pain or fast beating heart
 Severe nausea and throwing up	 Severe belly pain that doesn't go away	 Baby's movement stopping or slowing during pregnancy	 Severe swelling, redness or pain of your leg or arm
 Vaginal bleeding or fluid leaking during pregnancy	 Heavy vaginal bleeding or discharge after pregnancy	 Overwhelming tiredness	

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at www.cdc.gov/HearHer



SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Learn these POST-BIRTH warning signs—knowing what to do can save your life!



<p>Call 911 if you have:</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Pain in chest <input type="checkbox"/> Obstructed breathing or shortness of breath <input type="checkbox"/> Seizures <input type="checkbox"/> Thoughts of hurting yourself or someone else
<p>Call your healthcare provider if you have: <small>(if you can't reach your provider, go to urgent care, an emergency room, or call 911)</small></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger <input type="checkbox"/> Incision that is not healing <input type="checkbox"/> Red or swollen leg, that is painful or warm to touch <input type="checkbox"/> Temperature of 100.4°F or higher <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 [date] and I am having [specific warning signs]."



Urgent Maternal Warning Signs Tool Comparison

- Tailor tool to audience
- Visual vs. text driven format
- Language accessibility
 - AIM's tool has 75+

Category	AIM's Urgent Maternal Warning Signs	CDC's Hear Her Campaign Urgent Maternal Warning Signs	AWHONN's POST BIRTH Program
FOCUS	Early recognition of life-threatening conditions during pregnancy & postpartum	Educating patients on warning signs of maternal complications	Postpartum warning signs using the acronym POST BIRTH
TARGET AUDIENCE	Healthcare providers & patients	Patients, families, and healthcare providers	Primarily postpartum patients & nurses
IMPLEMENTATION	Integrated into hospital QI initiatives	Public health campaigns & patient education	Nurse-led education at discharge
PRICE	Free	Free	Some free resources with a paid education portion and add'l paid resource pack.
LANGUAGE ACCESSIBILITY	Yes	Yes	Yes
AVAILABLE LANGUAGES	75+	25+	50+

Upcoming Virtual Sessions

OCTOBER 15

UMWS Sprint Finale

11:00 a.m. – 12:00 p.m.

Zoom

NOVEMBER 12

Regional Breakouts

**10:30 a.m. – 11:00 a.m. UMWS
Presentation for Community Partners*

11:00 a.m. – 12:00 p.m.

Zoom

OCTOBER 22

Sustainment Check-In

11:00 a.m. – 12:00 p.m.

Zoom

DECEMBER 10

*Designation and QI Milestone
Workshop*

11:00 a.m. – 12:00 p.m.

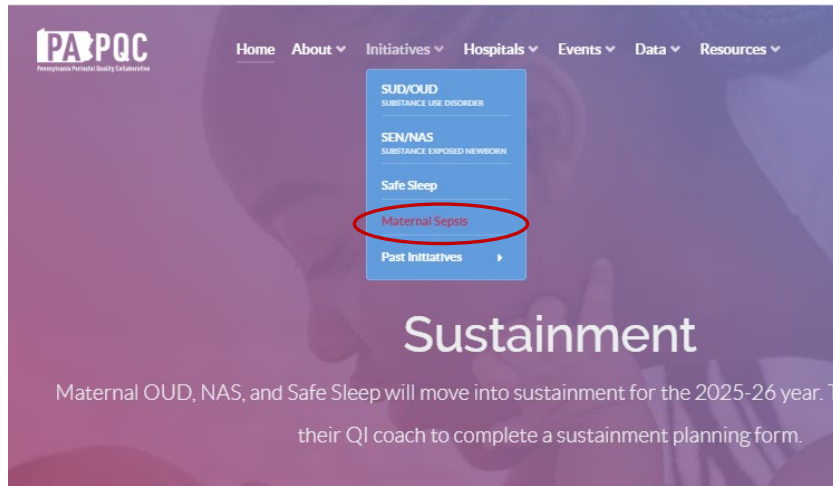
Zoom



QI Quarterly Milestones: Due October 31

	Description	Active Initiative (Sepsis)	Sustaining Initiative (NAS, OUD, Safe Sleep)
Milestone 1	Engage meaningfully with your PA PQC QI coach at least once per quarter	Due by Oct. 31 st	
Milestone 2	Submit a Quality Improvement (QI) Report Out in LifeQI showing work related to implementing Key Intervention(s). Login – Life QI (lifesystem.com)	Due by Oct. 31 st	
Milestone 3	Complete initiative-specific PA PQC quarterly survey . (see link above)	Due by Oct. 31 st (survey opens: 10/1/25)	Due by Oct. 31 st (surveys open: 10/1/25)
Milestone 4	Submit data to LifeQI online platform. Login – Life QI (lifesystem.com)	Due by Oct. 31 st	Due by Oct. 31 st
Milestone 5	Communicate and celebrate your team’s impact in the PA PQC within your hospital and community.	Due by Oct. 31 st	

Access Sprint Session Materials



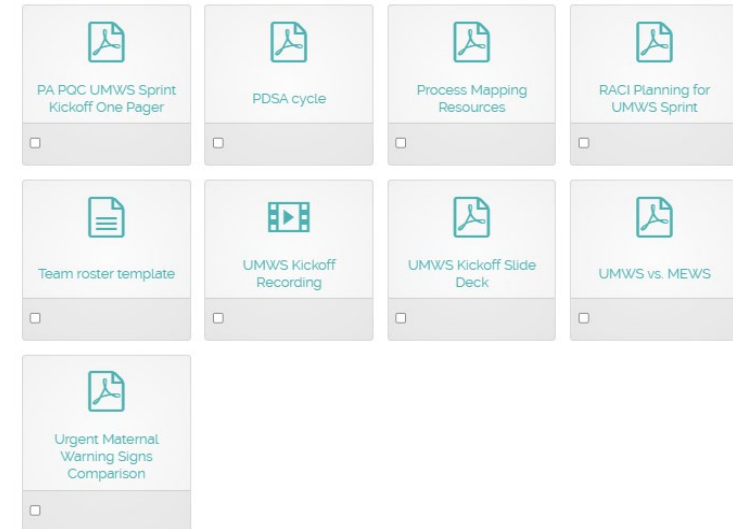
Maternal Sepsis Resources



Urgent Maternal Warning Signs Sprint



UMWS Sprint Kickoff



1. Under Initiatives, select Maternal Sepsis
2. Scroll to the bottom of the Maternal Sepsis Initiative page
3. Click on the Urgent Maternal Warning Signs Sprint folder
4. Scroll to the bottom of the Maternal Sepsis Initiative page to find the individual sprint session folders
5. Select a session

Thank You!



Pennsylvania Perinatal Quality Collaborative



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