

PA PQC

Pennsylvania Perinatal Quality Collaborative

PA PQC Virtual Session

October 15, 2025

CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and The Jewish Healthcare Foundation. The University of Pittsburgh is jointly accredited by the **Accreditation Council for Continuing Medical Education (ACCME)** and the **American Nurses Credentialing Center (ANCC)**, to provide continuing education for the healthcare team. **1.0 hours are approved for this course.**

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Learning Objectives

- Identify plan for assessment of the UMWS Sprint in your hospital.
- Discuss how to develop long-term plans to integrate UMWS handouts into standard discharge protocols.

Agenda

1. **Welcome** – Jennifer Condel, SCT(ASCP)MT, Senior Program Manager, Perinatal Health, Jewish Healthcare Foundation
2. **Sprint Summary** – Hadar Re'em, BA, Program Associate, Jewish Healthcare Foundation
3. **Long-term Planning for Sustainment** – Jennifer Condel, SCT(ASCP)MT
4. **Peer-to-peer Sharing** – Karena Moran, PhD, QI Coach and NEPaPQC Manager
5. **Wrap-up & Next Steps** – Lisa Boyd, BA, PA PQC Data Manager and QI Coach, Jewish Healthcare Foundation

Sprint Summary

HADAR RE'EM, BA, PROGRAM ASSOCIATE, JEWISH HEALTHCARE
FOUNDATION

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
- Office Hours (10/1)
- Today: Finale
 - 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+

Long-term Planning for Sustainment

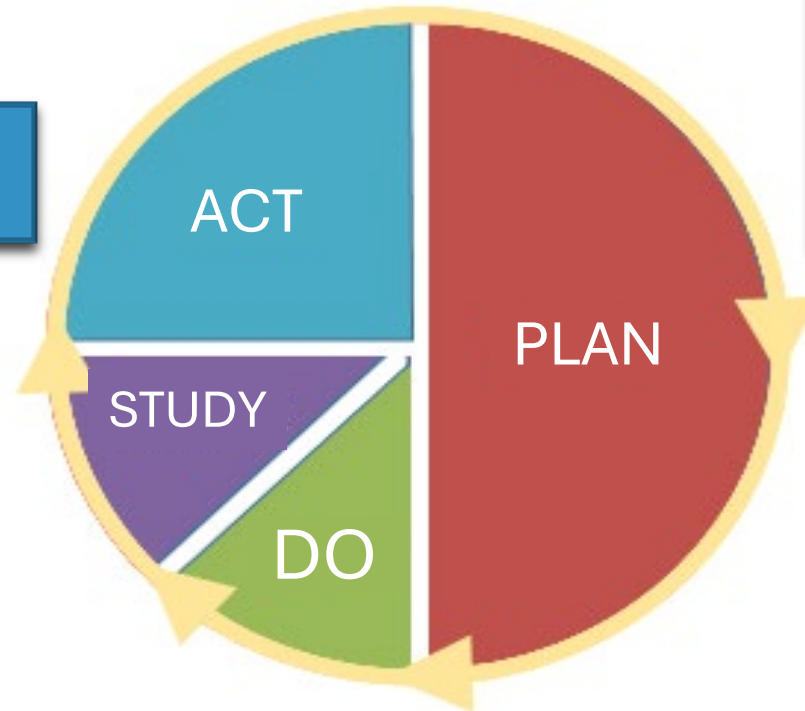
JENNIFER CONDEL, SCT(ASCP)MT, SENIOR PROGRAM MANAGER,
PERINATAL HEALTH, JEWISH HEALTHCARE FOUNDATION

Systematic Approach to Quality Improvement

PLAN - DO - STUDY - ACT

- **Act based** on what you learned
- Adopt, Adapt, Abandon

- Review the test
- **Analyze results**
- Assess learnings



- Identify your goal
- Understand the **current state**
- Design experiment/interventions
- Identify metrics
- Predict results

- Test the change
- Carry out a **small-scale experiment**
- Collect data

Example:

UMWS Sprint-Quality Improvement Cycle

Sustainment

New best practice (standard), Spread and disseminate to peers

ACT

- Adjust workflow based on barriers
- Conduct the next PDSA
- Continue PDSA cycles to expand UMWS patient education to ED, OB outpatient, etc.

PLAN

- Identify team/stakeholders
- Determine tool and teach-back script
- Develop and document new workflow

STUDY

- Conduct staff pulse checks
- Develop and implement a method for patient feedback
- Identify what is working well and areas of opportunity for improvement

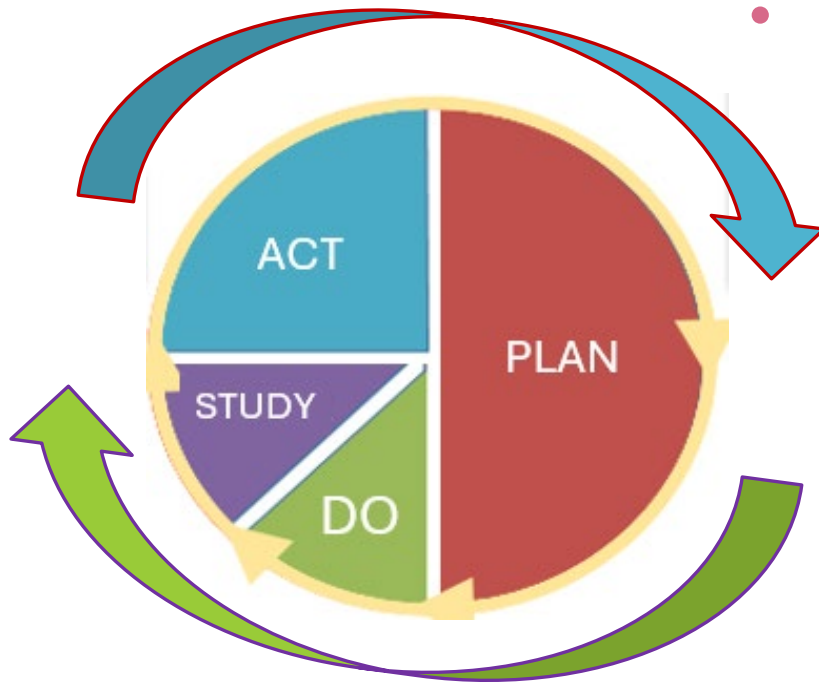
DO

- Train staff in new workflow
- Roll out new UMWS patient education workflow in one unit
- Track % of patients educated



UMWS Sustainment Plan

Action Planning



- **Compliance Monitoring: Roles & Responsibilities**
 - What role(s) will **monitor the new process(es)**? Are they working efficiently and effectively?
 - What are the **key process measures** the team will continue to track and how frequently?
 - Staff
 - Patient/Caregiver

Systematic Approach to Quality Improvement:

Study and Reflect

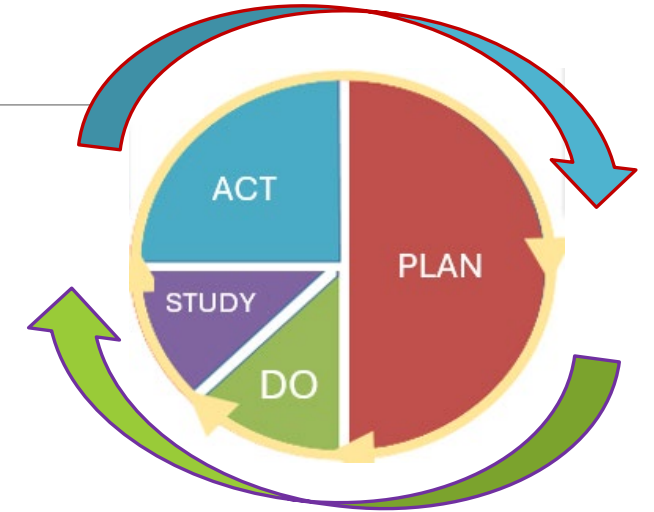
- Are processes still working as intended during sustainment monitoring?

If **yes**, continue to **monitor**.

- Establish a frequency to monitor (collect data-qualitative and quantitative)
- Survey staff and patients/caregivers

If **no**, **study**.

- Collect data (qualitative and quantitative)
- Revisit last PDSA cycle to see what may have changed
- Initiative a new PDSA



UMWS Sustainment Plan

Action Planning

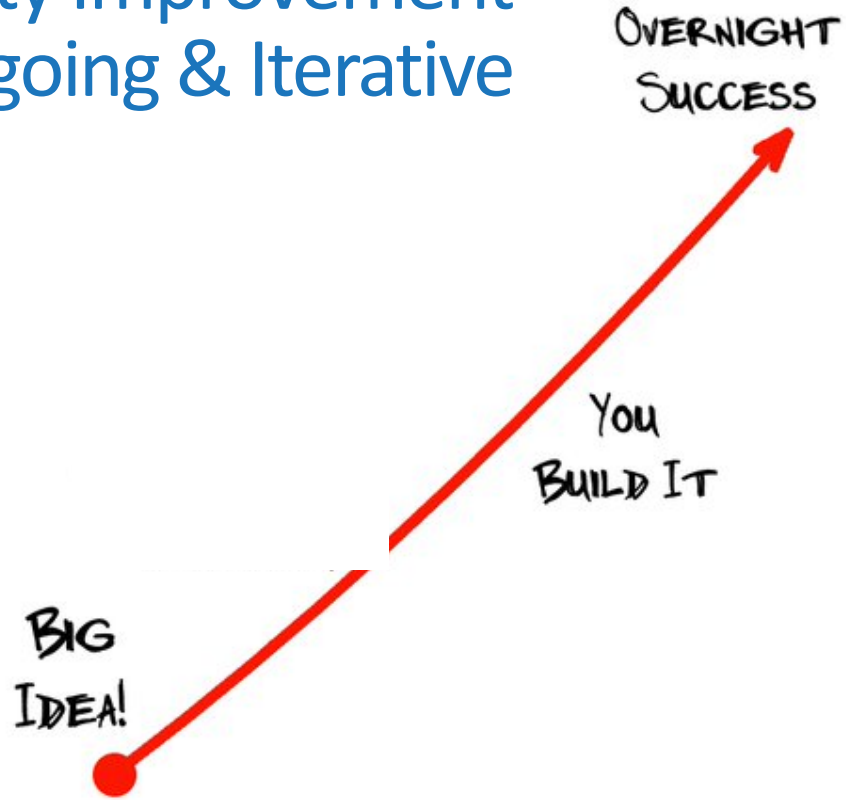
- **Staff/New Hire Education Plan**
 - What process(es) are in place to ensure education is **provided to staff routinely?**

Action Planning: Document Your Work

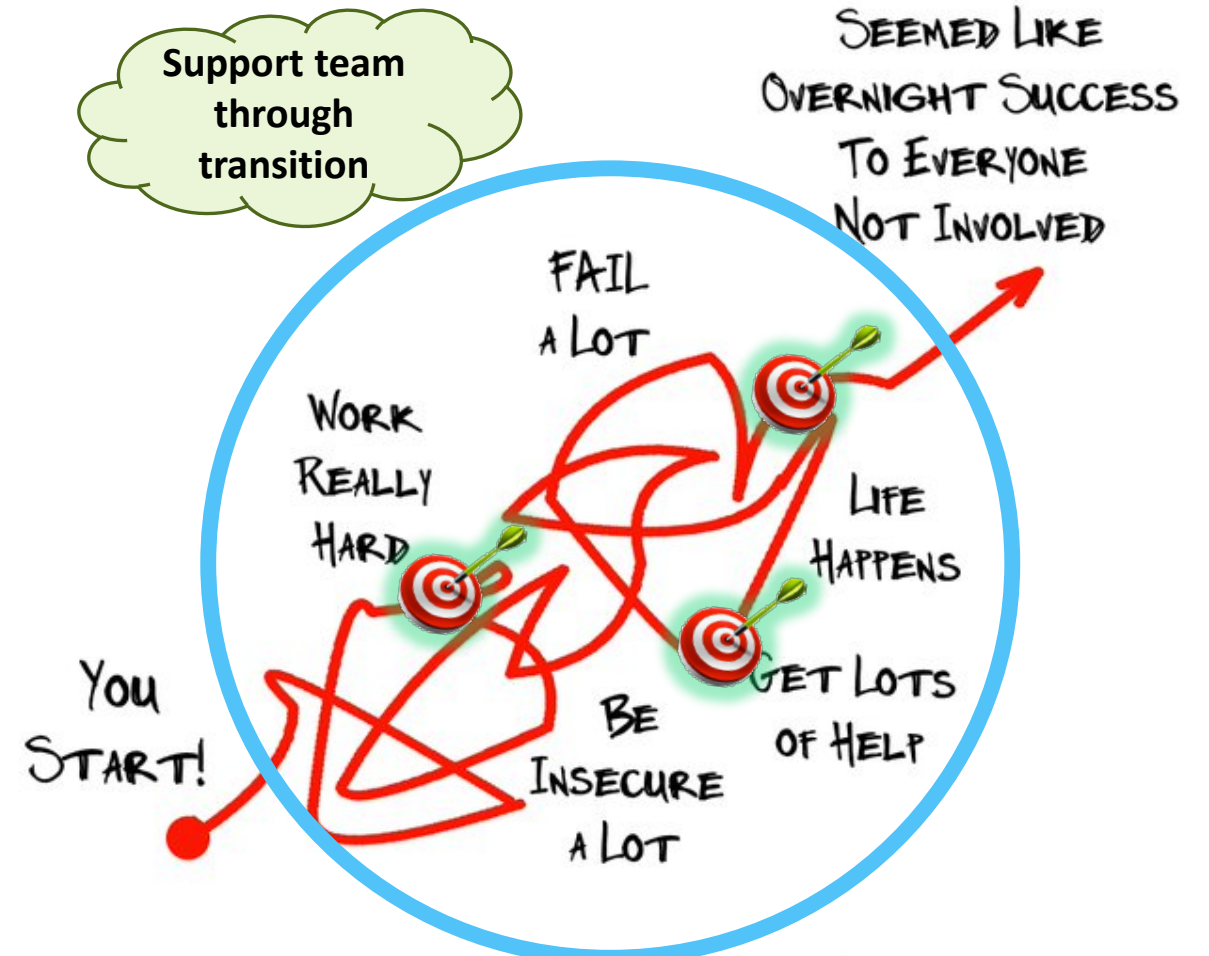
The diagram includes a legend in the top right corner with a blue semi-circle labeled 'ACT' and a purple semi-circle labeled 'STUDY'. The table below has five columns: 'Action Item (What Will Happen)', 'By Whom (Team Member/Role)', 'Target Date', 'Status', and 'Outcomes (Results/Barriers)'. The 'Status' column is divided into three colored sections: green (top), yellow (middle), and red (bottom). An arrow labeled 'Specified Activity' points to the first row of the table. Another arrow labeled 'Activity outcome and any barriers' points to the 'Status' column.

Action Item (What Will Happen)	By Whom (Team Member/Role)	Target Date	Status	Outcomes (Results/Barriers)

Quality Improvement is Ongoing & Iterative



WHAT PEOPLE THINK IT LOOKS LIKE...



WHAT IT REALLY LOOKS LIKE...

Peer-to-Peer Sharing

Tessa Folino, Postpartum RN

Mount Nittany Health System-
Mount Nittany Medical Center

Dawn Fulton, Nurse Manager Expecting You

Punxsutawney Area Hospital

Elizabeth Buck, Nurse Senior- Educator: Perinatal

Trinity Health-St. Mary Medical
Center

- Where did you start at the beginning of the Sprint?
- What did you accomplish during the Sprint?
- What's next for your team?
- Questions for your peers

Karena Moran, PhD

QI Coach and NEPaPQC
Manager

PA PQC: SPRINT

THMA-SMMC

Maternal Sepsis Awareness

***2025-26 Cycle II: Review/Reinforce Nursing Education
Empower Patient Voice***

Peer-to-Peer Discussion

Karena Moran, PhD
QI Coach and NEPaPQC
Manager

- Where did you start at the beginning of the Sprint?
- What did you accomplish during the Sprint?
- What's next for your team?
- Questions for peers

Not yet started

In progress

Fully Implemented

Expanding

Sustaining

Wrap-Up

LISA BOYD, PA PQC DATA MANAGER AND QI COACH, JEWISH
HEALTHCARE FOUNDATION

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 Sept. 30 th	
Milestone 2	Submit a Quality Improvement (QI) Report Out in LifeQI showing work related to implementing Key Intervention(s). Login – Life QI (lifeqisystem.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) PA Maternal Sepsis	Due by Oct. 31 st (surveys open: 10/1/25)
Milestone 4	Submit data to LifeQI online platform. Login – Life QI (lifeqisystem.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	

Upcoming Virtual Sessions

NOVEMBER 12

Regional Networking

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

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

DECEMBER 11

TBD Sepsis Content

11:00 a.m. – 12:00 p.m.

Zoom



Learn about the initiatives
and access session material

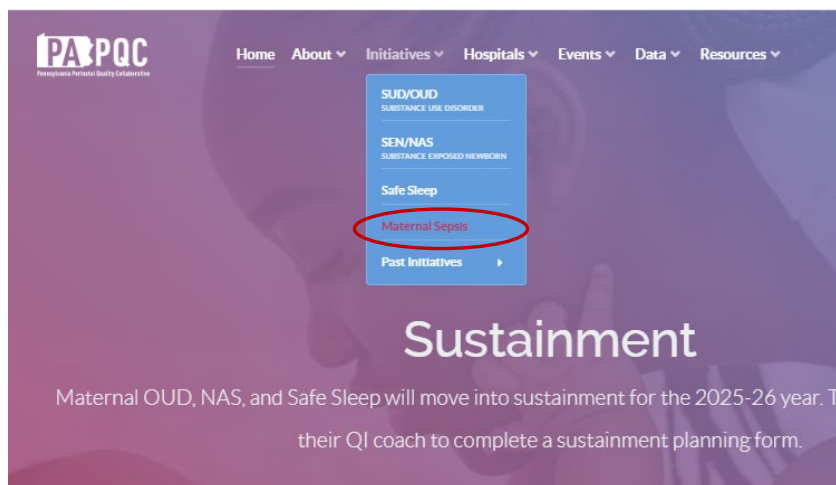
Pennsylvania Perinatal Quality Collaborative

The PA PQC provides quality improvement support to healthcare teams to improve the standard of care for pregnant and postpartum people and babies.

[REGISTER FOR SESSIONS](#)

<https://www.papqc.org/>

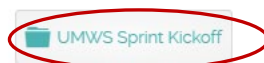
Access Sprint Session Materials



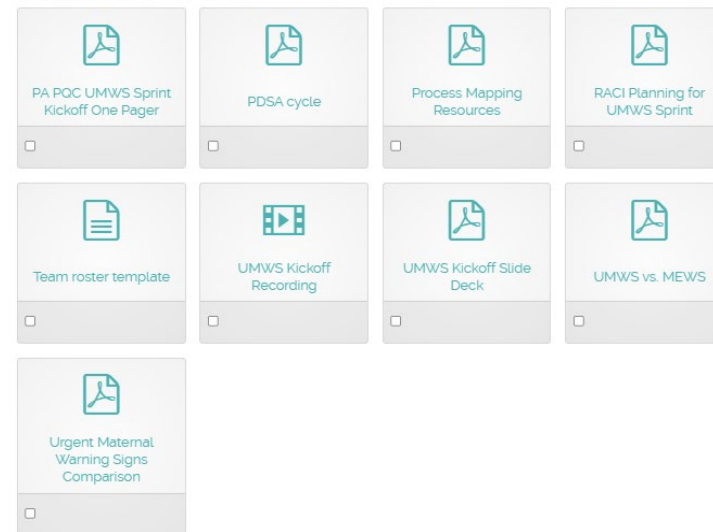
Maternal Sepsis Resources



Urgent Maternal Warning Signs Sprint



UMWS Sprint Kickoff

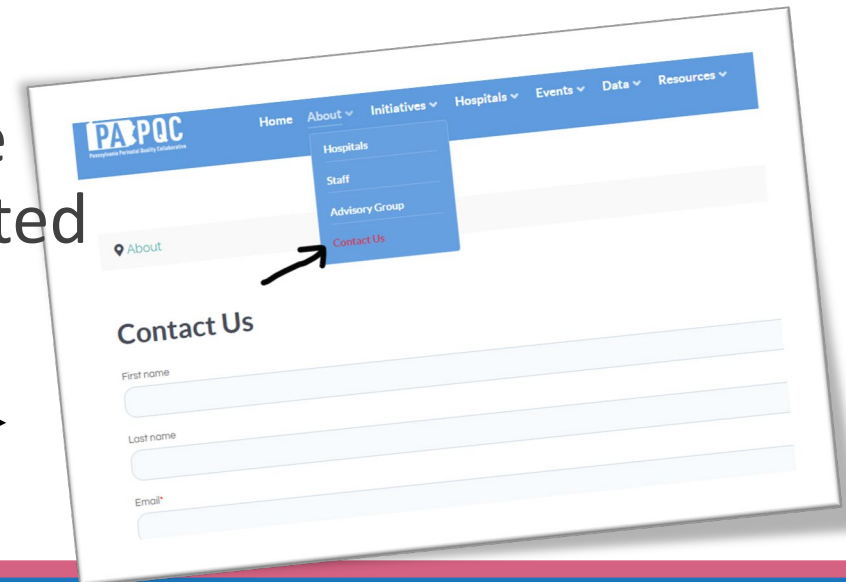


1. Under Initiatives, select Maternal Sepsis
2. Scroll to the bottom of the Maternal Sepsis Initiative page
3. Click on the Urgent Maternal Warning Signs Sprint folder
4. Scroll to the bottom of the Maternal Sepsis Initiative page to find the individual sprint session folders
5. Select a session

Updated Contact Info.

Upcoming changes to your email address? Haven't heard from us in a while?

- Please reach out to your coach to provide them updated contact info. for anyone at your site who is involved in the PA PQC
- If you haven't gotten a newsletter or PA PQC emails in a while, check to make sure you are subscribed to our newsletter with your updated email address
- You can always reach us [here](#) →



PA PQC QI Coaches



Kristen Brenneman,
MSN, RN
Quality Improvement
Facilitator, Jewish
Healthcare Foundation



Lisa Boyd, BA
Program Associate,
Jewish Healthcare
Foundation



Jennifer Condel,
SCT(ASCP)MT
Manager, Lean Healthcare
Strategy and
Implementation, Jewish
Healthcare Foundation



Karena Moran, PhD
Improvement
Optimization Advisor,
Geisinger Health &
NEPaPQC



Maureen Saxon-Gioia,
MHA, BSN, RN
Nurse Project Manager,
Jewish Healthcare
Foundation

Credentialing Guidelines:

PLEASE complete the electronic evaluations by Wednesday, October 22nd: <https://www.surveymonkey.com/r/XNW6BH2>

1. Please indicate on the evaluation which CEUs you are requesting: CME, CNE or Social Worker credits.
2. The UPMC Center for Continuing Education will follow up with you, via email, after Wednesday, October 22nd to notify you about how you can claim your credits.
 - To prepare, we recommend you create an account with UPMC CCE via this website <https://cce.upmc.com>.



Thank You!



Pennsylvania Perinatal Quality Collaborative



Northeastern Pennsylvania Perinatal Quality Collaborative

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