

Implementing a Post-Birth Alert Orange Bracelet Program

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Objectives

- Enhance early recognition and response to postpartum complications in a variety of settings
- Standardize communication and continuity of care
- Empower patients and support person(s) to recognize and advocate for their health
- Promote hospital and community adoption of the Post-Birth Alert Orange Bracelet Program



FHN Memorial Hospital

- ❖ 100 BED LEVEL 2 RURAL HOSPITAL, LOCATED IN NORTHWESTERN ILLINOIS
- ❖ 250 DELIVERIES PER YEAR
- ❖ 7 LDRP ROOMS
- ❖ 2 TRIAGE ROOMS
- ❖ 1 OR SUITE
- ❖ 1 RECOVERY ROOM
- ❖ 3 GYNE ROOMS



Background

- **Origin story**
 - **Colleagues from AdventHealth Zephyrhills, Florida**
 - **Why and How FHN became the second to adopt the bracelet**



More than a color: Why we chose **Orange**



- **BRIGHT** and indicates a “Pay Attention” message



- Pairs well with the red and orange AWHONN Post-Birth Warning Signs discharge instruction sheet



- **Why “Post-Birth Alert”**

The Orange Bracelet Program: A Step Towards Birth Equity

- **What's different about this program versus others?**
 - **Blue – only given to those at risk for hypertension/preeclampsia**
- **Why give it to all postpartum patients?**
 - **We have seen approximately 25% of patients return with high risk issues who had zero risk factors prior to discharge.**



Implementation Strategies: How to get started

- **Develop a Post-Birth Alert team**
 - **Multi-Disciplinary including Emergency Department (ED), OB, & Emergency Medical Services (EMS)**
- **Develop 30, 60,90 day goals**



Goal example: Keep the team on track

SMART Goal	Action/Description	Timeframe	Key Stakeholders/Parties Involved	Measurement/Outcome
Form a Multi-disciplinary Team	Identify stakeholders, form a comprehensive list of area EMS and order orange bracelets	First 30 days	Multi-disciplinary team within the hospital, nurses, leaders, educators, ED staff, Emergency Preparedness Coordinator,	Team formed, list of EMS created, supplies ordered
Develop and Interdisciplinary Education Program. Inform OB staff of Bracelet Addition to Woman Education	Create and implement an educational program on the post-birth alert program, including hosting an educational night for local EMS. Inform OB nursing staff of applying band to woman on discharge with education	First 60 days	Program Developers, EMS, Perinatal Educator, Nursing Experts, Key Stakeholders, Postpartum Women	Education program developed and delivered in person Auditing band application on discharge
Coordinate EMS and ED Training Sessions	Organize and execute training sessions for EMS and stakeholders on the Post-Birth Alert Program, ensuring clear communication, expectations, goal for program and high attendance in training sessions	First 90 days	EMS, ED, Trainers and Participants	



Implementation Strategies: Education modes

- Develop a plan for education
 - Online
 - In-Person
 - Staff Meetings
- Start to spread the word
 - ED
 - EMS
 - OB



Implementation Strategies: Patient involvement

- ALL patients receive an orange band
- Post-Birth Warning Signs
- Educate patients AND support person(s) to alert:
 - EMS
 - ED registration

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.

Call 911 if you have:	<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
Call your healthcare provider if you have: (you only need one sign) <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 <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 or 96.8°F or lower <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
I am having _____"
(Date)
(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

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Collaboration Strategies: Outside the hospital

- Collaborate with:
 - OB Offices
 - Health Department
 - Women Infant Children (WIC)
 - Visiting nurses
 - Community members

You can make an IMPACT for postpartum patients

Complications following the delivery of a baby are rising substantially.

This could be your spouse, partner, daughter, sister, friend, or neighbor.



CONTACT US

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Reach out for brochures, education, or questions.



We're here for you
FHN

fhn.org/PBAOB

Adapted by FHN Memorial Hospital from Association of Women's Health, Obstetrics and Neonatal Nurses (AWHONN) guidelines. CDC.gov



Post-Birth Alert Orange Bracelet Program (PBAOB)

Importance of the POST-BIRTH ALERT ORANGE BRACELET PROGRAM (PBAOB)

More than two-thirds of postpartum deaths after discharge are either moderately or substantially preventable.

Identifying a postpartum patient early is critical for proper diagnosis and treatment.

Highest risk for mortality in the postpartum period:

- Hypertensive disorder in pregnancy and other - preeclampsia or eclampsia
- Venous Thromboembolism, or blood clots
- Sepsis
- Cardiomyopathy, the thickening of the heart's walls
- Perinatal depression
- Substance use disorder





OUR MISSION
We want to bring awareness to complications the postpartum patient is at highest risk for within six to twelve weeks of delivery and decrease mortality in the community we serve.

OUR VISION
Collaboration with community healthcare providers to increase awareness due to complications of the postpartum period.

OUR STRATEGY
Orange Band Implementation
Postpartum patients will receive an orange band at discharge and be educated to wear it for six to twelve weeks following delivery. This will assist community healthcare providers in thinking about high risk problems following delivery.

Education to Community Healthcare Providers
Inviting importance and providing education to collaborate on timely identification and treatment of postpartum complications.

STATISTICS
In 2022, the CDC reported that 817 women died of maternal causes in the United States.

36%
MODERATELY PREVENTABLE

33%
SUBSTANTIALLY PREVENTABLE

-  Eclampsia or Preeclampsia
-  Sepsis
-  Perinatal Depression
-  Substance Use Disorder
-  Cardiomyopathy or Venous Thromboembolism



Getting Started: Gathering Supplies

Orange Bracelets

- Cost and ordering
 - Wristbandbros.com
 - 021-color
 - Writing- Bold Black “Post-Birth Alert”
 - \$0.25 to \$0.55 each
 - XL bands may cost more
- Size Adult and XL Adult

Useful Resources

- **FHN Post-Birth Alert Toolkit**
[Fhn.org/pbaob](https://fhn.org/pbaob)
- **AWHONN Post-Birth Warning Signs**
https://www.awhonn.org/wp-content/uploads/2020/02/pbwssylhandout_english.pdf
- **ACOG-Identifying and Managing Obstetric Emergencies in Nonobstetric Settings**
https://www.acog.org/programs/obstetric-emergencies-in-nonobstetric-settings?utm_source=vanity&utm_medium=web&utm_campaign=programs



EMS Collaboration

Key Considerations: More than two-thirds of postpartum deaths after discharge are either moderately or substantially preventable. Identifying a postpartum patient early is crucial for proper diagnosis and treatment. Multiple Region 1 hospitals have implemented the “Orange Bracelet” Post Birth Alert System to draw attention to postpartum patients who may develop complications following discharge from the hospital.

PROCEDURE:

- A. Each postpartum patient will receive an orange band at discharge. Patients are encouraged to wear it for six weeks.
- B. If EMS providers respond to an emergency call and the patient is wearing an orange band, consider the following targeted assessments related to postpartum complications:
 1. [Preeclampsia/Eclampsia](#)
 2. [Sepsis](#)
 3. [Perinatal Depression](#)
 4. [Substance Use Disorders](#)
 5. Cardiomyopathy or Venous Thromboembolism
- C. Provide appropriate treatment per the appropriate SMO. Consider transport upgrade if appropriate.
- D. Provide an early alert to the receiving hospital stating the patient is wearing an “Orange Bracelet” and provide information regarding how many days/weeks since the patient delivered the baby.
- E. Document the alert on the Patient Care Report.



- **Standing Medical Orders (SMO) for region 1**
- **Onboarding and annual education for EMS providers within Region 1**

Importance of the Post-Birth Alert System

More than two-thirds of postpartum deaths after discharge are either moderately or substantially preventable.

Identifying a postpartum patient early is crucial for proper diagnosis and treatment.

Highest Risk for Mortality in the Postpartum Period:

- Hypertensive Disorder in pregnancy
- Preeclampsia or Eclampsia
- Venous Thromboembolism
- Sepsis
- Cardiomyopathy
- Perinatal Depression
- Substance Use Disorder (SUD)



Our Mission

We want to bring awareness to complications the postpartum patient is at highest risk for within 6 weeks of delivery and to decrease mortality in the community we serve.

Our Vision

Collaboration with community healthcare providers to increase awareness, early identification and treatment of postpartum complications.

Our Strategy

- Orange Band Implementation: Postpartum patient will receive orange band at discharge and be encouraged to wear for 6 weeks following delivery. This will assist community healthcare providers in identifying high-risk patients following delivery.
- Provider Education: Increasing importance and providing education to collaborate on timely identification and treatment of postpartum complications.

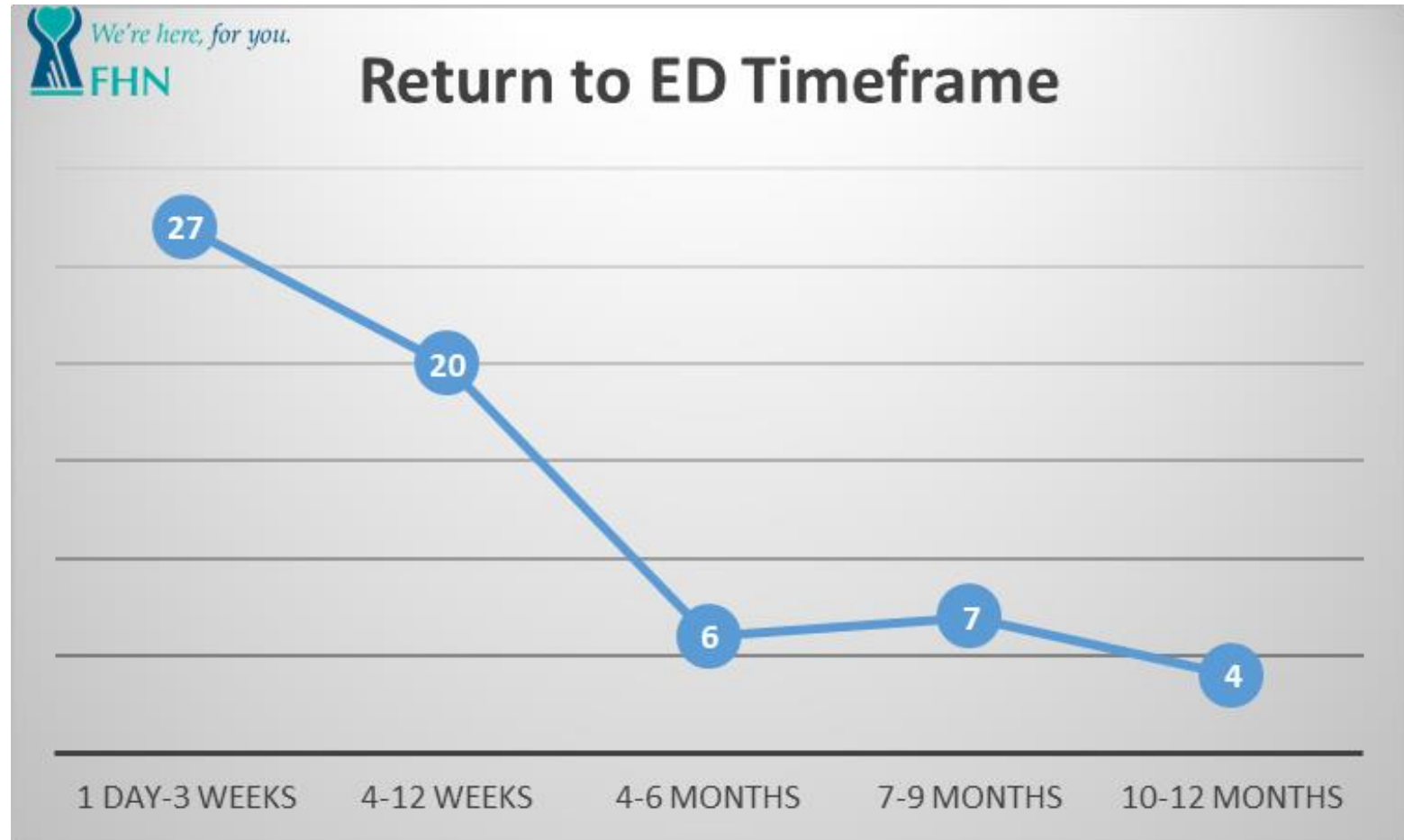
Statistics

In 2022 CDC reports 8.7 women died of maternal causes in the United States.
*13% were moderately preventable
*13% were substantially preventable

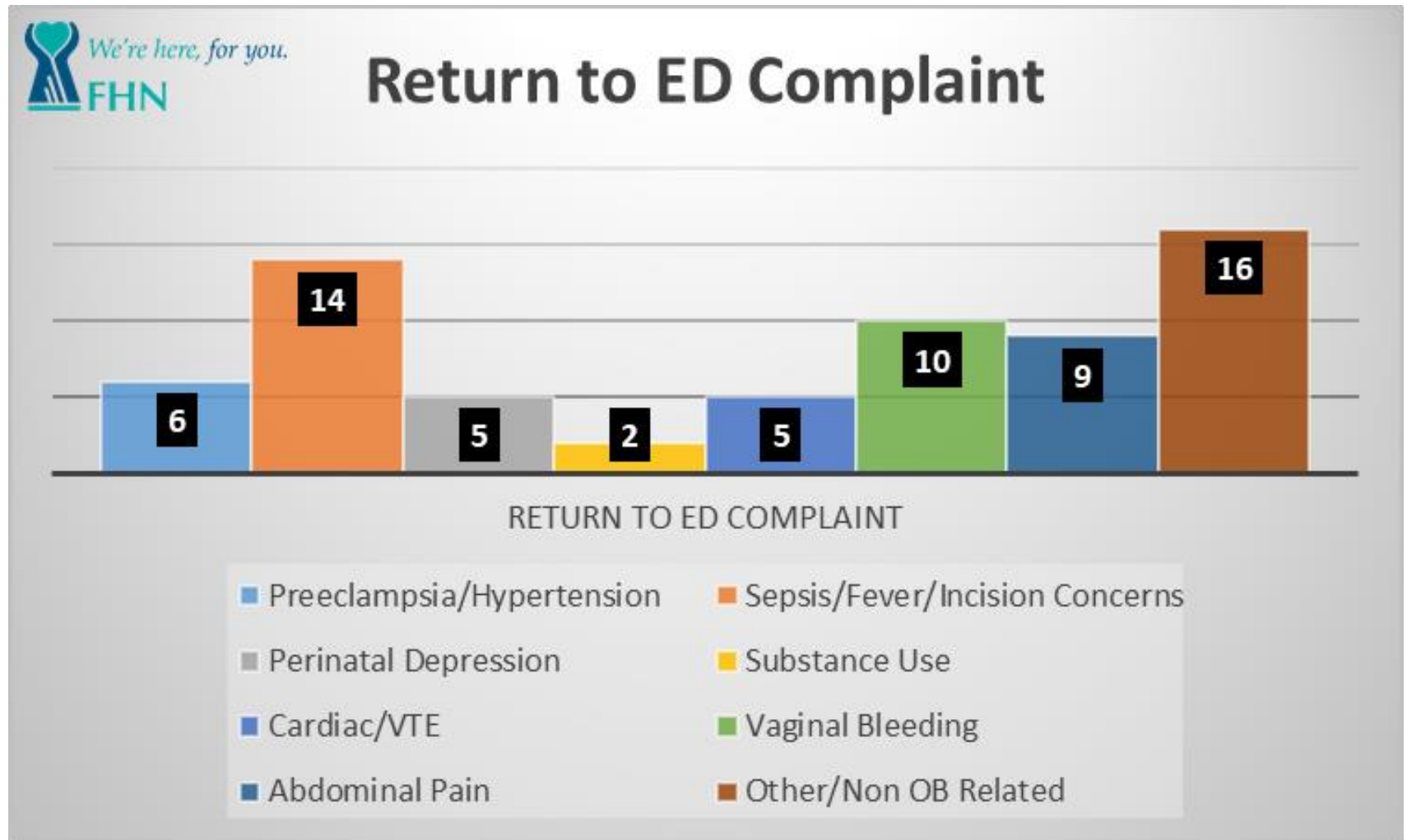
- Eclampsia & Preeclampsia
- Sepsis
- Perinatal Depression
- Substance Use Disorder
- Cardiomyopathy
- Venous Thromboembolism



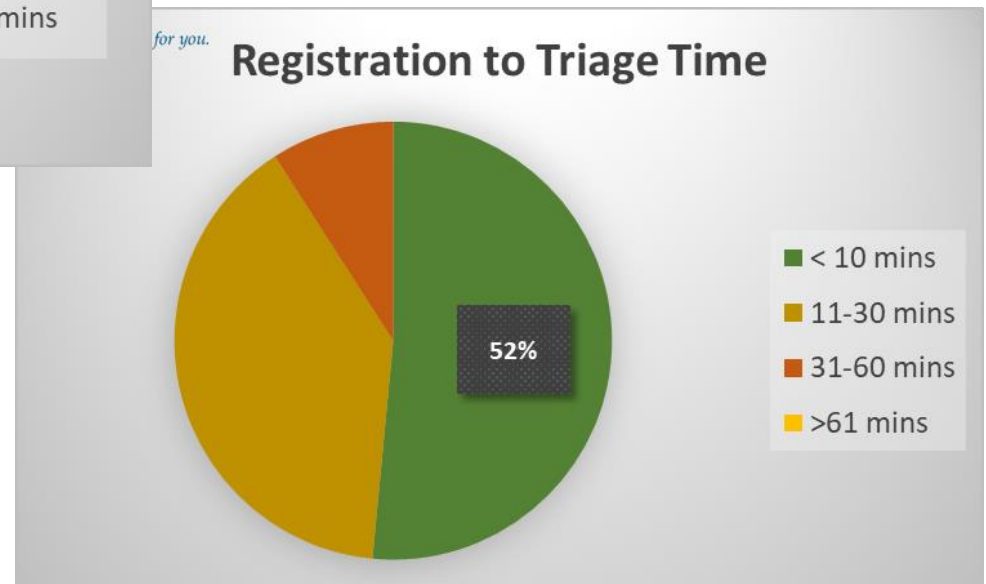
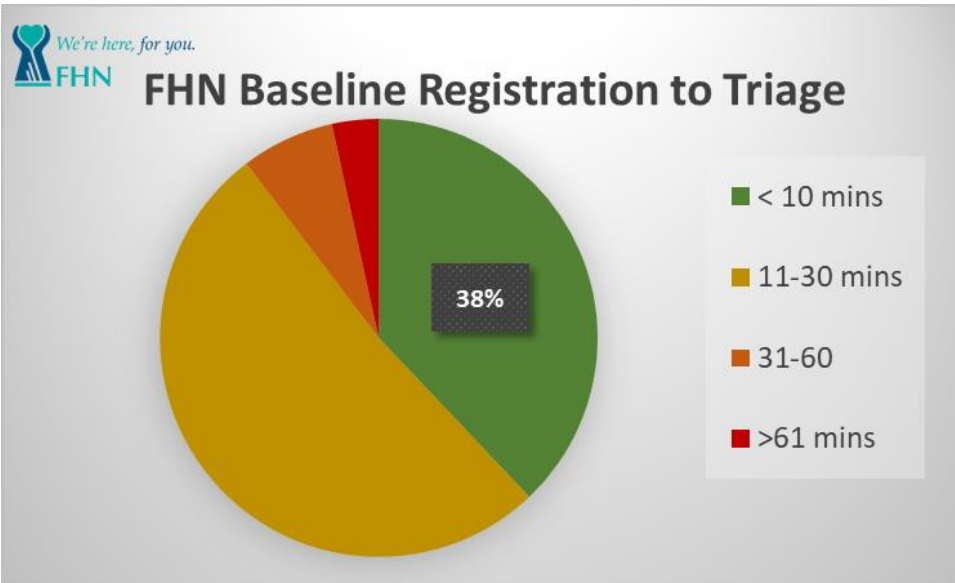
Data Collection: Return to ED Timeframe



Data Collection: Return to ED Complaint



Date Collection: Registration to Triage



Success Stories: Patient's lives touched



Important Connections

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Questions



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