

National Academies Of Sciences, Engineering, and Medicine

Preventing Cardiovascular Disease in Pregnancy

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AWHONN

PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

SAVE YOUR LIFE:

Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. **But any woman can have complications after the birth of a baby.** Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



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 your baby
Call your healthcare provider if you have: <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 <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 had a baby on _____ and
(Date)
I am having _____"
(Specific warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

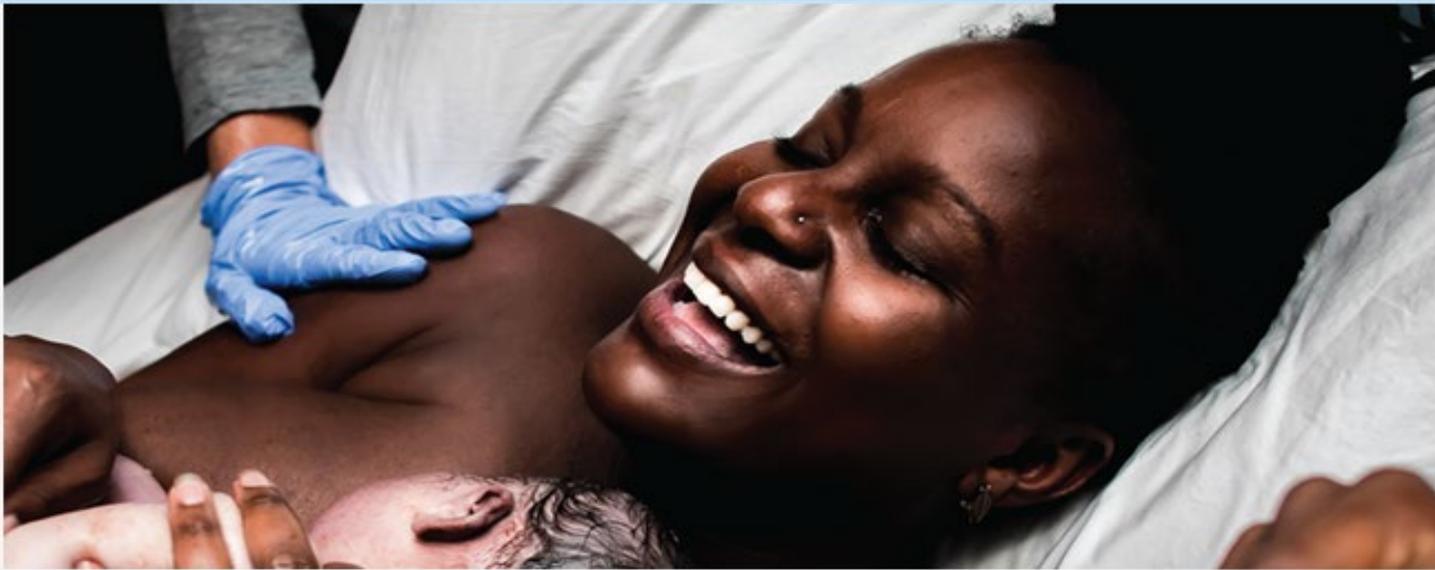
- **Pain in chest, obstructed breathing or shortness of breath** (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- **Seizures** may mean you have a condition called eclampsia
- **Thoughts or feelings of wanting to hurt yourself or your baby** may mean you 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 or C-section site may mean you have 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, 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

GET HELP My Healthcare Provider/Clinic: _____ Phone Number: _____
Hospital Closest To Me: _____



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AWHONN
PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS

PERINATAL
ORIENTATION
& EDUCATION
PROGRAM (POEP)

**POEP helps reduce risk,
increase efficiency, and
promote optimal outcomes
while saving your facility
time and money!**

POEP includes everything you need to provide quality, evidenced-based education to your perinatal nursing staff. The modules are designed for self-paced learning, instructor-led learning, or both.

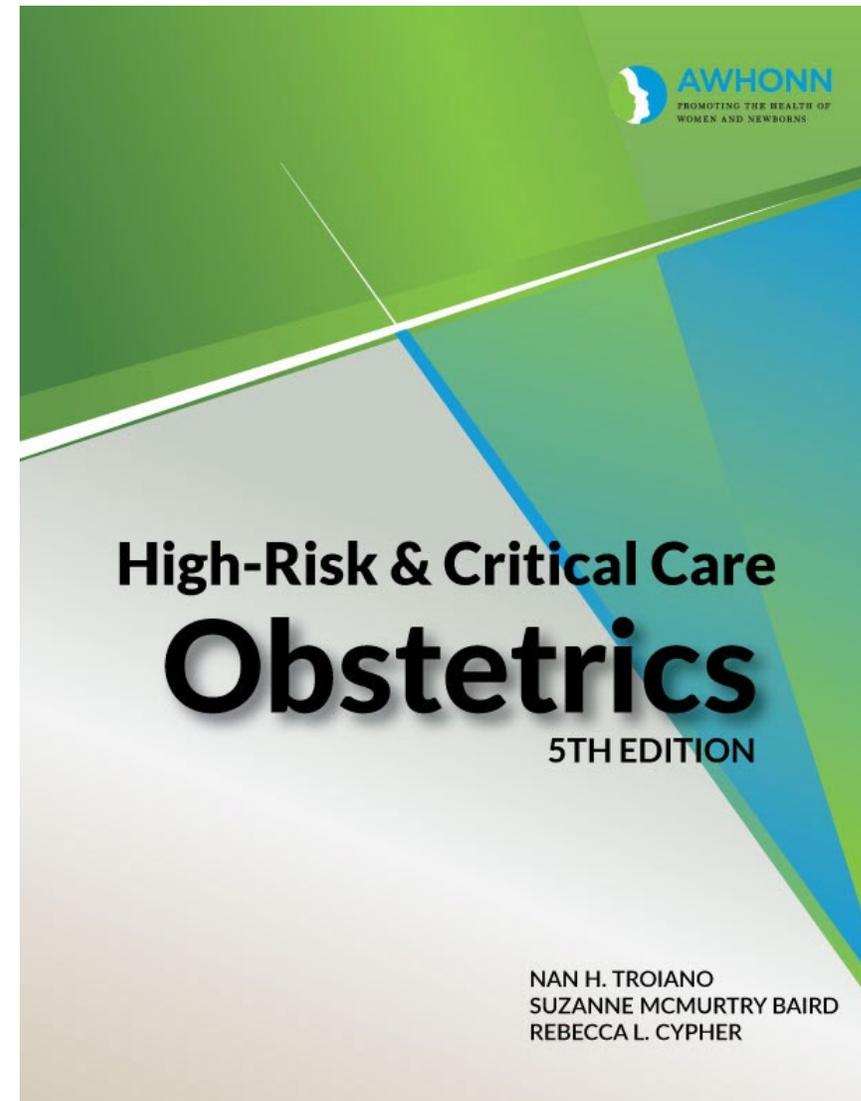
To incorporate different teaching methodologies and boost learner engagement, AWHONN has added interactive elements that include integrated case scenarios, multiple narrators, the ability to slow down/speed up narration, short videos integrated throughout, over 1,500 images, study guide worksheets, and simulations.



The 5th Edition of AWHONN's High Risk & Critical Care Obstetrics is here to support you. This comprehensive guide has been meticulously updated with the latest evidence-based strategies, helping you provide the highest level of care for high-risk and critically ill patients. Insightful updates include:

- Innovative strategies to combat maternal complications
- Tools to address healthcare disparities and improve outcomes for diverse populations
- Expanded clinical resources, like guidelines for managing complex conditions.

Equip yourself with practical tools and cutting-edge approaches to elevate your practice and improve the health of mothers and infants.



This course provides critical knowledge on recognizing and responding to people with cardiac disease during pregnancy. The course also addresses the identification and management of classifications of cardiac diseases.

- Review normal hemodynamic changes in pregnancy and the effect on pregnant people with heart disease.
- Utilize a pregnancy risk prediction tool to identify pregnant people at highest risk for long-term cardiovascular events.
- Review antepartum, intrapartum, and postpartum management protocols for pregnant and postpartum people with cardiac disease.
- Apply the concepts of nursing assessment and interventions to the plan of care in a case scenario format.

Critical Care Obstetrics Education (CCOE)

Town Hall Webinar

