



### Background

- Women's postpartum health outcomes increasingly poor across Illinois.
- Statewide initiative: Improve early identification and treatment of hypertension disorders within perinatal patient population.
- Large urban level 3 perinatal healthcare facility has 2-3 women daily discharged from postpartum with hypertension diagnosis.
- During discharge process, discovered nurses perceived preeclampsia resolved after delivery.
- No standardized discharge process or educational materials available for nurses to educate women on postpartum hypertension.
- Patients instructed to follow up in 7-10 days with their care provider
- Approximately 30% of women with hypertensive diagnosis returned for follow-up appointments.

### Purpose

To develop a postpartum preeclampsia education video to educate women and staff members in postpartum unit. Secondary purpose, to standardize hypertension education provided to patients during postpartum discharge.

### Method

**Design:**

- Quasi-experimental
- Intervention: Intervention video to:
  - Provide patient education
  - Standardize nursing language for discharge instruction.

**Key Stakeholders:**

- Obstetric quality director
- Nursing director of women's care department.
- Maternal fetal medicine physician
- Labor and delivery unit pharmacist
- obstetric fellow
- medical student
- clinical nurse lead, labor and delivery



### Intervention Development Steps

- Estimate for production of video through institution \$5,000.00.
- Justin Flocco, professional videographer, produced video pro bono.
- Script for the video developed based on literature, input from team members, and community involvement of a patient experience.

### Implementation

- Registered nurses (98%) and nurse assistants (100%) prior to go live:
  - Received education
  - Reviewed video
- Education emphasize of video to promote patient's understanding of importance of postpartum follow up care.
- Video benefits' nurse's practice by enhancing:
  - Understanding postpartum preeclampsia
  - Standardizing patient education verbiage.

### Based on video:

- Staff developed talking points for discharge education.
- Staff created discharge handouts for patients
- Developed a hypertension discharge navigator implemented in EMR

### Leadership Journey

- Maternal Child Health Nurse Leadership Academy (MCHNLA) tool kits used to plan, implement, and evaluate organizational changes.
- **Interdisciplinary** challenges barrier to change.
- Leadership changes impetus for new vision and direction for the unit
- Evaluation of project halted due to new vision and directions for unit

### Leadership Journey: KP Model

**Model the Way:** Role modeled to staff how to review literature to develop evidence-based interventions. Demonstrate to interdisciplinary healthcare team nursing's role in being a change agent for the institution and to influence positive patient outcomes.

**Inspire A Shared Vision:** Shared with key stakeholders' vision for project using Orem's self-care deficit theory. Video project education

- Empower patients to:
  - Recognize warning signs of postpartum preeclampsia
  - Provide patients with knowledge of when to seek care
- Empower nurses to positively impact patient outcomes.

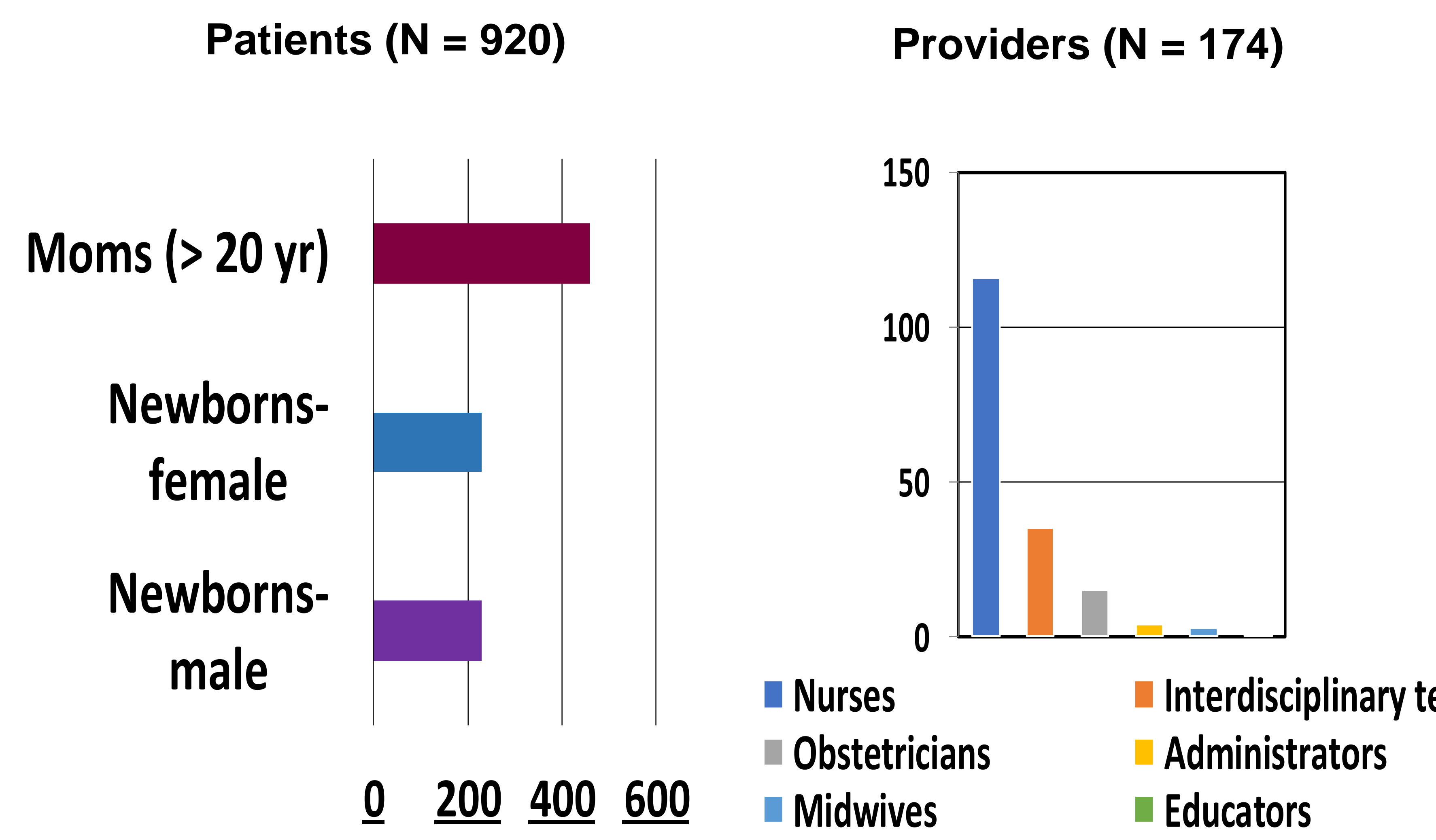
**Challenge the Process:** Institutional systems change difficult. Change required a willingness to listen and consider differing perspectives. Learned that flexibility and taking risks needed to ensure organizational change, which improved the process.

**Enable Other to Act:** Utilizing interdisciplinary team fostered a sense of community, allowing relationships and trust to develop. Team members engaged and responsible for enacting change.

**Encourage the Heart:** Celebrated people and their efforts. Every success celebrated to ensure team focused and on task.



### Beneficiaries



### Outcomes

- Anecdotally, nursing staff shared they experienced a sense of empowerment and began to take ownership of the discharge process.
- Nursing staff shared they learned from the video and were able to better educate their patients
- Anecdotally, postpartum patients who followed up at the facility reported the education from video and/or staff instrumental in alerting them to the signs and symptoms of preeclampsia and hypertension

### Discussion

- Video has the potential to significantly increase education of patients and staff members regarding postpartum preeclampsia
- Video intervention well positioned to assist with standardization of hypertension education to patients postpartum
- Evaluation of the effectiveness of the video educational intervention still needs to be conducted.