

Dumke College of Health Professions

ANNIE TAYLOR DEE SCHOOL OF NICOTOR

ABSTRACT

Postpartum hemorrhage is a major complication within the obstetric setting. Delay in care can place a patient at an increased risk of undesirable outcomes. Labor and delivery and postpartum nurses must be properly trained and educated on timely interventions regarding hemorrhage. Evensen et al. and March of Dimes explain that postpartum hemorrhage occurs in approximately 1%-5% of patients. (5,7) Throughout this project, nurses are provided with education on early signs and symptoms of hemorrhage and proper steps to take to decrease postpartum risks. All education is provided through a staff meeting attended by all labor and delivery and postpartum employees. As nurses are educated on the most up-to-date information regarding this major obstetric emergency, improved patient outcomes can be noted.

PICO QUESTION

What is the effect of education for labor and delivery and postpartum nurses regarding postpartum hemorrhage in improving patient outcomes?

LITERATURE REVIEW

Several searches were made to find peer-reviewed articles related to the PICO question. A literature review was performed to provide reliable information related to the importance of staff education regarding postpartum hemorrhage.

- Utilizing clinical simulations help to effectively train nurses. (1)
- Utilizing infographics within education helps staff to learn and understand the conveyed material quickly. (2)
- 90% of postpartum hemorrhage complications were avoidable through early identification and timely interventions. (4)
- For education to be effective, educators must find a way for their information to be relatable through evaluating outcomes using pre- and post-assessments. (6)

Postpartum Hemorrhage Education For Nurses

Elle McGuire, BSN, RN, MSN Student

PROJECT METHODOLOGY

According to Warmer et al., postpartum hemorrhage is the leading cause of morbidity and mortality in childbirth. Nurses within the labor and delivery and postpartum units must be prepared to manage this major obstetric complication within a timely manner by identifying early signs and symptoms. Initiation of rapid interventions can reduce high maternal and fetal morbidity rates not only in Davis County, Utah but also throughout the entire United States. (8)

The created deliverables are assigned to help analyze the nurses' current individual knowledge and confidence, as well as expand their understanding of timely interventions and appropriate strategies to help reduce the adverse effects of postpartum hemorrhage. The deliverables include a pre-and post-assessment, an educational PowerPoint presentation, and two hands-on simulations. Through each project deliverable, the staff can be engaged, increasing their overall retention of the material provided through participation.

Plan and Development

- The educational session is being implemented during a staff meeting to have the most staff in attendance.
- As staff participates in the session and evaluate themselves, it creates a sense of personal realization of where they are at in their understanding of postpartum hemorrhage recognition and management.
- After each simulation, the two groups debrief with each other and determine what went well, along with improvements for future events.

Evaluation

- Nurses are encouraged in staff meeting to participate in
 - 1. Pre- and post-assessments
 - 2. Educational PowerPoint
 - 3. Two hands-on simulations
- As the nurses participate and evaluate themselves, it allows the educators to see the effectiveness of the education.
- Labor and delivery and postpartum managers can re-assess the postpartum hemorrhage record every four months to evaluate the true effectiveness of the education for all staff members and if it has improved patient outcomes.







THEORETICAL FRAMEWORK

- The foundation of all nursing care is to provide the best patient-centered care. As postpartum patients begin to experience an obstetric emergency, such as postpartum hemorrhage, all staff must be prepared to provide the patient with the best care, reflecting patient-centered care. All members of the healthcare team can benefit from postpartum hemorrhage education, especially the frontline nurses.
- The Iowa model has been utilized to guide this project and its development. The seven steps within this model can help guide staff to successfully implement the project.
- Brown explains that the Iowa model can help nurses and healthcare providers translate research findings into clinical practice. (3)
- It is critical for nurses to understand the information provided regarding postpartum hemorrhage, but they must understand how to perform the skills in a clinical setting.

CONCLUSIONS

Having positive patient outcomes is the forefront of any healthcare service. In order for this to be applicable in the obstetrics setting, nurses must utilize the tools provided to reduce the increased rates of postpartum hemorrhage. Continuing education and implementing evidence-based interventions for staff within the women's center can improve patient outcomes, decreasing the adverse effects of postpartum hemorrhage.

REFERENCES

- Andrade, P. O. N., Oliveira, S. C., Morais, S. C. R. V., Guedes, T. G., Melo, G. P., & Linhares, F. M. P. (2019). Validation of clinical simulation setting in the management of postpartum hemorrhage. Rev Bras Enferm, 72(3), 624-631. https://doi.org/10.1590/0034-7167-2018-0065
- 2. Balkac, M., & Ergun, E. (2018). Roles of infographics in healthcare. *Chinese Medical Journal*, 131(20), 2514-2517. https://doi.org/10.4103/0366-6999.243469
- 3. Brown, C. G. (2014). The Iowa model of evidence-based practice to promote quality care: An illustrated example in oncology nursing. *Clinical Journal of Oncology Nursing* 18(2), 157-159. https://doi.org/10.1188/14.CJON.157-159
- 4. Dildy, G. A. (2018). How to prepare for postpartum hemorrhage. *Contemporary OB/GYN*, 63(3), 22-31. https://www.contemporaryobgyn.net/view/how-prepare-postpartum-hemorrhage
- 5. Evensen, A., Anderson, J. M., & Fontaine, P. (2017). Postpartum hemorrhage: Prevention and treatment. *American Family Physician*, 95(7), 442-449. https://www.aafp.org/afp/2017/0401/p442.html
- 6. Guskey, T. R. (2018, Feburary 1). Does pre-assessment work? *ASCD*. https://www.ascd.org/el/articles/does-pre-assessment-work
- 7. March of Dimes. (2021). *Postpartum hemorrhage*.
- https://www.marchofdimes.org/pregnancy/postpartum-hemorrhage.aspx
- 8. Wormer, K. C., Jamil, R. T. & Bryant. S. B. (2021). Acute postpartum hemorrhage. National Center for Biotenchology Information. https://www.ncbi.nlm.nih.gov/books/NBK499988/

Figures

- 1. Getty Images. (2019, January 22). 8 surprising things that happen after labor. [Online Image]. *The BUMP*. https://www.thebump.com/a/what-really-happens-after-labor
- 2. Lawrence, Trish. (2022). How to become a labor and delivery nurse. [Online Image]. *LiveCareer*. https://www.livecareer.com/resources/careers/nursing/how-to-become-labor-delivery-nurse
- 3. Olson, T. (2018, December 15). A breastfeeding algorithm to guide bedside health care practice for term newborns.[Online Image]. *Nursing for Women's Health*. https://www.nwhjournal.org/article/S1751-4851(18)30236-8/fulltext