Nurse Education on Postpartum Complications

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BACKGROUND

Many nurses and patients are unaware of the leading cause of death among postpartum patients even though maternal death rates are rising in the United States[5].

- About 700 women die each year in the U.S. from postpartum complications[2]
- Up to 60% of pregnancy-related deaths are preventable[2]
- 93% of nurses are unaware of the leading cause of death[5]
- Over 60% of nurses spend less than 10 minutes educating patients on warning signs of postpartum complications[5]

The question asked for this project is:
Does providing training on how to educate patients on severe postpartum complications increase the postpartum nurse's confidence to provide effective education to new mothers at discharge?
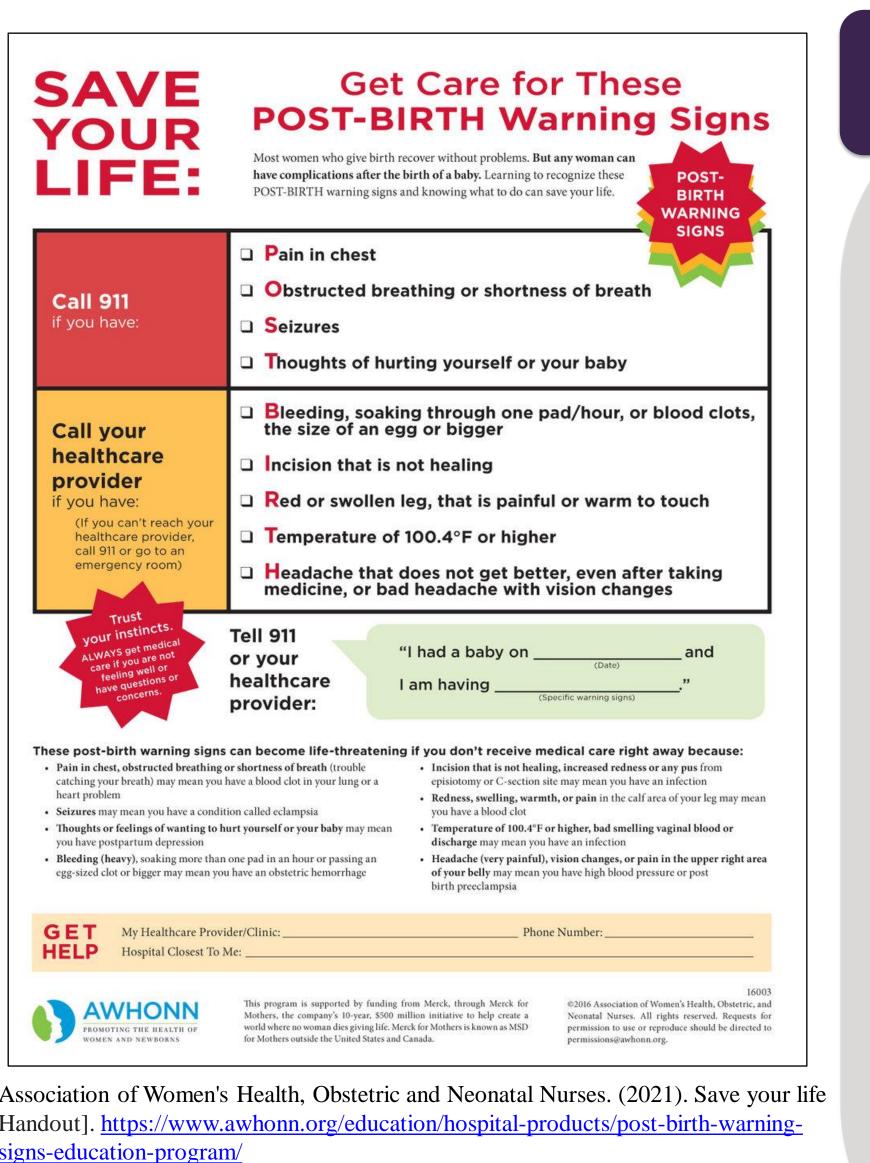

Association of Women's Health, Obstetric and Neonatal Nurses. (2021). Save your life Handout]. https://www.awhonn.org/education/hospital-products/post-birth-warning-signs-education-program/

METHODS

The Iowa Model Revised framework will guide this project[1].

- Step 1: Collaborate with the postpartum unit manager and unit educator to implement this project.
- Step 2: Use a PowerPoint presentation to educate nurses on postpartum complications and tools to improve patient teaching.
- Step 3: Implement roleplay practice for nurses to understand the teach-back method.
- Step 4: Provide a standardized patient handout to be utilized in discharge teaching.
- Step 5: Assess education provided to patients with a patient survey.
- Step 6: Review survey information and make improvements as needed.
- Step 7: Encourage lasting change and improvements.

EVALUATION

A literature review revealed three themes:
- Improving nurse awareness of postpartum risks that can result in death for postpartum patients.
- Standardized patient teaching with educational bursts[4] and utilizing the Save Your Life handout.
- Patient learning outcomes are achieved through the teach-back method[3] and assessed with a patient survey.

Patient surveys will be encouraged after discharge teaching has been conducted and prior to discharge. Three months after the project implementation, the surveys will be compiled and reviewed to evaluate:
- Nurses' ability to provide clear, thorough patient education
- Correct patient understanding of postpartum complications
- The utilization of the Save Your Life handout
- The implementation of the teach-back method

CONCLUSIONS

Maternal death rates in the United States are on the rise[2]. Many nurses are unaware of the leading cause of death among postpartum patients. The purpose of this project is to give nurses the tools to provide standardized education to postpartum patients regarding severe complications that can lead to death. Implementing educational "bursts"[4] and the teach-back method[3] will help nurses assess patient understanding.

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