



About Preeclampsia Awareness Month 2024

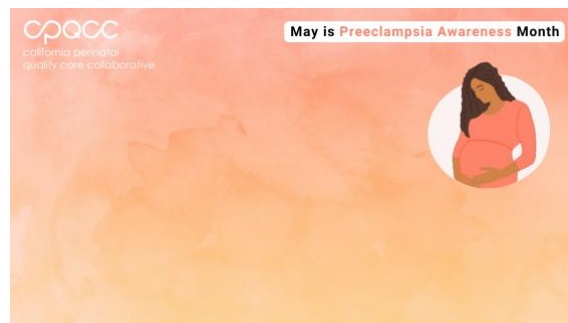
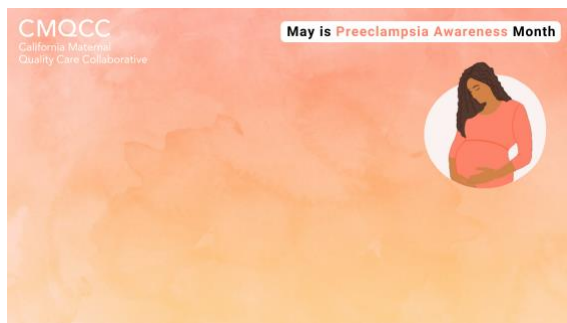
May is Preeclampsia Awareness Month, and CMQCC and CPQCC are proud to stand in solidarity with March of Dimes, our California Hospitals, and community partners to actively address preeclampsia – a serious disease affecting women and birthing people. Our collaborative effort is centered on promoting the use of daily low-dose aspirin for women and birthing people at risk for preeclampsia. Low-dose aspirin, as recommended by a healthcare provider, is the only known effective solution to prevent preeclampsia.

Preeclampsia is a serious disease during pregnancy, where high blood pressure and other complications can put women and birthing people, as well as the baby, at risk. It affects about 4% of pregnancies in the United States and accounts for 6% of preterm births. Black birthing individuals are at greater risk for developing preeclampsia, due to heightened experiences of racism, further exacerbating disparities in maternal health outcomes.

Join us this month to help raise awareness about preventing preeclampsia and promote resources for pregnant persons, prenatal healthcare providers, and community stories.

CMQCC & CPQCC Zoom Backgrounds

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Resources for Pregnant Person

- [March of Dimes "Learn about Preeclampsia"](#)(link is external)
- Patient Education Information Sheet "Let's Do Aspirin! To keep baby and you safe from preeclampsia" in [English](#) and [Spanish](#)
- Patient Scorecard "Should I do aspirin...to keep me and my baby safe?" in [English](#) and [Spanish](#)

Resources for Prenatal Health Care Providers

- **Findings:** [U.S. Preventive Task Force "Final Recommendation Preeclampsia Screening"](#)(link is external)
- **Poster:** "Prevent Preeclampsia with Low-Dose Aspirin" for use in clinics and waiting rooms in [English](#) and [Spanish](#)
- **Patient Education Information Sheet:** "Let's Do Aspirin! To keep baby and you safe from preeclampsia" in [English](#) and [Spanish](#)
- **Patient Scorecard:** "Should I do aspirin...to keep me and my baby safe?" in [English](#) and [Spanish](#)
- **Slide Set:** Mini Grand Rounds : [Low-Dose Aspirin \(LDA\) Campaign to Reduce Preeclampsia and Related Preterm Birth](#)
- **Toolkit for hospitals:** [CMQCC Hypertensive Disorders of Pregnancy Toolkit](#) (an evidence-based QI toolkit includes a section on low-dose aspirin)

The image shows two patient education materials. The left one is titled "Let's Do Aspirin!" and includes information about preeclampsia, prevention, and a QR code to access a health action sheet. The right one is titled "Should I do Aspirin... TO KEEP ME AND MY BABY SAFE?" and is a checklist for healthcare providers to assess a patient's risk for preeclampsia based on various factors like previous pregnancy, hypertension, and family history.

Patient & Provider Stories:

- [Discussing risk respectfully: How to talk about preeclampsia and low dose aspirin with patients](#) | By Laura Hedli
- [Letting patient voices lead: Low-Dose Aspirin Quality Improvement Initiative aims to prevent preeclampsia across the state](#) | By Laura Hedli

On-demand Webinars

- **Low Dose Aspirin Campaign Webinar Series - Discussing Risk Respectfully**
[Recorded Webinar](#)([link is external](#)) and [slide set](#)
Presented by: Amanda Williams, MD, MPH; Melinda Kent, MSN-Ed, RNC-OB, C-EFM, C-ONQS; Lindsay du Plessis, DrPH, MPH; Emily McCormick, MPH, RNC-MNN, C-ONQS, IBCLC, CMQCC. 12/7/23
- **Low Dose Aspirin Campaign Webinar Series - Preventing Preterm Birth and Preeclampsia: How Can Pharmacists Help?**
[Recorded Webinar](#)([link is external](#)); [slide set](#); and [answered questions](#)
Presented by: Joice Huang, PharmD, MBA; Gina Ahmadyar, PharmD, MS; Lindsay du Plessis, DrPH, MPH, CMQCC. 1/16/24

May Preeclampsia Awareness Month Related Events

- **Wednesday, May 22, 2024 at 12:00 pm Pacific Time – It Starts With Mom Live** featuring Elizabeth Cherot, MD, MBA, March of Dimes President and CEO; Diana E. Ramos, MD, MPH, MBA, FACOG, Surgeon General of California; Amanda Williams, MD, MPH, FACOG, Clinical Innovation Advisor, California Maternal Quality Care Collaborative; and a mom who benefited from low dose aspirin. (12 pm PT)
- **Wednesday, May 22, 2024 at 1:30 pm Pacific Time – Low-Dose Aspirin (LDA) Campaign to Reduce Preeclampsia & Related Preterm Birth** featuring CMQCC's very own Lindsay du Plessis, DrPH, MPH. In observance of Preeclampsia Awareness Day, you're invited to learn about the promotion of LDA to prevent preeclampsia and subsequent preterm birth for California's women and birthing people. During this webinar, Dr. du Plessis will present best practices for respectful, compassionate discussion about risk factors for the development of preeclampsia with patients, tips for essential patient education, tools available in the Maternal Data Center (MDC) for tracking patient LDA usage, as well as the importance of patient voices and Community-Based QI Implementation. Register [HERE](#).
- **May 29 – March of Dimes' MODCAST** in conversation with Dr. Brice Gaudillière, a researcher at the March of Dimes Prematurity Research Center at Stanford University, who'll highlight a new machine learning model that can, for the first time, identify exactly what elements of a woman's biology cause her to have an elevated risk for preterm birth or preeclampsia.
- **May 30 – iHeart Media's MEternal Podcast with Dr. Cherot and iHeart's Kenya Gipson** who will discuss how low dose aspirin can improve maternal health outcomes especially for moms and babies of color.

Shareable Resources from March of Dimes

Learn more about March of Dimes' Low Dose, Big Benefits campaign here:

<https://www.marchofdimes.org/itstartswithmom/low-dose-aspirin-during-pregnancy-what-you-need-to-know>

Partner Toolkit: <https://www.marchofdimes.org/itstartswithmom/low-dose-aspirin-during-pregnancy-what-you-need-to-know>

Social Presskit: <https://socialpresskit.com/march-of-dimes>

Social Media Graphics

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Key points from March of Dimes:

- *Preeclampsia is a type of high blood pressure that some people get during pregnancy. This condition can happen after the 20th week of pregnancy. In some cases, it can happen in the 6 weeks (about 1 and a half months) after giving birth.*
- *Most pregnant people who have preeclampsia have healthy babies. If you're at risk for preeclampsia, your provider may want you to take low-dose aspirin during your pregnancy to help prevent it.*
- *Signs and symptoms of preeclampsia include, blurry vision, swelling in your hands and face or severe headaches or belly pain. Call your provider right away if you have any of these.*
- *If preeclampsia is not treated, it can cause serious problems, such as preterm birth and even death. You can have preeclampsia and not know it, so go to all of your prenatal care visits, even if you're feeling fine.*

Shareable Resources from Preeclampsia Foundation

Check out Preeclampsia Foundation's shareable resources on their website here:
<https://www.preeclampsia.org/AwarenessMonth#socialmediagraphics>

Social Media Graphics

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