

# Perinatal Network News

## Education

- The Loyola Perinatal Center continues to offer free CEs through our e-free journal club. Please refer to our [website](#).

### UPCOMING PROGRAMS

- [Advanced Electronic Fetal Monitoring with Carol Burke](#) @ Loyola December 5

### Save the Dates (Virtual):

- Fundamentals of Fetal Monitoring, 1/26/23
- Fundamentals of Newborn Assessment & Care, 4/25/23

**Family to Family Support Network** offers education on compassionate, inclusive, and trauma informed care:

*"Respectful Care For The LGBTQ Community, The Incarcerated Patient and Those Struggling With Substance Use Disorder"*

December 7 | 1:00-2:30pm EST  
FREE 1.5 CEU

Sign up with code "HuggiesHC" at: [familytofamilysupport.org](http://familytofamilysupport.org)

Please visit our [website](#) for any upcoming programs & further information about our perinatal network!

## Early Recognition & Treatment for Optimal Care of Individuals With Peripartum Cardiomyopathy

Peripartum cardiomyopathy (PPCM), a life-threatening pregnancy-associated condition, often develops within the last mo of pregnancy and up to 5 mo postpartum. Although uncommon, the incidence in the U.S. is on the rise, especially among Black individuals. [Read more here.](#)

Upcoming Re-designations!  
Loyola July 19, 2023

### Regional Quality Council:

December 7, 8am - 9am

### Nurse Council:

December 7, 9:30am - 2pm

## Welcome St. Alexius' New OB Educator: Angelina Pasika!

### It's Not Your Grandfather's Pot!

When discussing marijuana use with patients, it's critical that providers understand this new era of products. In previous decades, low levels of THC were around 4%, with relatively mild psychological effects. Today's marijuana products are consider highly concentrated, with some exceeding 90% THC! Downloadable flyers and cards for parent/family education on marijuana use during pregnancy, breastfeeding and parenting are available at:

<https://srhd.org/search/results?tok=weed+to+know>



### Antenatal Steroids at 22 weeks?

A recent study published in *JAMA Network Open* examined the association of antenatal steroid administration at 22 wks GA or earlier with survival and morbidities. Results suggest giving antenatal steroid therapy to pregnant women at risk for delivery at 22 weeks may be beneficial to survival without major comorbidities [Read more here.](#)

## Resources:

The Illinois AWHONN conference was held in Springfield, Oct 13 & 14. Excellent presentations and links to resources were shared:

- ⇒ Calculate 10-year risk of heart disease/stroke: <https://www.cvriskcalculator.com/>
- ⇒ 10,000 copies of Sleep Baby Safe and Snug donated each year to organizations for safe sleep education: <https://charlieskids.org/order-books/our-book/book-donation-program/>
- ⇒ Recalled baby and safe sleep products: [Recalls.gov](https://recalls.gov)
- ⇒ Nonprofit organization fighting for children and product safety: <https://kidsindanger.org/>

## More Than 4 in 5 of U.S. Pregnancy-Related Deaths are Avoidable, CDC Says

A death is considered preventable if the committee determines that there was at least some chance of the death being averted by one or more reasonable changes to patient, community, provider, facility, and/or systems factors. The CDC's Maternal Mortality Review Committees found that 84.2% of recorded pregnancy-related deaths from 2017 to 2019 were preventable.

- By the numbers: 22% of pregnancy-related deaths took place during pregnancy, and 25% occurred on the the day of delivery or within a week after.
- 53% of the deaths occurred between a week and a year of giving birth. [Read more here.](#)

## BIRTH EQUITY (BE), TRAUMA INFORMED CARE (TIC), SOCIAL DETERMINANTS OF HEALTH (SDoH)

**BE: Leading causes of pregnancy-related deaths:** *Non-Hispanic Blacks* → Cardiac conditions; *Hispanic and non-Hispanic whites* → Mental health conditions; *Asians* → Hemorrhages

**TIC:** "Words are singularly the most powerful force available to humanity. We can choose to use this force constructively with words of encouragement, or destructively using words of despair. Words have energy and power with the ability to help, o heal, to hinder, to hurt, to harm, to humiliate and to humble". Yehuda Berg

**SDoH: Family to Family Support Network:** [familytofamilysupport.org](http://familytofamilysupport.org)

## Fun Trivia for Staff Nurses

Submit correct trivia answers for a chance to win up to \$50 towards ONE Loyola Perinatal Center program of your choice OR a \$10 Starbucks Gift Card.

<https://www.surveymonkey.com/r/GKRJZ9Y>



*Congratulations to our winners from July's FUN Trivia:*

1. Tori Hanley from St. Alexius
  2. Jayme Anderko from Loyola
- Check your email for your prize!

