

## Introduction

Maternal mortality is a leading cause of death in the United States with over 800 women dying yearly and 19% of those deaths occurring within the first week post partum (1). These causes of death include hemorrhage, hypertension, infection, and suicide (1). An integrative review by Nazarenko et al. identified significant gaps in postpartum preparation in the United States. Many parents reported feeling unprepared for postpartum challenges, including mental health issues, physical recovery, and infant care. Recommendations included the need for earlier and more comprehensive education during pregnancy and improved outpatient support (2).

Education in many forms has been shifting throughout the years to technology based, including video based education. Video based education has been shown to be as effective, if not more, in delivering health based information (1). A study by Lau et al. in Ghana demonstrated that comprehensive discharge education significantly improves women's knowledge of postbirth warning signs. Women who received educational handouts and were taught about multiple postpartum complications had a higher likelihood of recognizing warning signs, which is crucial for timely care-seeking and reducing maternal mortality (3).

## Hypothesis

Providing expecting mothers with postpartum education in the form of a video before delivery will enhance their knowledge and increase their comfort level with managing symptoms and warning signs in the postpartum period.

## Methods

- ❑ English speaking females 18 years of age and older
- ❑ 36 weeks gestation or greater
- ❑ Received prenatal care at the resident clinic in Flint, Michigan.
- ❑ Presurvey regarding their comfort with the postpartum period followed by an 11-minute video and then a post survey to assess response to the video

## Results

### ❑ Patient demographics: N=3

- 66.7 % White
- 33.3% African American

### ❑ Pre-Video Survey Responses

- How comfortable do you feel about identifying warning signs or concerning symptoms in the postpartum period?
  - Somewhat comfortable: 66.7%
  - Somewhat uncomfortable: 33.3%
- How prepared do you feel to take care of yourself in the postpartum period?
  - Very Prepared: 33.3%
  - Somewhat unprepared: 66.7%
- I would like my OB provider to discuss the postpartum period and provide information about maternal warning signs before delivery as part of my routine prenatal care
  - Yes: 100%

### ❑ Post-Video Survey Responses

- After watching the video, how comfortable do you feel about identifying warning signs or concerning symptoms in the postpartum period?
  - Very comfortable: 66.7%
  - Somewhat comfortable: 33.3%
- After watching the video, how prepared do you feel to take care of yourself in the postpartum period?
  - Very prepared: 33.3%
  - Somewhat prepared: 66.7%
- How satisfied do you feel with your video teaching?
  - Very satisfied: 66.7%
  - Somewhat satisfied: 33.3%
- Would you recommend other expecting mothers receive information about the postpartum period before delivery?
  - Yes: 100%

Video URL: <https://vimeo.com/youmatterppinitiative>



## Discussion

Our presurvey results demonstrated 66% of participants were somewhat comfortable identifying warning signs in the postpartum period and 100% of participants would like to receive postpartum education before delivery from their obstetrician. Our postsurvey results show that 66% of participants were now very comfortable identifying warning signs after watching the video and 66% were very satisfied with their video teaching. These results support the hypothesis that participants found this educational video helpful and would recommend other expectant mothers receive postpartum education before delivery.

The biggest limitation to this pilot study is sample size. Further research including a larger sample size, as well as integration outside of a Resident OBGYN clinic is needed. This study also did not control for first time expectant mothers vs multiparous patients, as patients who have previously experienced a post partum period before would likely feel more comfortable than first time mothers.

## Conclusion

Postpartum education is an important part of a women's prenatal and postnatal care. This pilot study further demonstrates the effectiveness of video-based education and shows that video-based education can easily be incorporated into routine 3<sup>rd</sup> trimester prenatal care to improve postpartum outcomes and experiences for expecting mothers.

## References

1. White KJ, Tortal D, Callahan K, et al. Using a Patient Educational Video to Improve Knowledge of Maternal Mortality Warning Signs: A Randomized Controlled Trial. *Obstetrics and Gynecology*. 2023;142(5):1139-1147. doi:10.1097/AOG.0000000000005368.
2. Nazarenko DN, Daniel AL, Durfee S, Agbemenu K. Parent-Identified Gaps in Preparation for the Postpartum Period in the United States: An Integrative Review. *Birth* (Berkeley, Calif.). 2024; doi:10.1111/birt.12832.
3. Lau E, Adams YJ, Ghiaseddin R, Sobiech K, Ehla EE. Knowledge of Postbirth Warning Signs and Postpartum Education Among Women in Ghana. *Journal of Obstetric, Gynecologic, and Neonatal Nursing* : JOGNN. 2023;52(4):309-319. doi:10.1016/j.jogn.2023.04.006.