

Empowering Women Through Warning Signs

April Chavez

Maternal Sepsis Spokeswoman and Board Member,
Certified Patient Family Partner

ENDSEPSIS

The Legacy of Rory Staunton

@EndSepsis



#EndSepsis



The Happiest Day of My Life

SATURDAY, SEPTEMBER 02, 2017



Discharge Day

MONDAY, SEPTEMBER 4

- Began to experience symptoms
- Complained to doctors



#EndSepsis



@EndSepsis

ENDSEPSIS

The Legacy of Rory Staunton

Home Sweet Home

WEDNESDAY, SEPTEMBER 6

- Prescribed Anxiety Medication
- Doctors said I would feel better once I was home



ENDSEPSIS

The Legacy of Rory Staunton

@EndSepsis



#EndSepsis

Notes

September 8, 2017 at 8:42 AM

Short of breath
 Heart pounding
 Dry cough
 Loss of appetite
 Constant pain in all abdomen area.
 Sharp pain occasionally especially when moving around right abdomen.
 Trouble urinating on my own. Very small trickle.
 Dry mouth with rash.
 Coughed up blood Thursday night
 Vaginal discharge is brown color with nasty smell.
 Diarrhea (from drinking prune juice?)
 Lower back pain
 Swollen legs and feet. Slight bruising on left ankle.
 Sweaty or cold episodes.
 Shoulder pain from tensing up
 Unable to sleep at night because I can't get comfortable.

Decided to give up on breastfeeding.
 My body clearly has a lot going on that it is trying to heal.



URGENT MATERNAL WARNING SIGNS

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Thoughts about hurting yourself or your baby
- Changes in your vision
- Fever
- Trouble breathing
- Chest pain or fast-beating heart
- Severe belly pain that doesn't go away
- Severe nausea and throwing up (not like morning sickness)
- Baby's movements stopping or slowing
- Vaginal bleeding or fluid leaking during pregnancy
- Vaginal bleeding or fluid leaking after pregnancy
- Swelling, redness, or pain of your leg
- Extreme swelling of your hands or face
- Overwhelming tiredness


If you have any of these symptoms during or after pregnancy, contact your health care provider and get help right away.

If you can't reach your provider, go to the emergency room. Remember to say that you're pregnant or have been pregnant within the last year.

Learn more: <https://saferbirth.org/aim-resources/aim-cornerstones/urgent-maternal-warning-signs/>



Take a photo to learn more



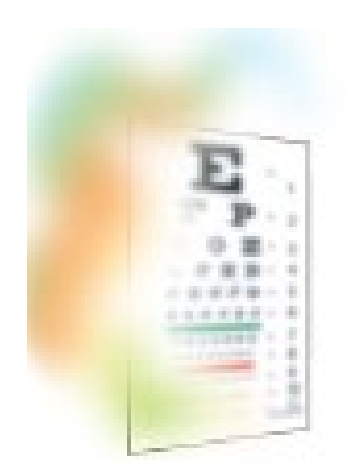
Headache that won't go away or gets worse over time



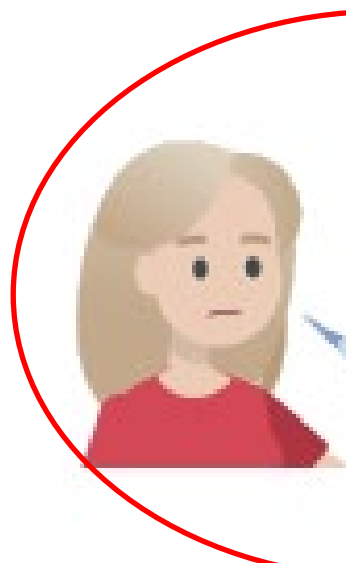
Dizziness or fainting



Thoughts about hurting yourself or your baby



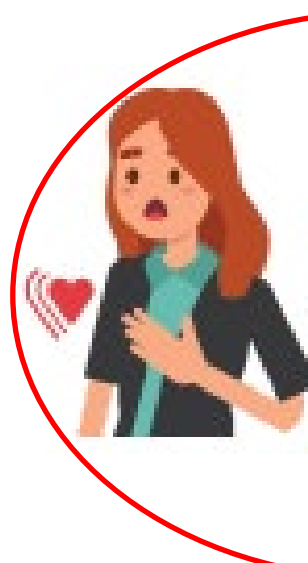
Changes in your vision



Fever



Trouble breathing



Chest pain or fast-beating heart



Severe belly pain that doesn't go away



Severe nausea and throwing up (not like morning sickness)



Baby's movements stopping or slowing



Vaginal bleeding or fluid leaking during pregnancy



Vaginal bleeding or fluid leaking after pregnancy



Swelling, redness, or pain of your leg



Extreme swelling of your hands or face



Overwhelming tiredness

The Fight for My Life



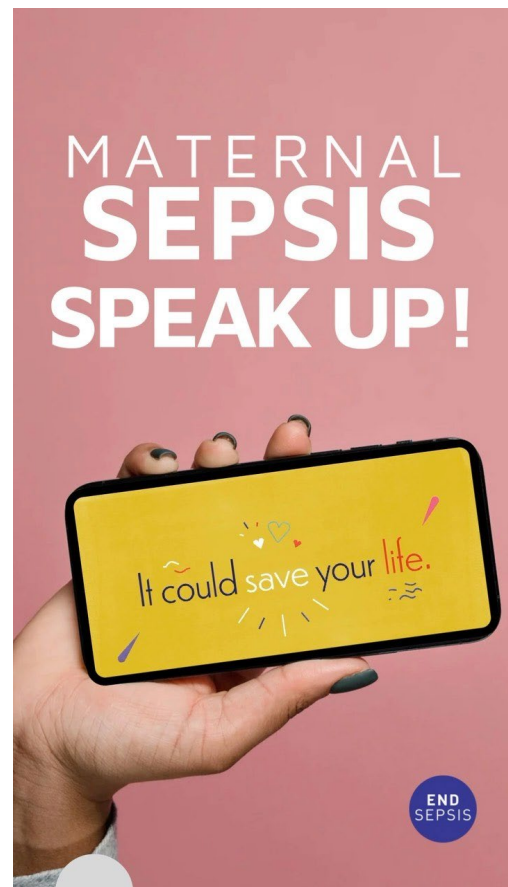
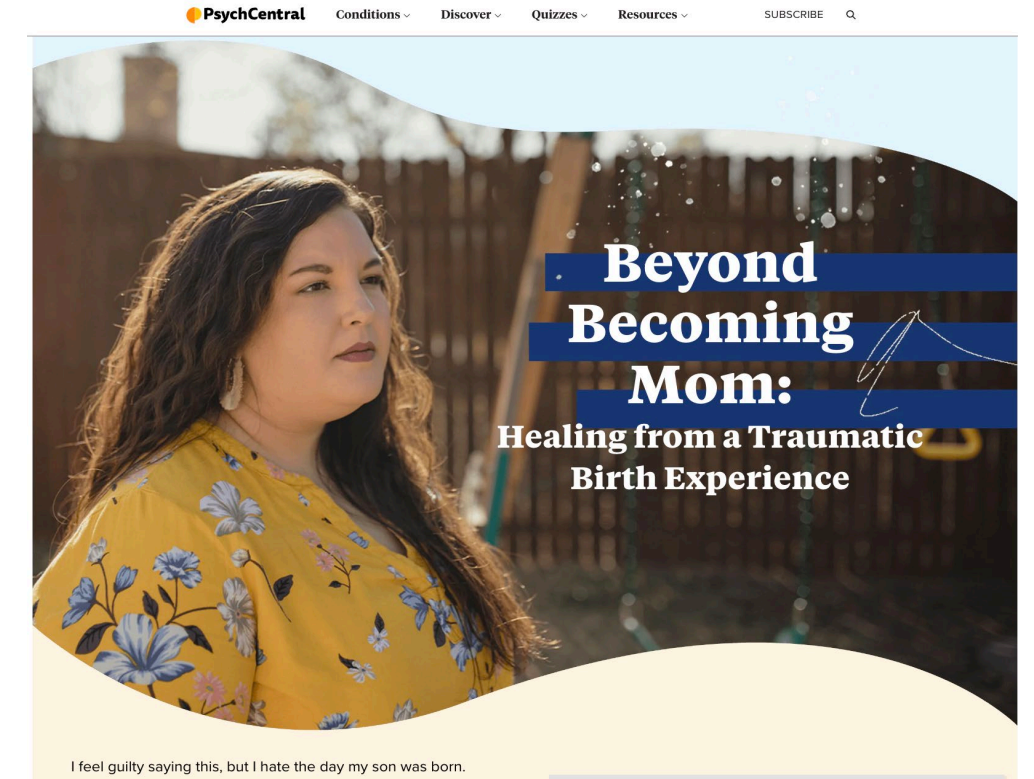
Worst Days of My Life



Worst Days of My Life



Healing and Helping Through Advocacy Work



I Wish I Could Tell my Doctors

"LISTEN TO ME, PLEASE"

I AM A MORE THAN A
NUMBER OR A STATISTIC

Every woman deserves the right to a safe pregnancy and birth.

CREATE AN EMPOWERING
ENVIRONMENT

Speaking up to a professional can be intimidating. Actively listen, don't deflect or deny. Address concerns and don't assume.

KNOW THE SIGNS
OF SEPSIS AND MAKE SURE
YOUR PATIENTS KNOW
THEM TOO

Take action to rule out sepsis and remember that not all patients will present with a fever. Sharing the urgent maternal warning signs could save their life.