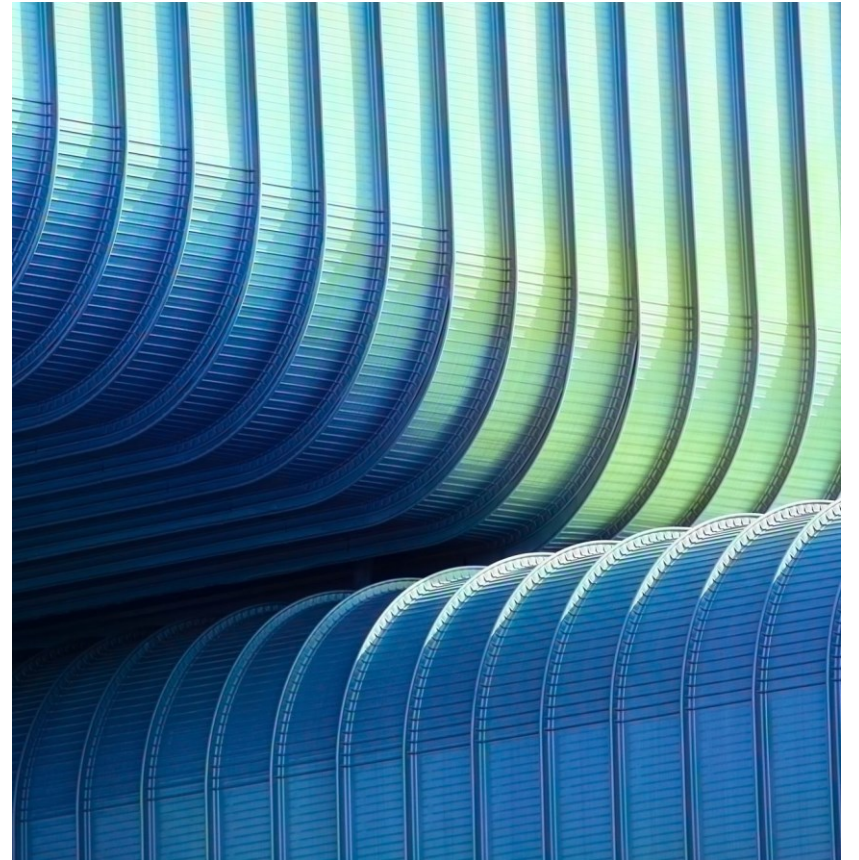


# Day 2

---

Morning: Welcome,  
Icebreaker, Q&A,  
Postpartum, and  
Infant

Afternoon:  
Cornerstone for  
Postpartum and  
Infant





# Postpartum Care

# Process of Case Management

Identification of Client or Outreach

Assessment and Diagnosis

Services Planning and Resource Identification

Linking to Services and Coordination

Monitoring of Services

Advocacy

Evaluation

## BBO Entries

820-Postpartum Medical Follow-up (Recommended blood pressure reading/post birth warning signs)

825-Perinatal Depression Screening

940-Postpartum Depression Brochure

942-Postpartum Reproductive Well Being

BBO Health Education (BBO Curriculum)

PEBF-Breastfeeding Education

## Additional BBO Entries

CMO4- Case Note

CMO2- Participant Goals

CMO3- Planned Services

RFO1- Referrals

- 816- Mental Health Counseling
- 819- WIC
- 918- Parenting Skills Education
- 932- Breastfeeding Education/Counseling

---

**\*\*Enroll or refer infant into FCM or HRIF\*\***

Questions?





Thank You!



# Postpartum ASSESSMENTS - 701

Support System

Transportation

Employment

Healthcare Provider

Education

Culture/Language

Housing/Safety

Process



# SERVICES

- Service Activity (SV01)
  - Postpartum Medical Follow-Up (820)
  - Perinatal Depression (825)
  - Postpartum Reproductive Well Being (942)
  - Postpartum Education (PPED)

PP Medical

PP Depression

PP Reproductive

PP Education

Process

# Linking

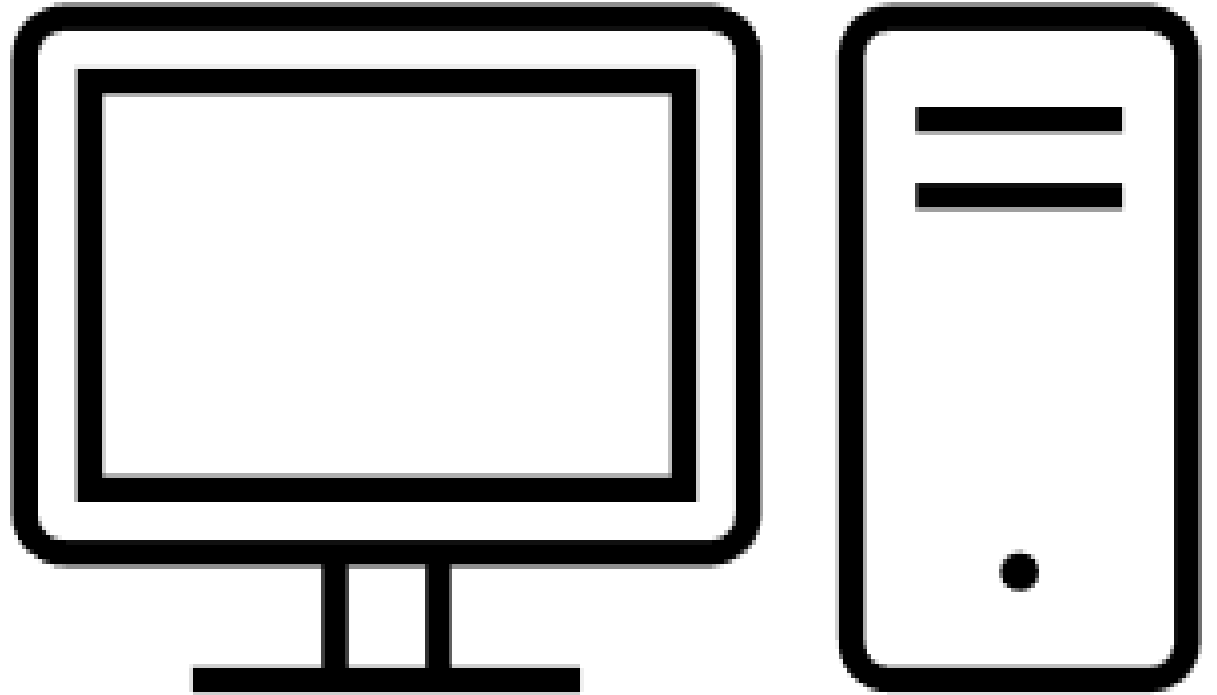
RF01

Refusal

In Progress

Completed

Process



# Postpartum Clients or FCM & BBO

After Delivery

Process



# Postpartum Care



# You need a Postpartum Support System

- It's a taxing time
- Can take many forms
- Staying home DN = being alone
- Extra eyes and ears
- High risk moms and babies

<https://www.acog.org/womens-health/experts-and-stories/the-latest/5-reasons-why-you-need-a-postpartum-support-network>



<https://www.postpartum.net/>



 PSI

# 1 IN 7 MOTHERS

experience depression or anxiety  
during pregnancy or postpartum.



You are not alone.  
We are here to help.

**CALL OR TEXT 'HELP' - 800.944.4773**


Leave a confidential message any time, and a trained and caring volunteer will return your call or text. Our volunteers will listen, answer questions, offer encouragement, and connect you with local resources as needed.

Postpartum Support International | [www.postpartum.net](http://www.postpartum.net)





**You're not alone.**



**For Emotional Support & Resources  
CALL OR TEXT 1-833-TLC-MAMA  
(1-833-852-6262)**

**ALWAYS FREE — 24/7 — CONFIDENTIAL — 60+ LANGUAGES**

<https://mchb.hrsa.gov/national-maternal-mental-health-hotline>

[Assessment](#)



# Illinois Safe Sleep Support

[InfantSafeSleep.illinois.gov](https://www.infantsafesleep.illinois.gov)



IDHS: Infant Safe Sleep. (2019). State.il.us.  
<https://www.dhs.state.il.us/page.aspx?item=146357>

[Assessment](#)

# My Postpartum Care Checklist



The postpartum period—the 12 weeks following the birth of a child—is an important time for your health. As you recover from childbirth and learn to care for your baby, your postpartum check-ups will help make sure you are

- healing physically, mentally, and emotionally
- feeling good about your health and your baby's care
- feeling that you can ask for help if you need it

Use this checklist to keep track of the things you want to talk about with your obstetrician-gynecologist (ob-gyn).

## My self-care

- I am not getting enough sleep and rest
- I have enough support at home but would like more help
- I do not have enough support at home

## My health and lifestyle

- I would like to learn more about healthy eating and exercise
- I have questions about managing my health conditions (such as high blood pressure, diabetes)
- I want to stop smoking and need help
- I would like to drink less alcohol and need help
- I need help with my drug use
- I am concerned about keeping myself and my family safe

## My bleeding

- I am concerned about the amount, color, or odor of my bleeding

## My incision/tear

- My incision/tear has been healing well, but I have questions
- I am concerned that my incision/tear is not healing well

## My bladder

- I have pain or other problems when emptying my bladder
- I leak urine with activity or after feeling an urge to urinate

## My bowel movements

- I have problems moving my bowels (pain, constipation)
- I have trouble holding my gas or stool

## My feelings

In the past 7 days, I have

- felt anxious or worried for no clear reason
- been sad, scared, or panicky
- been so unhappy that I can't sleep
- been crying a lot
- had thoughts of harming myself or my baby

## My family planning

- I want to talk about timing for future pregnancies
- I want to talk about birth control

## My sex life

- I am interested in having sex but have questions
- I am not interested in having sex and would like to talk about it

## My breastfeeding and baby care

- Breastfeeding is going well, but I have questions
- I am having a hard time breastfeeding (nipple pain, problems with latching)
- I have concerns about going back to work/school and maintaining my milk supply
- I have questions about caring for my baby

<https://www.acog.org/womens-health/health-tools/my-postpartum-care-checklist>

Services

HT002: This information is designed as an educational aid for the public. It offers current information and opinions related to women's health. It is not intended as a statement of the standard of care. It does not explain all of the proper treatments or methods of care. It is not a substitute for the advice of a physician. For ACOG's complete disclaimer, visit [www.acog.org/WomensHealth/Disclaimer](https://www.acog.org/WomensHealth/Disclaimer).

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# Postpartum Depression in Illinois

## What is Postpartum Depression?

- A mood disorder in women after childbirth
- Symptoms include feelings of extreme sadness, anxiety, and exhaustion that may make it difficult to complete daily activities
- The feelings are more intense and last longer than those of "baby blues," a term used to describe worry, sadness, and tiredness many women experience after the birth of a baby
- It does not have a single cause, but results from a combination of physical and emotional factors

## Why is it important?

- Without treatment, postpartum depression can last up to months or years
- There are long term consequences for mother's and baby's health
- It may interfere with the mother's ability to connect with and care for her baby
- It may cause the baby to have problems with sleeping, eating, and behavior
- There are effective treatment options, including counseling and medication

In Illinois, **1 in 5** new moms experience postpartum depression



That's **30,000** women each year

Enough to fill almost **100** commercial airplanes!



## Women in Illinois are more likely to experience postpartum depression if they:



Live in a Rural Area



Are less than 20 years old

Do not have a high school degree



Had a low birth weight infant



Experienced domestic abuse



Smoked before pregnancy



Are low income



Risks are greater if you have **more than one** factor. For example, women who are younger than 20 and live in rural areas have the highest rates (about 2 in 5)

Questions?  
Contact the Illinois Department of Public Health

Office of Women's Health & Family Services  
DPH\_MCH@illinois.gov



# Postpartum Depression in Illinois



Many women are afraid to admit they have symptoms or to seek any help because of shame



Only **3 in 10** women with postpartum depression are diagnosed and only **2 in 10** receive treatment



Stressful events, relationship problems, little social support, poverty, and lack of education can intensify symptoms



## Resources

### Know the Signs

- Depressed mood or mood swings
- Excessive crying
- Difficulty bonding with your baby
- Withdrawing from family and friends
- Eating less or more than usual
- Inability to sleep or sleeping too much
- Fatigue or loss of energy
- Less interest and pleasure in activities
- Intense irritability and anger
- Severe anxiety and panic attacks
- Feelings of worthlessness
- Reduced ability to think clearly
- Thoughts of harming yourself or baby

### Seek Help

If you or someone you know shows signs, call:

Postpartum Depression Alliance of Illinois:  
**1-847-205-4455**

North Shore University Health System 24/7 hotline:  
**1-866-364-6667**

Illinois DocAssist  
**1-866-986-2778**

National Alliance for the Mentally Ill  
**1-800-950-6264**

For more information, please visit:  
<http://www.dph.illinois.gov/topics-services/life-stages-populations/maternal-child-family-health-services/maternal-health>

### Data Sources and Methodology

#### Illinois Pregnancy Risk Assessment Monitoring Survey (PRAMS), 2012-2013

PRAMS is a mail and phone survey of new moms that is completed 3-4 months after the birth of their baby. PRAMS is weighted to be representative of all Illinois new mothers. Women reported how often they felt sad/hopeless, whether they had been diagnosed with depression, and whether they were receiving any treatment for depression.

Learn more at: <http://www.dph.illinois.gov/data-statistics/prams>

Questions?  
Contact the Illinois Department of Public Health

Office of Women's Health & Family Services  
DPH\_MCH@illinois.gov





# Edinburg Scale

The EPDS is a reliable and valid measure of mood in individuals. Screening for depression or anxiety disorders.

## Edinburgh Postnatal Depression Scale<sup>1</sup> (EPDS)

Name: \_\_\_\_\_ Address: \_\_\_\_\_

Your Date of Birth: \_\_\_\_\_

Baby's Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_

As you are pregnant or have recently had a baby, we would like to know how you are feeling. Please check the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**, not just how you feel today.

Here is an example, already completed.

I have felt happy:

- Yes, all the time  
 Yes, most of the time      This would mean: "I have felt happy most of the time" during the past week.  
 No, not very often      Please complete the other questions in the same way.  
 No, not at all

In the past 7 days:

- |   |  |
|---|--|
| <p>1. I have been able to laugh and see the funny side of things</p> <ul style="list-style-type: none"><li><input type="checkbox"/> As much as I always could</li><li><input type="checkbox"/> Not quite so much now</li><li><input type="checkbox"/> Definitely not so much now</li><li><input type="checkbox"/> Not at all</li></ul> <p>2. I have looked forward with enjoyment to things</p> <ul style="list-style-type: none"><li><input type="checkbox"/> As much as I ever did</li><li><input type="checkbox"/> Rather less than I used to</li><li><input type="checkbox"/> Definitely less than I used to</li><li><input type="checkbox"/> Hardly at all</li></ul> <p>*3. I have blamed myself unnecessarily when things went wrong</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Yes, most of the time</li><li><input type="checkbox"/> Yes, some of the time</li><li><input type="checkbox"/> Not very often</li><li><input type="checkbox"/> No, never</li></ul> <p>4. I have been anxious or worried for no good reason</p> <ul style="list-style-type: none"><li><input type="checkbox"/> No, not at all</li><li><input type="checkbox"/> Hardly ever</li><li><input type="checkbox"/> Yes, sometimes</li><li><input type="checkbox"/> Yes, very often</li></ul> <p>*5. I have felt scared or panicky for no very good reason.</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Yes, quite a lot</li><li><input type="checkbox"/> Yes, sometimes</li><li><input type="checkbox"/> No, not much</li><li><input type="checkbox"/> No, not at all</li></ul> | <p>*6. Things have been getting on top of me</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Yes, most of the time I haven't been able to cope at all</li><li><input type="checkbox"/> Yes, sometimes I haven't been coping as well as usual</li><li><input type="checkbox"/> No, most of the time I have coped quite well</li><li><input type="checkbox"/> No, I have been coping as well as ever</li></ul> <p>*7. I have been so unhappy that I have had difficulty sleeping</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Yes, most of the time</li><li><input type="checkbox"/> Yes, sometimes</li><li><input type="checkbox"/> Not very often</li><li><input type="checkbox"/> No, not at all</li></ul> <p>*8. I have felt sad or miserable</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Yes, most of the time</li><li><input type="checkbox"/> Yes, quite often</li><li><input type="checkbox"/> Not very often</li><li><input type="checkbox"/> No, not at all</li></ul> <p>*9. I have been so unhappy that I have been crying</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Yes, most of the time</li><li><input type="checkbox"/> Yes, quite often</li><li><input type="checkbox"/> Only occasionally</li><li><input type="checkbox"/> No, never</li></ul> <p>*10. The thought of harming myself has occurred to me</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Yes, quite often</li><li><input type="checkbox"/> Sometimes</li><li><input type="checkbox"/> Hardly ever</li><li><input type="checkbox"/> Never</li></ul> |
|---|--|

Administered/Reviewed by \_\_\_\_\_ Date \_\_\_\_\_

<sup>1</sup>Source: Cox, J.L., Holden, J.M., and Sagovsky, R. 1987. Detection of postnatal depression: Development of the 10-item Edinburgh Postnatal Depression Scale. *British Journal of Psychiatry* 150:782-786.

<sup>2</sup>Source: K. L. Wisner, B. L. Parry, C. M. Piontek, Postpartum Depression *N Engl J Med* vol. 347, No 3, July 18, 2002, 194-199

Users may reproduce the scale without further permission providing they respect copyright by quoting the names of the authors, the title and the source of the paper in all reproduced copies.

# Treatment Help

- Medication
- Talk therapy
- Support

[Services](#)





# Postpartum Reproductive Well Being

These are some important things to do in the postpartum period.

All of these things will help Mom's postpartum recovery as well as put her on a good track for her next pregnancy.

Especially at her first postpartum visit, she should discuss birth control with her healthcare provider.

She should wait at least 18 months before getting pregnant again.



# Ican!







[SERVICES](#)

ICAN! Methods Poster - SEE PAGE 4 (ican4all.org)







# ican! choose the birth control best for me

In Illinois, anyone 12+ can get birth control and STI testing on their own. Ask your provider to help you find the method that's right for you.

## Hormonal Methods

	 <b>PILL</b>	 <b>PATCH</b>	 <b>RING</b>	 <b>SHOT</b>	 <b>PROGESTIN IUD</b>	 <b>IMPLANT</b>
<b>THICKENS CERVICAL MUCUS &amp; PREVENTS OVULATION</b>	91% effective	91% effective	91% effective	94% effective	99% effective	99+% effective
<b>FREQUENCY</b>	At the same time daily	Weekly for 3 weeks. No patch 4th week	Wear three weeks, remove 4th week	Every three months	Every 3-7 years	Every five years
<b>USE</b>	Take daily by mouth. Rx required	Apply on the back, butt, belly. Rx required.	Insert anywhere in the vagina (like a tampon). Rx required.	Injection into arm, butt, belly usually by a provider.	Inserted into uterus via the cervix by a provider.	Inserted under skin in upper arm by provider.
<b>HORMONES</b>	Combined (estrogen + progestin or progestin only)	Estrogen + progestin	Estrogen + progestin	Progestin	Progestin	Progestin
<b>THE PROS</b>	Reduced PMS, cramps, bleeding & acne. Lowers risk of repro cancers.	Reduced PMS, cramps, bleeding & acne. Lowers risk of repro cancers.	Reduced PMS, cramps, bleeding & acne. Lowers risk of repro cancers.	Reduced or no bleeding after several months.	Treatment for heavy, painful bleeding. Reduced or no bleeding after several months.	Reduced or no bleeding after several months.
<b>THE CONS</b>	Nausea, breast soreness early on.	Nausea, breast soreness early on. One color- beige.	Nausea, breast soreness early on, store in fridge if >3 months.	May change appetite. Irregular bleeding and spotting early on.	Increased vaginal discharge. Insertion may cause heavy cramps	Unpredictable spotting more common, mild pain with insertion.
<b>OTHER INFO</b>	Progestin only pills for those that cannot take estrogen.	Hormones secreted through sticky band-aid, may irritate skin.	Monthly and yearly rings. Can remove with sex but < 3 hours daily.	Longer time to return to baseline fertility.	Effective as EC within 5 days of unprotected sex.	Not visible to others but you can feel it.

## Non-Hormonal Methods

	 <b>EXTERNAL CONDOM</b>	 <b>INTERNAL CONDOM</b>	 <b>WITHDRAWAL</b>	 <b>FERTILITY AWARENESS</b>	 <b>DIAPHRAGM, CAP, SPONGE</b>	 <b>COPPER IUD</b>
<b>PREVENTS SPERM FROM SWIMMING TO AN EGG</b>	85% effective	79% effective	78% effective	76-88% effective	71-88% effective	99+% effective
<b>FREQUENCY</b>	Every time you have sex	Every time you have sex	Every time you have sex	Daily via tracking app or calendar	Every time you have sex, during and for a few hours after	Every twelve years
<b>USE</b>	Rolled onto an erect penis	Inserted into the vagina or anus	Remove penis before ejaculating	Daily tracking of temperature, vaginal mucus, and periods	Inserted into vagina to cover the cervix	Inserted into uterus via cervix by a provider
<b>THE PROS</b>	<b>ONLY method that prevents HIV/STIs.</b> Pair w/another method for dual protection.	<b>ONLY method that prevents HIV/STIs.</b> Pair w/another method for dual protection.	Doesn't affect your cycles. Available anytime with cooperative partner.	Doesn't affect your cycles. Good for tracking ovulation if trying to get pregnant.	Doesn't affect your cycles and can be used for many years without replacing.	Doesn't affect your cycles, lowers risk of repro cancers. Effective as EC within 5 days.
<b>THE CONS</b>	Requires careful removal after each use. Add lube to avoid tears.	Requires careful removal after each use. Add lube to avoid tears.	Requires control to ejaculate outside of, away from vagina	Must have regular cycles. No sex (or use a condom) during most fertile days.	Must be used with spermicide foam or gel which may irritate the vagina.	May increase cramps and bleeding. Effective as EC within 5 days of unprotected sex.

**NEW METHOD ALERT!** Ask your provider about Phexxi -hormone-free, vaginal gel suppository inserted each time with sex to stop sperm movement.

## Permanent Methods

### VASECTOMY: 99+% EFFECTIVE

Non-scalpel procedure done at a clinic to cut the vas deferens, no sutures needed. Normal non-sperm ejaculations several months after procedure. Requires local numbing medicine and up to 2 days for recovery.

### TUBAL LIGATION: 99+% EFFECTIVE

Surgical procedure via belly button w/2 small incisions, done at a hospital to cut or remove fallopian tubes. Requires anesthesia and up to 2 weeks for recovery.

## Emergency Contraception

### THE MORNING AFTER PILL

Two types: 1) Plan B (comes in many names) is available without Rx for any age. 2) Ella requires Rx and is best if >155 lbs. May cause nausea & irregular period. Take ASAP within 5 days after unprotected sex.

### THE IUD

Copper or progestin IUDs are more effective than EC pills. Insertion should be ASAP within five days of unprotected sex. Provides birth control for 7- 12 years after use as EC.

# Pregnant now or within the last year?

Get medical care right away if you experience any of the following symptoms:



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



Dizziness or fainting



Changes in your vision



Fever of 100.4°F or higher



Extreme swelling of your hands or face



Thoughts of harming yourself or your baby



Trouble breathing



Chest pain or fast beating heart



Severe nausea and throwing up



Severe belly pain that doesn't go away



Baby's movement stopping or slowing during pregnancy



Severe swelling, redness or pain of your leg or arm



Vaginal bleeding or fluid leaking during pregnancy



Heavy vaginal bleeding or discharge after pregnancy



Overwhelming tiredness

These could be signs of very serious complications. If you can't reach a healthcare provider, go to the emergency room. Be sure to tell them you are pregnant or were pregnant within the last year.

Learn more at [www.cdc.gov/HearHer](http://www.cdc.gov/HearHer)



**HEAR**  
HEAR HER CONCERNS

*This list of urgent maternal warning signs was developed by the Council on Patient Safety in Women's Health Care.*

[HEAR HER Campaign | CDC. \(2020, August 5\). Wwww.cdc.gov.  
https://www.cdc.gov/hearher/index.html](https://www.cdc.gov/hearher/index.html)



# AWHONN Postpartum Warning Signs

- Educates postpartum moms, family, and friends on warning signs
- Download and print free of charge
- Available in many languages
- Warning sign magnets available for purchase

Call 911. (n.d.). <https://i7g4f9j6.stackpathcdn.com/wp-content/uploads/2020/02/01215318/pbwssylhandoutenglish.pdf>

## SAVE YOUR LIFE:

## Get Care for These POST-BIRTH Warning Signs

Most women who give birth recover without problems. But any woman can have complications after giving birth. Learning to recognize these POST-BIRTH warning signs and knowing what to do can save your life.



<p><b>Call 911</b> if you have:</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Pain in chest</li> <li><input type="checkbox"/> Obstructed breathing or shortness of breath</li> <li><input type="checkbox"/> Seizures</li> <li><input type="checkbox"/> Thoughts of hurting yourself or someone else</li> </ul>
<p><b>Call your healthcare provider</b> if you have:</p> <p><small>(If you can't reach your healthcare provider, call 911 or go to an emergency room)</small></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Bleeding, soaking through one pad/hour, or blood clots, the size of an egg or bigger</li> <li><input type="checkbox"/> Incision that is not healing</li> <li><input type="checkbox"/> Red or swollen leg, that is painful or warm to touch</li> <li><input type="checkbox"/> Temperature of 100.4°F or higher</li> <li><input type="checkbox"/> Headache that does not get better, even after taking medicine, or bad headache with vision changes</li> </ul>



**Tell 911 or your healthcare provider:**

"I gave birth on \_\_\_\_\_ and  
I am having \_\_\_\_\_"  
(Specify warning signs)

These post-birth warning signs can become life-threatening if you don't receive medical care right away because:

- Pain in chest, obstructed breathing or shortness of breath (trouble catching your breath) may mean you have a blood clot in your lung or a heart problem
- Seizures may mean you have a condition called eclampsia
- Thoughts or feelings of wanting to hurt yourself or someone else may mean you have postpartum depression
- Bleeding (heavy), soaking more than one pad in an hour or passing an egg-sized clot or bigger may mean you have an obstetric hemorrhage
- Incision that is not healing, increased redness or any pus from episiotomy or C-section site may mean you have an infection
- Redness, swelling, warmth, or pain in the calf area of your leg may mean you have a blood clot
- Temperature of 100.4°F or higher, bad smelling vaginal blood or discharge may mean you have an infection
- Headache (very painful), vision changes, or pain in the upper right area of your belly may mean you have high blood pressure or post birth preeclampsia

**GET HELP** My Healthcare Provider/Clinic: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
Hospital Closest To Me: \_\_\_\_\_



This program is supported by funding from Merck, through Merck for Mothers, the company's 10-year, \$100 million initiative to help create a world where no woman dies giving life. Merck for Mothers is known as MSD for Mothers outside the United States and Canada.

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Services