

# Maternal Health Outreach:

## User Guide - Blood Pressure



Resource from Faith Community Nursing



## Monitoring Blood Pressure for Mom's well-being and survival

Hypertensive disorders of pregnancy (like preeclampsia and eclampsia) are among the top causes of pregnancy-related deaths in Texas. Hypertension-related conditions accounted for 16% of pregnancy-related deaths in Texas. A large portion of these deaths occurred in the postpartum period, often after hospital discharge. 90% of reviewed maternal deaths were considered preventable, including those caused by high blood pressure.

**GOAL:** Create awareness for mom's and families of signs and symptoms of high blood pressure both before AND after delivery. Many moms face issues after delivery but BEFORE their 6 week follow up visit.

**ACTION:** Practical ways to "look out" for your maternal population

- Host blood pressure screening by the nursery
- Share information about the risks of high blood pressure during and after pregnancy on bulletins, social media or diaper bag flyers
- Create a "Mom Care Team" to check on new and expecting mothers. Encourage regular follow-ups, especially in the first 6 weeks after birth when blood pressure can spike.
- Promote health habits. Offer exercise classes, healthy cooking demos or walking groups.
- Stay connected postpartum. Call or visit new moms. Remind them to attend postpartum check ups and help with transportation or childcare if needed.

## Resources and tools:

The Cuff Kit BP instructions and log:

[https://preeclampsia.org/public/frontend/assets/img/gallery/pdf/Cuff%20Kit%20Blood%20Pressure%20Log%20\(English\)%202024.pdf](https://preeclampsia.org/public/frontend/assets/img/gallery/pdf/Cuff%20Kit%20Blood%20Pressure%20Log%20(English)%202024.pdf)

My Health Beyond Pregnancy:

[https://preeclampsia.org/public/frontend/assets/img/gallery/pdf/My\\_Health\\_Beyond\\_Pregnancy\\_FINAL\\_2024.pdf](https://preeclampsia.org/public/frontend/assets/img/gallery/pdf/My_Health_Beyond_Pregnancy_FINAL_2024.pdf)

If you need more tools or resources, contact: [FaithCommunityNursing@TexasHealth.org](mailto:FaithCommunityNursing@TexasHealth.org)