



May 22 is World Preeclampsia Day

Preeclampsia is a complication of pregnancy that is characterized by elevated blood pressure and high protein levels in urine, causing decreased blood flow from the mother to the placenta, thus delivering less oxygen and nutrients to the baby. The condition may cause other complications for both the mother and baby, including risk of preterm birth and long-term health effects. Routine follow-up and preventive care for both mother and child, and a healthy lifestyle (such as a healthy diet, physical activity, avoiding stress) are particularly important in seeking to prevent these long-term effects.¹

.....What is the risk for preeclampsia?



2017-2019 PRAMS data shows that up to 8.7% of pregnant women in Montana experience pregnancy related hypertension (gestational hypertension, preeclampsia, or eclampsia). The prevalence increased at a statistically significant trend during this three-year period, with 16.1% of Kansas women with a live birth in 2019 reporting pregnancy related hypertension, compared to only 11.8% of women who gave birth in 2017. In addition, preexisting conditions such as hypertension, depression, anxiety, being overweight, and obesity were significantly associated with pregnancy related hypertension. The prevalence was also significantly higher among non-Hispanic Black women, compared to non-Hispanic White women, non-Hispanic women of other/mixed race, or Hispanic women.²

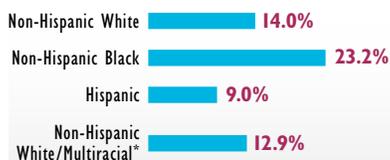
Prevalence of Self-Reported Gestational Hypertension, Preeclampsia, or Eclampsia

Among Kansas Women With a Recent Live Birth

By Year of Infant's Birth



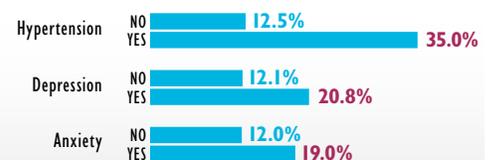
By Race/Ethnicity



By Body Mass Index



By Health Conditions in the 3 Months Before Pregnancy



*Includes Asian, Native American, Native Hawaiian/Pacific Islander, other race, and multiracial. All values represented in these graphs fall within the 95% confidence interval window.
Source: Kansas Department of Health and Environment, Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017-2019

With maternal morbidity and mortality rates at alarming levels, and the recognition that 60% of preeclampsia related deaths are preventable, it is our job as healthcare providers to educate patients and their families and follow best practices.³ In recognition of **World Preeclampsia Day on May 22nd**, we are reaching out to all of you with the following resources, in hopes you will work to incorporate patient education materials and best practices into your care and public awareness campaigns. Please join us in educating providers and patients about the importance of:

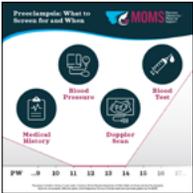
- **Awareness** and identification of risk factors
- **Early Screening** in the first trimester
- **Prescribed and Regular Intake** of low-dose aspirin before week 16 for women at increased risk
- **Knowledge** of symptoms and warning signs and when to seek medical attention
- **Close Monitoring** by a prenatal care provider throughout pregnancy and six weeks postpartum

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Social Media Assets

We have included some assets for you to help raise awareness and provide continuing information. We have five graphics, post copy to include with each, and an additional link with more information on each topic to share.



Preeclampsia: What to Screen for and When *(graphic file: what to screen for.jpg)*

Knowing the signs and symptoms of preeclampsia can keep you and your baby healthy - it could even save your life! Preeclampsia is linked to preterm birth and low birth weight, as well as heart and breathing problems for babies. Mothers with preeclampsia can experience serious, even life threatening complications, and often go managing your stress can all help keep your pregnancy as healthy as possible, and are great habits to maintain after the birth of your baby as well. If you're experiencing any of the signs or symptoms of preeclampsia, tell your health care provider right away! For more information about Preeclampsia Awareness Day, check out: <https://www.efcni.org/activities/campaigns/world-preeclampsia-day/>



Signs and Symptoms of Preeclampsia *(graphic file: signs and symptoms.jpg)*

Risk for preeclampsia can be identified by your doctor through blood tests and other screening including, medical history, blood pressure monitoring, and Doppler ultrasound as early as the end of your first trimester (11 to 14 weeks). Determining your risk factors and developing a course of action is an important part of your prenatal care. Early detection is key in keeping you and your baby healthy throughout your pregnancy and beyond! For more information, visit <https://www.efcni.org/activities/campaigns/world-preeclampsia-day/>



Complications of Preeclampsia *(graphic file: complications.jpg)*

It isn't just high blood pressure - it's an emergency! Preeclampsia can have serious consequences for you and your baby. Keeping all of your prenatal appointments and following your doctor's recommendations on lifestyle changes, such as diet and exercise, are key to avoiding major health issues down the road. For more information about preeclampsia and what you should know, please visit: <https://www.efcni.org/activities/campaigns/world-preeclampsia-day/>



Preeclampsia: Did You Know? *(graphic file: did you know.jpg)*

While PRAMS* data shows that up to 8.7% of pregnant women in Montana experience pregnancy related hypertension, women with preexisting conditions such as hypertension, anxiety, being overweight and obesity have even higher rates. Keeping all of your prenatal appointments and following your doctor's recommendations on lifestyle changes, such as diet and exercise, are key to decreasing your risks and avoiding major health issues down the road. Information provided by the EFCNI and World Preeclampsia Day. Find more information at: <https://www.efcni.org/downloads/factsheets/>



Preeclampsia: Health Disparities *(graphic file: .jpg)*

While PRAMS* data shows that American Indian/Alaska Native (AI/AN) women report a higher rate of developing pregnancy related hypertension, preeclampsia, and eclampsia, steps can be taken to help decrease the risk. It is vitally important for you to access prenatal care and prenatal education early in your pregnancy! Advocate for your health by participating in routine health screenings and managing any chronic health conditions you might have, like obesity, high blood pressure and depression. Engage in reproductive health planning to ensure chronic health conditions are under good control before your next pregnancy. To learn more about accessing low cost services visit <https://www.kdheks.gov/c-f/womens.html>

1. European Foundation for the Care of Newborn Infants, https://www.efcni.org/wp-content/uploads/2018/03/2017_09_29_EFCNI_preeclampsia_factsheet.pdf
2. Kansas Department of Health and Environment, Kansas Pregnancy Risk Assessment Monitoring System (PRAMS), 2017-19.
3. Preeclampsia.org Information for Healthcare Providers, <https://www.preeclampsia.org/healthcare-providersDepartment>

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Patient Education Resources:

Websites:

- [Preeclampsia Foundation - Information for Women and Families](#)
- [March of Dimes – Information on Preeclampsia](#)
- [Preeclampsia Foundation – Postpartum Preeclampsia](#)
- [Support for Survivors of Preeclampsia](#)

Videos for patient education by use in prenatal classes or home visits, waiting rooms, websites and social media platforms:

- [7 Symptoms Every Pregnant Woman Should Know](#) (2:45)
- [Aspirin May Prevent or Delay the Onset of Preeclampsia](#) (2:08)
- [Postpartum Preeclampsia – You Are Still at Risk After Your Baby is Born](#) (3:44)
- [Joan Donnelly’s Story – Postpartum Preeclampsia](#) (5:03)
- [Preeclampsia & Eclampsia – causes, symptoms, diagnosis, treatment, pathology](#) (6:46)

Handouts/Posters:

- [Preeclampsia Fact Sheet](#)
- [Health Action Sheet – Low-dose aspirin to prevent preeclampsia and premature birth](#)
- [Poster - Act Early! Screen Early!](#)
- [Preeclampsia Foundation Marketplace](#)

Infographics:

- [What Women Need to Know About Preeclampsia](#)
- [Signs and Symptoms of Preeclampsia](#)
- [Postpartum Preeclampsia – You are Still at Risk](#)
- [After Delivery – Recognizing These Signs Can Save Your Life](#)
- [Mental Health Effects of Preeclampsia and HELLP Syndrome](#)
- [Take Heart-Take Care](#)

Best Practice and Guidance Resources for Providers:

Practice Guidelines

- [Preeclampsia Foundation – Best Practices for Healthcare Providers](#)
- [U.S. Preventive Services Task Force \(USPSTF\) – Final Recommendation Statement on Preeclampsia Screening](#)
- [American College of Obstetricians and Gynecologists \(ACOG\) Clinical Guidance](#)

Current Guidelines on Low-Dose Aspirin

- [Preeclampsia Foundation – Ask About Aspirin](#)
- [USPSTF – Recommendation Statement on Low-Dose Aspirin Use \(2019 update in progress\)](#)
- [ACOG Committee Opinion on Aspirin for Preeclampsia](#)

Managing Preeclampsia and Eclampsia

- [Course on the Evidence-Based Management of Preeclampsia and Eclampsia](#)

Hypertension Safety Bundle

- [Consensus Statement on Severe Hypertension During Pregnancy and the Postpartum Period](#)
- [Patient Safety Bundle on Severe Hypertension in Pregnancy](#)
- [Joan Donnelly’s Story – Postpartum Preeclampsia](#)

Websites on Awareness

- [Preeclampsia Foundation](#)
- [Preeclampsia Awareness Campaign 2021](#)
- [Health Equity](#)