

EDUCATIONAL TOOL #1

RESOURCES FOR WOMEN, FAMILIES AND CLINICIANS AFTER AN OBSTETRIC EMERGENCY

After an obstetric emergency, many women seek to understand what happened to them and to find a supportive community. Increasingly, online resources provide a space for women who experience these rare events to gather and share stories and information. While not all these may apply to severe hemorrhage, many of the resources are useful after any obstetric emergency.

BIRTH TRAUMA RESOURCES FOR WOMEN & FAMILIES

- **PATTCh:** (<http://pattch.org/>) PATTCh is a collective of birth and mental health experts dedicated to the prevention and treatment of traumatic childbirth. Resources for women, families and health care providers, including a comprehensive **Traumatic Birth Prevention & Resource Guide**.
- **Solace for Mothers:** <http://www.solaceformothers.org/> Solace for Mothers is an organization designed for the sole purpose of providing and creating support for women who have experienced childbirth as traumatic. Contact: info@solaceformothers.org
 - *Comforting a Woman Traumatized by her Birth Experience:* Article from <http://theunnecesarean.com/>, *Women from the Solace for Mothers message boards collaborated to create this list of common things said to women in the postpartum period and how they might be interpreted by women who feel traumatized by their birth and/or have postpartum depression or PTSD.*
- **Improving Birth:** <http://www.improvingbirth.org/traumatoolkit/> Toolkit: Trauma, Traumatic Birth, and Recovery

CONDITION-SPECIFIC RESOURCES WITH GENERAL APPLICABILITY FOR WOMEN & FAMILIES

- **Obstetric Hemorrhage:** (no organizations specific to this issue)
- **Amniotic Fluid Embolism Foundation:** (<http://afesupport.org/>) This foundation is the only patient advocacy organization serving those affected or devastated by amniotic fluid embolism. Their mission is to fund research, raise public awareness and provide support for those whose lives have been touched by this often-fatal maternal health complication. Online Guides: Families in Crisis; Families Grieving the Loss of a Loved One; Fathers Grieving the Loss of a Spouse; Families Grieving the Loss of an Infant; etc.

- **Preeclampsia Foundation:** (<http://www.preeclampsia.org/>) The Preeclampsia Foundation is an empowered community of patients and experts, with a diverse array of resources and support. They provide support and advocacy for the people whose lives have been or will be affected by the condition – mothers, babies, fathers and their families. Online resources and tools for women, families and clinicians.
- **Cardiomyopathy:** My Heart Sisters (<http://www.myheartsisters.com/>)
- **MITSS (Medically Induced Trauma Support Services)** (<http://www.mitss.org/>) is a non-profit organization whose mission is “To Support Healing and Restore Hope to patients, families, and clinicians impacted by medical errors and adverse medical events.”
 - Toolkit for staff support: www.mitsstools.org/tool-kit-for-staff-support-for-healthcare-organizations.html

GENERAL MEDICAL AND TRAUMA RESOURCES FOR CLINICIANS

- **ACOG:** "Healing Our Own: Adverse Events in Obstetrics and Gynecology" Available to ACOG members only via website
- **Risking Connection:** (<http://www.riskingconnection.com/>) Risking Connection® teaches a relational framework and skills for working with survivors of traumatic experiences. The focus is on relationship as healing, and on self-care for service providers. Some information here is helping provider recognize trauma the patient brings with her but the issues presented-safety, empowerment, etc. apply in any trauma situation.
- **Health Care Toolbox:** (<http://healthcaretoolbox.org/index.php/what-providers-can-do/d-e-f-protocol-for-trauma-informed-pediatric-care.html>) This is for pediatric patients but it is evidenced-based, and is simply and clearly presented. "A-B-C" orients providers to the crucial first steps to save a life (Airway, Breathing, Circulation). "D-E-F" can help providers remember the key initial steps for children's emotional recovery from illness or injury. Health care providers are experts in treating illness, restoring functioning, and saving lives.
- **Women's Health Research at Yale:** (<http://medicine.yale.edu/whr/research/cores/trauma.aspx#page1>) The Trauma Core of *Women's Health Research at Yale* studies issues unique to female veterans, women, and children. Lots of information and resources.