

# FOCUSING ON **SAFE** DELIVERIES

Despite advances in medicine, maternal health and safety remains a serious issue in the United States. But together with your health care team, you can be part of the solution!

A new maternal safety initiative, "Stop! Look! and Listen!" is taking a multi-faceted approach.

**FOR PROVIDERS**, it encourages the following steps:

- **STOP!** If a woman says that she does not feel well, or believes something is wrong, it is time for the clinician to stop and not assume that these are typical complaints all new mothers experience.
- **LOOK!** Conduct an examination to be sure there are no evolving problems.
- **LISTEN!** Hear the woman's concerns and never consider them a usual part of just having a baby.

**FOR MOMS-TO-BE**, it means speaking up when you feel something is wrong. Ask questions. Explain how you feel. Spouses and family members should feel empowered to share their concerns as well.

We proudly support this program!



## Voice your concerns. Be an active participant in your care.

The Stop! Look! and Listen! campaign is co-sponsored by Robert Wood Johnson Medical School and New Jersey Medical School, both part of Rutgers, The State University of New Jersey; Robert Wood Johnson University Hospital, an RWJBarnabas Health facility; and The Tara Hansen Foundation.

# EMPOWER *Yourself*

Let's face it: You are the only person who knows exactly what you're feeling at any given time. So when it comes to childbirth and recovery, your input is essential in letting your health care providers know when something just isn't right.

In many cases, what you are feeling may simply be a normal part of recovery, but there are times when it could signal something more serious.

**Voice your concerns. Ask questions. Let your doctor, nurse, midwife, or other health care provider know if there's a problem.**

Your concerns are the essential trigger for a new maternal safety initiative called *"Stop! Look! and Listen!"* Providers committed to this program will:

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# FEEL EMPOWERED

Throughout your pregnancy, you've probably taken many steps to ensure a healthy delivery for your baby. Perhaps you've changed your diet, been vigilant about prenatal care appointments, or adopted a healthier lifestyle. But now, a new maternal safety initiative is helping ensure a healthy delivery for **new moms** as well.

**FOR PROVIDERS**, it involves acknowledging patients' concerns and taking the following steps to ensure maternal health and safety:

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**FOR YOU**, it means speaking up when you feel something is wrong. Ask questions. Explain how you feel. If you're a spouse or family member, feel free to speak up on behalf of your loved one.

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Rutgers, The State University of New Jersey



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