



saving
mothers

Because no woman should die giving life.

Saving Mothers in New York City

Who are we?

Saving Mothers is a nonprofit organization dedicated to eradicating preventable maternal deaths and birth-related complications in underserved communities. Over the past decade, our innovative solutions have saved the lives of thousands of women and empowered thousands more.



Why is Saving Mothers Focusing on NYC?

Currently, in the US, black women are 3-4x more likely to suffer a pregnancy-related death than white women. And in NYC specifically, black mothers are 9x more likely to die giving birth.

Leading causes of these pregnancy-related deaths include embolism (20%), hemorrhage (20%), and mental health conditions (15%). Stuningly, the NYS Department of Health's latest report on maternal mortality clearly states that the vast majority (78%) of these deaths are fully preventable.

We can, we must, do better.



How Can Saving Mothers Affect Change?

Our work in underserved communities has provided us with a uniquely informed perspective on the most effective ways to address health literacy, cultural tenets, the implicit bias of providers and the context of health care access and delivery, particularly among black women.

Drawing from this experience, we created the **mPOWHER® Project**, a dual-track educational program with a participatory, collaborative approach designed to empower pregnant black women and train their healthcare providers so they can challenge and surmount racism.

The Project has two primary components:

1. **mPOWHER® Training Program** – education and training of Community Health Workers (CHWs) and other frontline maternal health workers, with a focus on identifying at-risk patients, improving patient communication and education, and building patient trust and advocacy.
2. **mPOWHER® Mom's Kit Program** – a complementary program designed specifically for Moms entering their 1st trimester, the Kit is actually a diaper bag filled with practical health-empowerment tools, along with valuable information, such as verbal strategies designed to help women challenge the structural racism and sexism they experience when interacting with the current healthcare system.

The two Programs work in tandem to advance both groups' understanding of health risk and prevention, effective communication and the power of advocacy. When we encourage positive interaction and lift up pregnant women together with their healthcare providers, the result is true empowerment and a self-sustaining resilience in families and across communities.



Because no woman should die giving life.

www.savingmothers.org



The mPOWHER® Project in NYC

While hospital interventions can help to decrease maternal healthcare disparity, community-based intervention can often have an even greater impact on these rates. However, despite a significant increase in the number of CHWs in NYC, there is still no standardized training for CHWs serving pregnant women. The Saving Mothers mPOWHER® Project can change this.

What Resources Are Included Within the mPOWER Mom's Kit?

In NYC, the top 3 leading causes of death are embolism, hemorrhage, and cardiovascular conditions, so we've designed the contents of the kit to correspond to those risks, with tools and information essential to ensuring healthier, happier pregnancies:

- Venodyne stockings to combat risk of embolism
- Blood pressure cuff to reduce the risk of cardiovascular issues
- A Fitbit to track general exercise and encourage better nutrition
- Information cards with scripts, guides and other communication tools designed specifically to empower pregnant women through self-advocacy
 - Example: "Could you explain what that test is for? I want to make sure I understand"
- Detailed information on other potential risks, such as pre-eclampsia and gestational diabetes



How Can You Help?

You CAN make a difference, and save a mom's life! Your donation of **\$100** will provide **one of these mPOWHER Kits to a NYC mom** to support her throughout her pregnancy and beyond. Go to **<https://savingmothers.org/donate/>** and take **meaningful action** to fight the shameful racial disparity in maternal care in our city and **ensure a healthy pregnancy and delivery for ALL NYC moms.**

Saving Mothers in Guatemala

Who are we?

Saving Mothers is a nonprofit organization dedicated to eradicating preventable maternal deaths and birth-related complications in underserved communities. Over the past decade, our innovative solutions have saved the lives of thousands of women and empowered thousands more.



Why is Saving Mothers Focusing on Guatemala?

Guatemala has the highest maternal mortality rate in all of Latin America, with the risk of maternal death almost doubling within its indigenous populations. Representing nearly half of Guatemala's 17 million people, the indigenous population is disproportionately affected by maternal death, accounting for over 75% of these deaths country-wide. Up to 70% of indigenous women living in rural Guatemala continue to deliver at home without receiving adequate prenatal care. Our work is focused in the western highlands of Guatemala in the department of Sololá, where only 2.7% of women in the region receive complete prenatal care.



How Can Saving Mothers Affect Change?

The School of PowHER (Providing Outreach in Women's Health and Educational Resources) is a program we developed with traditional birth attendants for traditional birth attendants. The program is based out of the Lake Atitlan region in Guatemala, where traditional birth attendants, called comadronas, serve as trusted obstetric providers for expectant mothers in these indigenous communities. The school of POWHER was developed to empower comadronas to continue to serve as important leaders in their community while providing them with additional education and skills to provide safe maternal care and identify risk early. The model of teaching is twofold:

- **Didactic:** The didactic portion of the school consists of 4 months of classes, totalling 31 classes and 124 hours of training. Classes are taught in the local language of Tzutujil and run by former graduates of the program.
- **Practical:** After completing the didactic portion, comadronas are partnered with clinical educators, as well as prior graduates of the School of PowHER.

To date, the School of PowHER has graduated over 100 Traditional Birth Attendants who have, in turn, educated women in their own communities on safe birth practices.



Saving Mothers in the Dominican Republic

Who are we?

Saving Mothers is a nonprofit organization dedicated to eradicating preventable maternal deaths and birth-related complications in underserved communities. Over the past decade, our innovative solutions have saved the lives of thousands of women and empowered thousands more.



Why is Saving Mothers Focusing on the Dominican Republic?

Postpartum hemorrhage is one of the major causes of preventable maternal deaths worldwide and this holds true in the Dominican Republic. In March of 2019, the Saving Mothers team met with doctors and administrators at La Maternidad, the major public medical center serving women in the region of Santiago de los Caballeros in the Dominican Republic. The leadership expressed interest in laparoscopic surgical training and in gaining more ultrasound training, in particular for high-risk obstetrics and diagnostics.



Laparoscopic Training Program

Saving Mothers has initiated a laparoscopic training program that is allowing La Maternidad to improve the standard of surgical care for women in the region by providing this life-saving surgery and training OB/GYN residents in relevant laparoscopic surgical principles and techniques. The program has been able to fully outfit 2 operating rooms with laparoscopic equipment, identify 2 local OB/GYN champions who have prior training in laparoscopic surgery, and provide continued mentorship through site visits by our Saving Mothers surgical team every 3 months. With the help of our partner, Proximie, a technology platform that allows clinicians to virtually 'scrub in' to any operating room from anywhere in the world, we are remotely mentoring and training La Maternidad's laparoscopic surgeons during live surgical cases.

Obstetrical Emergencies Simulation Program

To support La Maternidad in lowering its mortality around postpartum hemorrhage, the Saving Mothers team identified the need to adequately train nurses, pharmacists, and doctors in working together to respond to postpartum hemorrhage through simulation training. Saving Mothers has developed, tested, and is currently implementing a simulation-based curriculum while providing postpartum hemorrhage kits as part of an obstetric bundle to lower postpartum hemorrhage rates and save lives. Given the success of this simulation training, we are actively working with the hospital's OB/GYNs to expand the simulation curriculum to include other obstetrical emergencies such as pre-eclampsia and sepsis.

Saving Mothers in Kenya

Who are we?

Saving Mothers is a nonprofit organization dedicated to eradicating preventable maternal deaths and birth-related complications in underserved communities. Over the past decade, our innovative solutions have saved the lives of thousands of women and empowered thousands more.



Why is Saving Mothers Focusing on Kenya?

Kenya's maternal mortality rate remains among the highest in the world. This problem is exacerbated by barriers to access, including distance to the hospital, travel costs, underutilization of prenatal care services, and a high rate of home deliveries (up to 83% in rural areas). Only 50% of women attend even one prenatal care visit and 83% of deliveries are at home. Female genital cutting has an impact on maternal & neonatal health outcomes. Unfortunately, most local providers are not properly trained in managing associated complications in delivery.



How Can Saving Mothers Affect Change?

- Saving Mothers works with local government officials to implement a comprehensive maternal continuum of care program to combat these issues and save lives. Our program encourages women to come in for at least 2 prenatal care visits by offering complimentary ultrasounds and prenatal vitamins. Incentives for hospital delivery include free access to our safe birth kits and free postpartum IUD placement.
- Additionally, we are piloting a preterm birth indicator program to address the high rate of neonatal death. The program gives us the ability to predict preterm birth and intervene proactively, ensuring that these high-risk women receive optimal care.
- We further manage future risks associated with pregnancy through our comprehensive family planning program, which counsels women on the use of LARC (long acting reversible contraception) as a means of birth spacing and, ultimately, improved maternal health outcomes.

