



PLANT THE SEED

How do I talk about the impact of trauma on pregnancy health?

The Region 9 Perinatal Quality Collaborative created the “Stress, Emotions, and Pregnancy” pocket guide to serve as a tool for talking with patients about the impact of trauma on perinatal health.



Wondering where to start? It begins with planting a SEED...



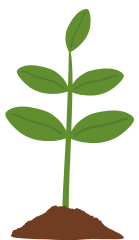
SAFETY

- Talk to patients privately
- Share confidentiality practices + limits
- Ask permission before documenting trauma



EDUPLICATE EMPOWER

- Share that there are extra supports available if they are in a tough situation now or feel impacts from the past
- Find out if they have concerns about sexual assault, violence, or discrimination
- Understand how it is affecting them now
- Ask if they are interested in a care plan



DIRECT

- Provide options and recommendations
- Give anticipatory guidance before birth or procedures
- Clarify referral logistics

We encourage you to appoint a trauma-informed care lead in your department to stay up-to-date with the latest research and best practices. Reach out to contact@region9.org or visit region9.org for more resources.

