



THE CARE PARTNER PROJECT™

How to Get the Care You Want
for the People You Love

PREGNANCY CARE PARTNERS

Look over all the “To-Do’s” for supporting someone you care about through delivery and recovery. Do you feel capable or have the time to participate? If not, no worries and no shame. Sometimes the best Care Partner is someone who can help their loved one find another!

RISKS & CONCERNS

Failure to spot problems early and respond quickly

Hospital infections

Excessive bleeding (hemorrhage)

Blood clots

Complications from chronic health conditions (heart disease, diabetes, high blood pressure)

Complications due to age (40+, especially)

Use our medication record to make notes and help your loved one remember everything.

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The Care Partner Project checklists are for your education only, not intended to substitute for medical advice, diagnosis or treatment.

CHECKLIST

LABOR & DELIVERY SUPPORT

- Help prevent infections for mother, baby and yourself! Make sure you and everyone else who comes close to your loved one washes their hands first with warm, soapy water or antimicrobial hand gel.
- Be prepared to stay in the hospital 24/7 until discharge day. Bring a notebook and pen—ideally the notebook you started during the pregnancy.
- During labor, ask how you can help. Time contractions? Get ice chips? Massage back? Make calls to friends and loved ones? Offer supportive words, provide encouragement to help minimize stress.
- Get to know everyone involved on the medical team—make note of their names and roles.
- Make sure you have records of medications your loved one normally takes and if necessary, ask how/when they will be administered. Ask about other medications that may be needed and when they will be given – look them up and make a note.
- Ask about risks of severe bleeding/hemorrhage and prevention. Ask: how do you monitor blood loss?
- Organize a support team of friends and family during the first weeks following birth. There are good apps to help you, also LotsaHelpingHands.org.
- Watch the monitors measuring heart rate and oxygen levels. No worries if you need help understand the readings – just ask the nurses. They’ll be glad to have you as a 2nd pair of eyes!

GET A NURSE IF...

The mother or baby seem to be in distress or things seem to be “going downhill”— especially if you see, or your loved one tells you about:

- vaginal bleeding, clotting blood
- fast heartbeat (watch on the monitors)
- redness or pain in leg that feels like a charley-horse that won’t go away
- trouble breathing, shortness of breath
- high blood pressure (if you have a cuff at home)
- chest pain
- foul-smelling vaginal discharge
- mental confusion, unusual sluggishness, slurring words, fainting
- headache that won’t go away, worsening
- trouble breathing, shortness of breath

If nurses are not responding to your concerns, you may call for a Condition Help. See TheCarePartnerProject.org/tools-and-info-for-patient-safety.