



LISTEN TO HER

presented by *her* birth·right JAMILA PLEAS, RN

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Jamila Pleas, RN, is a registered nurse who has blossomed into a maternal health advocate specializing in child birth education, positive birth outcomes, labor support, research, and policy implementation. She estimates that since 2012, she has assisted over 800 women and couples in their birthing journey while working as a labor and delivery nurse.

Jamila began her career at West Suburban Hospital, Oak Park, IL. As a contract nurse with Supplemental Health Care, Jamila has worked at some of the world's top leading health care systems, including Northwestern Memorial Hospital, Chicago, IL; Holy Cross Health, Silver Spring, MD; and

she currently serves at the University of Chicago, Chicago, IL. Jamila believes that her five years of training at the University of Chicago has prepared her to care and manage high-risk pregnancy complications.

Jamila was recently awarded the *Abstract of Excellence Award* for her contributing work on **Systemic Treatment and Management of Post Partum Hypertension** at the Illinois Perinatal Quality Collaborative. She was also awarded the *Coin of Excellence* by the President and CEO of Holy Cross Health for her commitment to providing quality care.


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MATERNAL HEALTH EQUITY INITIATIVE

Her Birth Right is a national nursing initiative, aimed to bridge the gaps in maternal health outcomes for women of color through education, awareness, pop up events for expectant moms, and digital marketing campaigns.

According to the CDC, black women are 2-3 times more likely to die from a pregnancy-related condition. Understanding this disparity, *Her Birth Right* was created to form collaborations among healthcare administrators, providers, nurses, and community partners working to decrease the alarming maternal morbidity and mortality rates plaguing women of color in the United States.

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 jamila@herbirthright.com

Article 25 of the
Universal Declaration of Human Rights:
"Motherhood and childhood are entitled
to special care and assistance."

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"MAMA!"
-GEORGE FLOYD

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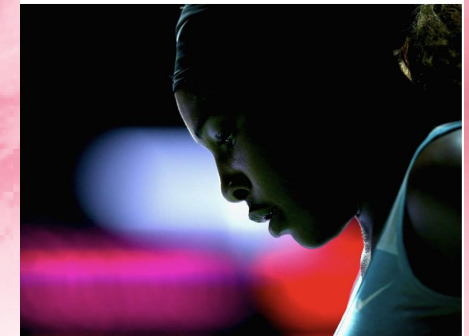
L.I.S.T.E.N

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What Serena Williams's scary childbirth story says about medical treatment of black women

Black women are often dismissed or ignored by medical care providers. Williams wasn't an exception.

By P.R. Lockhart on January 11, 2018 4:40 pm



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L.I.S.T.E.N

- LEAN INTO CULTURAL SENSITIVITY
- IDENTIFY IMPLICIT BIASES
- SUPPORT PATIENT PREFERENCES
- ENCOURAGE NURSE ADVOCACY
- TREAT ALL PATIENTS WITH RESPECT
- NORMALIZE ALL BIRTHING EXPERIENCES

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LEAN INTO
CULTURAL SENSITIVITY

[illegible]

IDENTIFY IMPLICIT BIASES

out of shape black female white high income employed short fit masculine gay strong old cooperative low income optimistic religious reserved overweight straight blonde male tall hard working weak young

- Empowered Choice
- Disempowered Choice
- Make No Choice

The Power Of Choice



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SUPPORT
PATIENT PREFERENCES

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**YES, WE GOT YOUR
20 PAGE NATURAL BIRTH PLAN**



**WE JUST DRESS
LIKE THIS FOR FUN**

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TREAT ALL PATIENTS
WITH RESPECT

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Traits Black Women Look for in their Provider:

- Demonstrating quality patient-provider communication
- Providing continuity of care
- Treating the woman with respect
- Delivering Compassionate Care

Cited Source:

Lori JR, Yi CH, Martyn KK. Provider characteristics desired by African American women in prenatal care. *J Transcult Nurs.* 2011;22(1):71-76. doi:10.1177/1043659610387149

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ENCOURAGE
NURSE ADVOCACY

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IF AT FIRST
YOU DON'T
SUCCEED
TRY LISTENING TO YOUR
NURSE

LISTEN
TO HER

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NORMALIZE ALL
BIRTHING EXPERIENCEs

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