

A pregnant woman with long dark hair in a ponytail, wearing a strapless, flowing pink dress, is shown in profile against a dark, textured background. The dress is voluminous and billows out behind her. The text 'LISTEN TO HER' is overlaid on the lower right portion of the dress.

LISTEN TO HER

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

LISTEN TO HER

herbirthright.com



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.

LISTEN TO HER

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her
birth·right
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.

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

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 jamila@herbirthright.com



LISTEN TO HER

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“MAMA!”

-GEORGE FLOYD

A woman in a red robe is holding a baby against a green background. The text 'LISTEN TO HER' is overlaid on the image, with 'herbirthright.com' below it.

LISTEN
TO HER
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L.I.S.T.E.N

LISTEN TO HER

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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

A woman is shown from the waist up, wearing a vibrant red, flowing robe. She is positioned against a dark green, textured background. The lighting is soft, highlighting the folds of the fabric. In the upper left corner, the text 'LISTEN TO HER' is displayed in a large, white, serif font. Below it, the website address 'herbirthright.com' is written in a smaller, black, sans-serif font. A decorative, light-colored swirl is placed to the right of the word 'TOHER'.

LISTEN
TOHER
herbirthright.com

LEAN INTO
CULTURAL SENSITIVITY

herbirthright.com



A woman is shown from the waist up, wearing a vibrant red, flowing robe. She is positioned against a dark green, textured background. The lighting is soft, highlighting the folds of the fabric.

LISTEN
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IDENTIFY
IMPLICIT BIASES

LISTEN TO HER

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LISTEN TO HER

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- Empowered Choice
- Disempowered Choice
- Make No Choice

The Power Of Choice





LISTEN
TO HER

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SUPPORT
PATIENT PREFERENCES

LISTEN
TO HER

herbirthright.com

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



**IT'S TOTALLY GOING
TO WORK OUT**

**WE JUST DRESS
LIKE THIS FOR FUN**

A woman is shown from the chest up, wearing a bright red birth cap. The background is a solid green color. The text 'LISTEN TO HER' is overlaid on the left side of the image, with 'herbirthright.com' written below it.

LISTEN
TO HER

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TREAT ALL PATIENTS
WITH RESPECT



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



LISTEN
TO HER

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ENCOURAGE
NURSE ADVOCACY

LISTEN
TO HER

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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

LISTEN TO HER

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LISTEN
TO HER

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