



# 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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## *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.

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**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



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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**

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NORMALIZE ALL  
BIRTHING EXPERIENCES

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