



PARTICIPANT HANDOUTS

CHAMPS Maternal Health 101

Office Hours:

Pregnancy Loss & Maternal Loss

Thank you for attending today's office hours session. By doing so, you are strengthening the ability of your community-based and patient-directed health center to deliver comprehensive, high-quality primary health care services.

Facilitated by:

Karen Ruby Brown MSN, CNM, IBCLC, [Denver Health and Hospital Authority](#)

Live Event Date/Time:

Wednesday, July 15, 2026

12:00–12:30PM Mountain Time /1:00–1:30PM Central Time

CHAMPS Archives

This office hour is a follow-up to the June 17, 2026 Maternal Health 101 Workshop. The archive for that workshop is available at <https://champsonline.org/events-trainings/distance-learning/online-archived-champs-distance-learning-events>. This office hour session may also be archived online. If posted, the archive will be posted within two weeks of the live event and will be available for at least one year from the live presentation date.

Speaker Biography

Karen Ruby Brown MSN, CNM, IBCLC, MSCP has been a Certified Nurse Midwife since 2002, providing midwifery/OB-GYN care in a variety of settings including tertiary care teaching centers, community clinics and out of hospital settings. She earned her MSN in midwifery from Yale University and practiced for many years with the University of California San Diego Midwives before opening a private midwifery practice in San Diego. She later continued working in community health care in Colorado, including at Stride Community Health Center, and currently practices at Denver Health. As a past National Health Service Corps award recipient, she is passionate about expanding access to high-quality maternity care, as well as teaching and mentoring students and residents. Outside of work she is an adventurer, reader, singer, dog mom and human mom to two adult children on opposite coasts.

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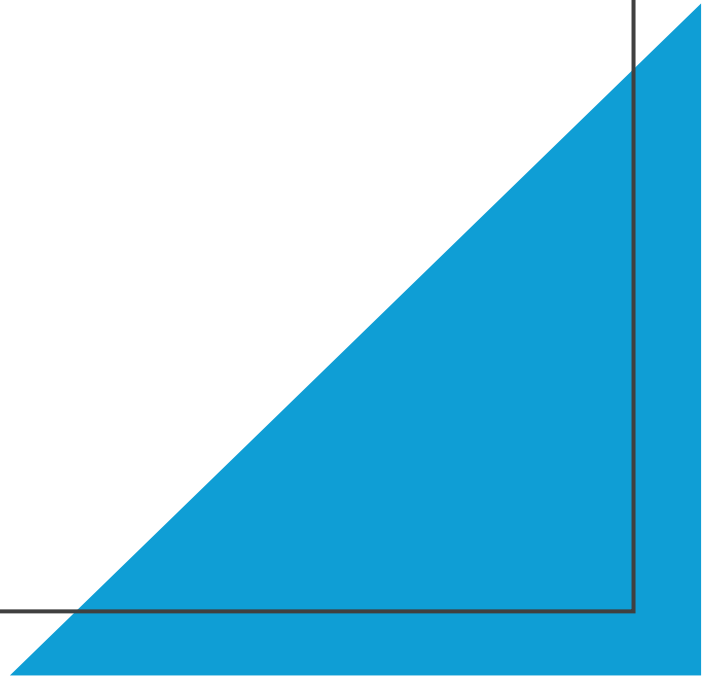
- July 1: Hypertensive Disorders of Pregnancy
- **July 15: Pregnancy Loss & Maternal Loss**
- July 29: Disordered Eating in Pregnancy

Maternal Health 101

Office Hours #2

- **When Pregnancy Doesn't Go As Planned**
- July 14, 2026
- Karen Ruby Brown MSN, CNM, IBCLC

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When pregnancy doesn't go as planned

- Early Pregnancy Failure
 - Periviable birth
 - IUFD
 - Fetal anomaly not compatible with life
 - Maternal critical illness
 - Maternal death
 - **What experiences have your patients brought to you?**
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Pregnancy Loss

Pregnancy Loss Definitions

TERM	DEFINITION
Threatened Pregnancy Loss	Vaginal bleeding in early pregnancy with a closed cervix and a pregnancy that may still be viable.
Pregnancy of Uncertain Viability	Ultrasound findings are inconclusive. Follow-up ultrasound and/or serial β -hCG are needed before determining viability.
Pregnancy of Unknown Location	Positive pregnancy test, but no intrauterine or ectopic pregnancy is yet identified on ultrasound. Requires follow-up to determine the pregnancy location.
Early Pregnancy Loss	A nonviable intrauterine pregnancy before 13 weeks' gestation, including anembryonic pregnancy and embryonic demise.
Recurrent Pregnancy Loss	Two or more failed clinical pregnancies (ASRM definition).

Pregnancy Loss Definitions (cont.)

- Stillbirth and Non-viable Liveborn
 - *Stillborn / Stillbirth*: Death prior to the complete expulsion or extraction from the birthing patient of a product of conception, occurring ≥ 16 weeks of gestation.*
*Definition varies by state and reporting requirements.
 - *Liveborn Non-Viable Infant*: Infant with extreme prematurity or genetic anomalies that would prevent him/her from surviving or sustaining life for more than a few hours and those not receiving aggressive care.
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Pregnancy Loss Statistics

- Pregnancy loss is common
 - ~1 in 4 pregnancies are lost before birth.
 - 10–20% of clinically recognized pregnancies end in early pregnancy loss.
 - ~80% occur during the first trimester.
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Resources for Clinicians and Staff

- Clinical Guidelines
 - ACOG Practice Bulletin No. 200: *Early Pregnancy Loss*
 - Society of Radiologists in Ultrasound: Diagnostic Criteria for Nonviable Pregnancy (Doubilet et al., *NEJM*, 2013)
 - ASRM Committee Opinion: *Evaluation and Treatment of Recurrent Pregnancy Loss*
 - Books
 - *Empty Cradle, Broken Heart*, by Deborah L. Davis
 - *Your Guide to Miscarriage and Pregnancy Loss*, by Kate White, MD
 - Podcast: Healthful Woman
 - *Supporting Women with Pregnancy Loss* (Shira Billet, Jan 2025)
 - *Rachel's Story* (Parts 1 & 2)
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Resources for Patients and Families

- Websites
 - Share Pregnancy & Infant Loss Support (nationalshare.org)
 - Star Legacy Foundation (starlegacyfoundation.org)
 - Now I Lay Me Down to Sleep (nowilaymedowntosleep.org) (*especially after stillbirth or neonatal death*)
 - ACOG Patient FAQ: Early Pregnancy Loss
 - Books
 - Empty Cradle, Broken Heart, by Deborah L. Davis
 - A Silent Sorrow, by Ingrid Kohn & Perry-Lynn Moffitt
 - Podcasts
 - Healthful Woman (*Supporting Women with Pregnancy Loss*)
 - The Birth Hour (Search: *Stillbirth, Pregnancy After Loss, TFMR, PPRM*)
-

Maternal Death



Maternal Mortality Definitions

- Maternal Death (WHO)
 - "The death of a woman while pregnant or within 42 days of termination of pregnancy, irrespective of the duration and the site of the pregnancy, from any cause related to or aggravated by the pregnancy or its management, but not from accidental or incidental causes."
 - Hemorrhage, HDP, infection, complications of abortion, complications from preexisting conditions like diabetes and heart disease
 - ACOG:
Pregnancy associated deaths include all deaths occurring within one year of a pregnancy resolution.
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Maternal Mortality Statistics

- **Global** 197 per 100,000 live births (WHO 2023)
 - **USA** 23.5 per 100,000 live births (<https://hmba.org>)
 - The worst maternal mortality rate of any wealthy country.
 - Doubled in the last 40 years. Black women die at 3x the rate of white women.
 - Causes: mental health, hemorrhage, cardiac, infection, embolism, cardiomyopathy, hypertension, other.
 - 87% are preventable (CDC)
 - **CHAMPS** (<https://hmba.org>)
 - Colorado: 17/100,000
 - Montana: 32.5/100,000
 - North Dakota: 34.1/100,000
 - South Dakota: 23.1/100,000
 - Utah: 16.1/100,000
 - Wyoming: 35.5/100,000
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Resources for Families

- Websites
 - 4Kira4Moms.com
 - Ambiguous Loss, Pauline Boss PhD (ambiguousloss.com)
Helpful in understanding catastrophic family disruption without resolution
 - Podcast
 - The Birth Hour." There are specific episodes on loss.
 - Books
 - "Finding Meaning: The Sixth Stage of Grief," David Kessler
 - "Bearing the Unbearable," Joanne Cacciatore
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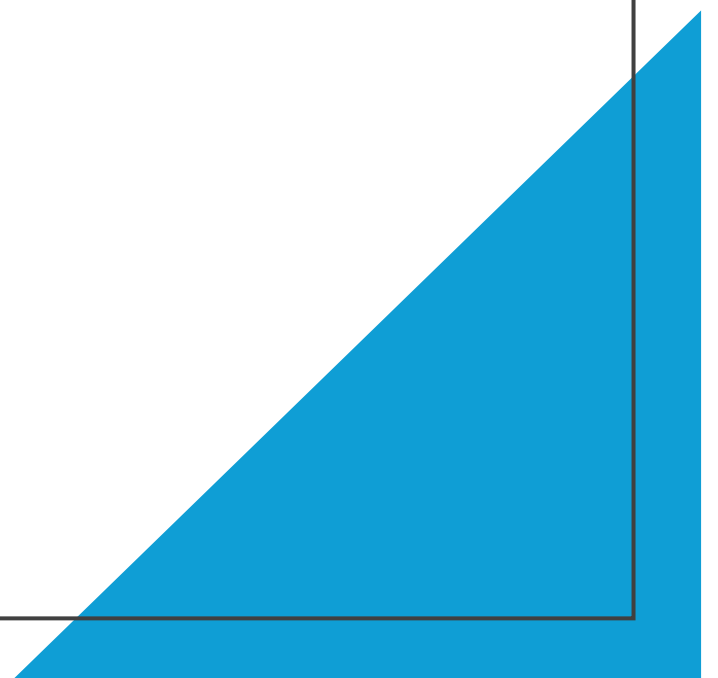


Resources for Clinicians and Staff

- RCOG Good Practice Paper No. 18
Supporting Families and Healthcare Staff Following Maternal Death
 - Podcasts:
 - Mama Doctor Jones: Maternal Mortality (2023)
 - The Nocturnists (Selected episodes on grief and patient death)
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Discussion

Thank you!



Thank you for joining us for the Maternal Health Office Hours!



To view the **event archive** of this and other past CHAMPS events, visit:

<http://champsonline.org/events-trainings/distance-learning/online-archived-champs-distance-learning-events>

To learn about other **upcoming CHAMPS events**, visit:

<http://champsonline.org/events-trainings/distance-learning/upcoming-live-distance-learning-events>

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