



PARTICIPANT HANDOUTS

CHAMPS Maternal Health 101

Office Hours:

Hypertensive Disorders of Pregnancy

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 1, 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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MATERNAL HEALTH 101 OFFICE HOURS:

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

Maternal Health 101

Office Hours #1

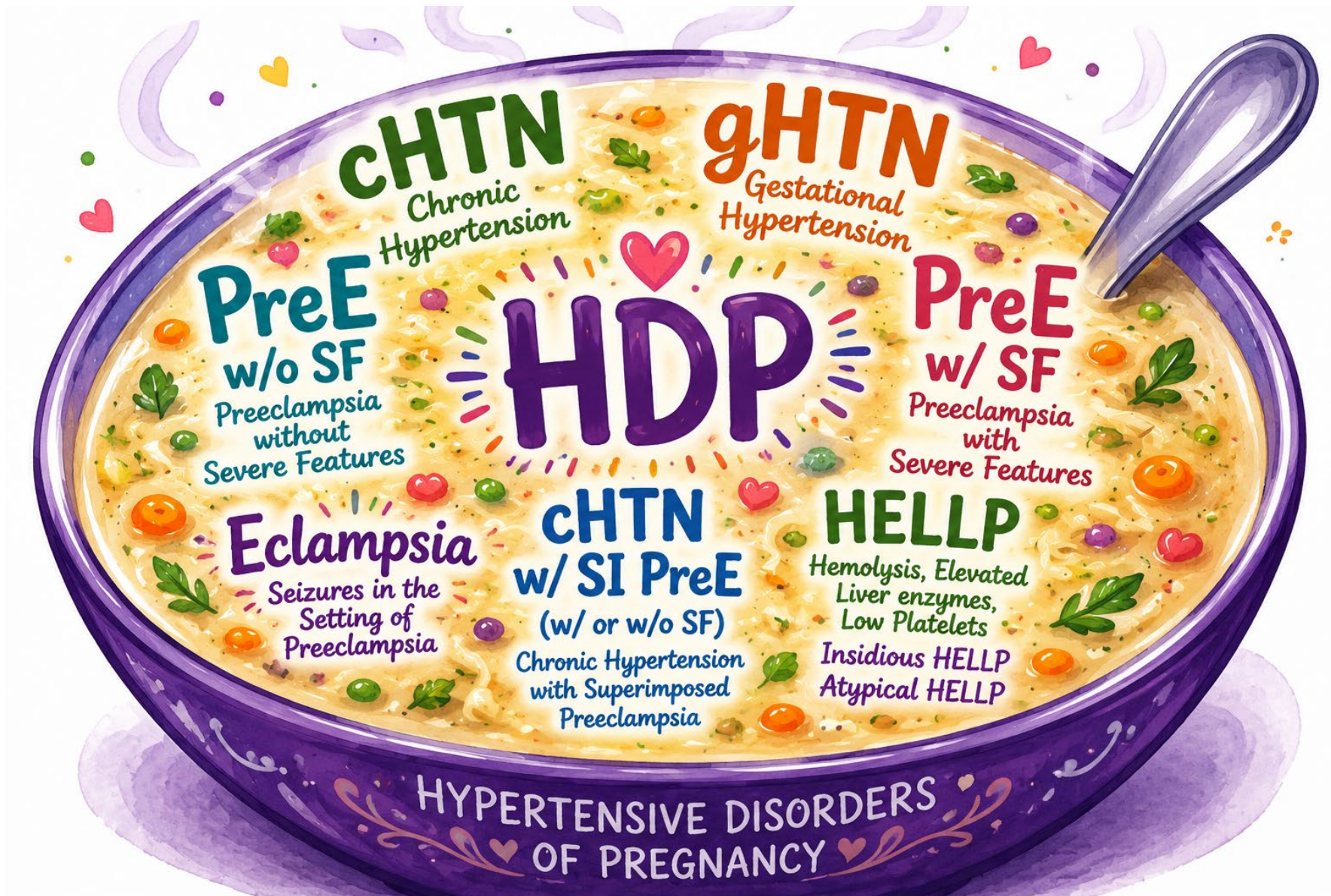
Hypertensive Disorders of Pregnancy

July 1, 2026

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ICP

Intrahepatic
Cholestasis
of Pregnancy

**MASLD/
NAFLD**

Metabolic Dysfunction-
Associated Steatotic
Liver Disease

**Acute
Fatty Liver**
of Pregnancy

**Viral
hepatitis**

Preeclampsia

**Gallbladder
disease**

Migraine

Differential Diagnoses
to Consider



Low Dose Aspirin

- USPSTF risk factors and indications
- 60mg – 162
- Initiate 12w-28w, ideally <16w, until delivery
- Contraindications
 - Allergy to ASA
 - Hypersensitivity to salicylates or other NSAIDs
 - ASA-induced asthma
 - Active or recent GI bleed
 - Severe hepatic failure
 - Heavy ETOH use



Clinical Pearls

- Correct cuff size.
- Taken at rest.
- Repeat unexpected BPs.
- Don't diagnose gHTN from a rushed vital sign.
- Look at trends—not isolated numbers (MRBP x 2 >4h apart)
- Read the whole clinical picture.
- When something doesn't fit, broaden the differential.



Management of Acute SRBPs

- **Recognize**
 - Sustained SRBPs
- **Activate**
 - 📞 Call EMS
 - 📞 Notify receiving hospital/OB or MFM
 - 📞 Prepare for transfer
- **Stabilize**
(within your clinic's capabilities)
 - **Nifedipine 10mg IR PO**
 - **Magnesium sulfate 10g IM**
(5g IM in each buttock)
- **Transfer**

Resources

- USPSTF
 - Recommendation: Aspirin Use to Prevent Preeclampsia and Related Morbidity and Mortality: Preventive Medication | United States Preventive Services Taskforce
- ACOG
 - Hypertension in Pregnancy. Task Force of Hypertension in Pregnancy. ACOG, 2013.
 - Low-Dose Aspirin Use for the Prevention of Preeclampsia and Related Morbidity and Mortality. ACOG Practice Advisory. ACOG, 2021.
 - Low Dose Aspirin in Pregnancy. ACOG Committee Opinion #743. ACOG, 2018.
 - ACOG Practice Bulletin #202. Gestational Hypertension and Preeclampsia. ACOG, 2019.
 - ACOG Practice Bulletin #203. Chronic Hypertension in Pregnancy. ACOG, 2019.
- Severe Hypertension In Pregnancy | AIM

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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