



GREETINGS FROM YOUR CA SECTION CHAIR AND SECRETARY/TREASURER

Happy Spring to all!

Our state continues to have the largest membership in the country, with over 3,400 dedicated members. Thank you for making a difference in the lives of birthing people and newborns.

February started with the National Leadership Development Conference in Fort Worth, Texas. California was well represented by our Section and Chapter leaders. Despite the initial freezing temperatures, we explored the historic Fort Worth Stockyards and enjoyed delicious meals between sessions focused on leadership, mentorship, and membership growth opportunities.

Our AWHONN CA 2026 Conference in Long Beach, CA, at the end of February, was truly amazing thanks to all your support. We had over 300 in-person and virtual attendees! Our Diaper Drive collected over 9,500 diapers and wipes. The Every Woman Every Baby (EWEB) Campaign raised over \$2,100. Our speakers were spectacular, and almost 40 sponsors and exhibitors showcased fabulous products and resources. Special thanks to our phenomenal Planning Committee, including our 2026 Interns, and our Student Nurse volunteers from local colleges such as UCI, Western University of Health, CSUF, and Santa Ana College.

We hope to reconnect with many of you in Orlando, Florida, in June at the National Conference. Stay tuned for a CA Luncheon and a chance to attend our Fab 5 Party with other Section friends.

Thanks for all you do for our birthing communities.
Warm wishes,
Sue and Marinda



YOUR CA SECTION LEADERSHIP TEAM

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EDUCATION UPDATE

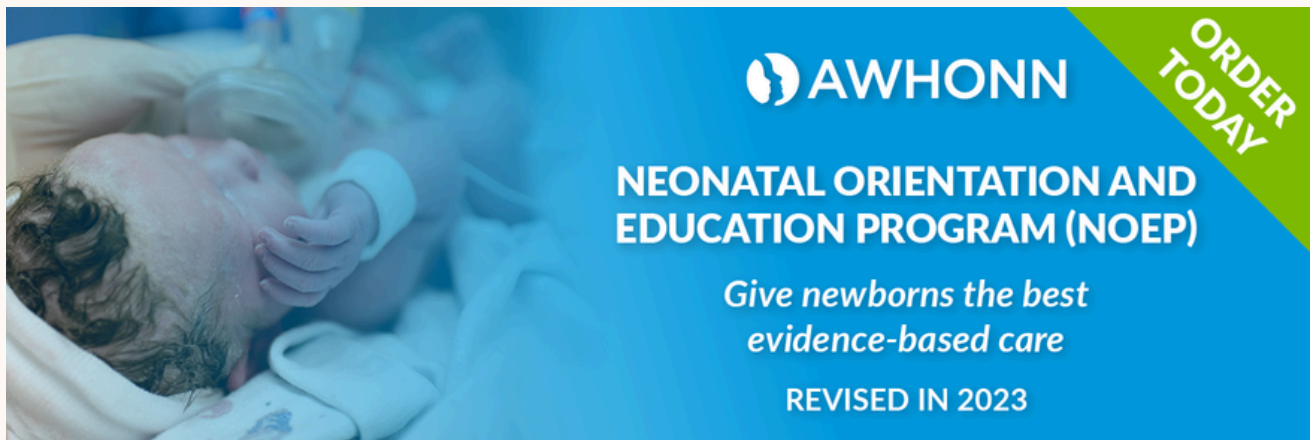
2026-2027 AWHONN CA Educational Needs Assessment

Please consider taking [this survey](#) to help us explore future speakers/topics in order to meet your learning needs. Those who complete the survey will be entered into an [opportunity drawing for two gift cards!](#)
Due by March 31, 2026.



Standardizing perinatal protocols doesn't have to start from scratch. AWHONN's Templates for Protocols and Procedures for Perinatal Services (5th Ed.) include 130+ editable templates to help maternity units save time and support consistent, high-quality care. Learn more and request purchase information. <https://bit.ly/4aaBJAt>

EDUCATION UPDATE



The Updated NOEP Arrives April 2026—Secure Your Seats Today

AWHONN's Neonatal Orientation and Education Program (NOEP) is getting a major update for 2026 to better align with today's NICU environment.

Launching in April 2026, the updated NOEP delivers a refreshed, more efficient learning experience designed to help your neonatal nurses stay current, confident, and ready to provide high-quality care for newborns.

What's New in the 2026 Update

- Updated clinical guidance based on the latest evidence
- New, realistic case studies reflecting current patient scenarios
- Faster, more intuitive learning workflows
- Expanded trauma-informed and family-centered care guidance

Pre-Sales Are Now Open For Facilities

Reserve seats now at productsales@awhonn.org

MARKETING UPDATE

Thank you so much to those of you who attended the 2026 AWHONN CA Conference in Long Beach! If you use social media, you can find AWHONN CA on [Facebook](#) and Instagram ([@awhonn.casection](#)). If you have any questions, ideas, or input, please reach out to me: emilybroadwater@gmail.com



Emily Broadwater, RN

emilybroadwater@gmail.com

COMMUNITY LIAISON UPDATE



Laura Senn

LauraSennCNS@gmail.com

We would love to share our upcoming events and news with all California Perinatal Nurses!

Please send me the contact information for the Director, Manager, Supervisor, or Educator and the name of your facility so we can send them AWHONN updates for distribution.

Thank you for helping to spread awareness about the resources available from AWHONN!

VENDOR COMMITTEE UPDATE

Thank you!

As we reflect on the success of the AWHONN CA 2026 Conference, we celebrate the women's and children's healthcare companies that support us to provide outstanding learning opportunities.

Thank you to our platinum sponsors: Hoag Hospital, ThermoFisher Scientific, Sanofi, Mom365, and California Healthcare Foundation. Thank you also to our 10 Gold Sponsors and our 18 Silver Sponsors.

Thank you to our Vendor Committee members, Katrina Johnson, and Myoshi Lee. Their work in recruiting vendors has been augmented by the help of many of our AWHONN CA Leadership Team as well as the hard work of Sue Stone, Marinda du Toit, and Emily Broadwater. It takes a team, and AWHONN CA is a wonderful example of teamwork



California
Health Care
Foundation



Sherri Mendelson
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LEGISLATIVE UPDATE

ADVOCACY OPPORTUNITY: AWHONN ON CAPITOL HILL

April 27-28, 2026

FEDERAL MOMENTUM SHIFTS TO COMBAT MATERNAL HEALTH CRISIS

Recent federal legislative actions signal a historic shift toward addressing the U.S. maternal mortality crisis through sustained funding, mental health support, and targeted equity initiatives. Federal lawmakers are moving beyond "business as usual" for maternal and child health (MCH), enacting sweeping funding and policy changes in 2024 and 2026.

- **2026 Funding Surge:** In February 2026, Congress passed a comprehensive spending bill providing over \$100 million for maternal mental health programs. This includes a \$3 million increase for the CDC's Safe Motherhood and Infant Health programs and continued support for the National Maternal Mental Health Hotline.
- **Strengthening Mortality Reviews:** The Preventing Maternal Deaths Reauthorization Act, included in recent funding packages, ensures Maternal Mortality Review Committees (MMRCs) have the resources to analyze pregnancy-related deaths and develop life-saving interventions.
- **New Life for Stillbirth Prevention:** The Maternal and Child Health Stillbirth Prevention Act of 2024 officially expanded the Title V MCH Block Grant to include stillbirth research and prevention—a major victory for advocacy groups.
- **Health Equity and the "Momnibus":** The Black Maternal Health Momnibus Act remains the central legislative focus for addressing racial disparities. While sections of the act have received over \$200 million in funding since 2023, the full package continues to push for investments in social determinants of health and workforce diversification.
- **Access in "Maternity Deserts":** New mandates require the Health Resources and Services Administration (HRSA) to develop specific plans to expand birth centers in rural and urban maternity care deserts, directly addressing the growing lack of local care options.



AMY SCOTT
Southern CA



TRACY WEEBER
Northern CA

MEMBERSHIP UPDATE



AWHONN membership has many benefits. Make sure to check out all of the resources AWHONN has to offer and please share with your colleagues!

Please update your personal profile under “Manage Profile”

- Name change
- Address change
- Current credit card on file
- Personal email, not work email
- County
- Degree, certification obtained
- Demographics: ethnicity



Lauren Barden, MSN, RNC-NIC, C-ONQS, NPD-BC

Membership Coordinator

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Your Vital Resource When You Need Us Most

By adding membership to the Association of Women's Health, Obstetric and Neonatal Nurses (AWHONN) to your resume, you're letting your colleagues know that you are committed to a community of nurse professionals who have your shared experiences, you seek to succeed with continuing education created by nurses for nurses, and you can act quickly because you have access to evidence-based best practices.

AWHONN membership is all about exclusive access, including:

- Access to AWHONN's journals, *Journal of Obstetric, Gynecologic & Neonatal Nursing (JOGNN)* and *Nursing for Women's Health (NWH)*
- Access to free webinars and free journal CNE
- Access to evidence-based guidelines
- Access to AWHONN members-only online communities
- Access to special discounts on Convention registration, AWHONN store products, travel discounts, and continuing education
- And more!

Professional Associations are Big Picture

According to the American Society of Association Executives (ASAE), "Associations are the primary source of post-college education and skills training for America's workforce. In addition, associations define and advance standards for professional certification, performance, and ethical practices in a wide variety of fields, ensuring consumers have confidence in the experts they consult for their health, financial wellness, legal needs, and other vital concerns."

Visit awhonn.org today and get the full picture of what AWHONN can do for you.



Scan to join!

STUDENT ENGAGEMENT LIAISON UPDATE

Michelle Glover, Southern CA | Susan Collins, Northern CA

The 2026 AWHONN CA Conference in Long Beach was *such* a success. We had over 50 students express interest in volunteering and most of them worked at least one shift. Many worked two or three shifts. The students who volunteered on Thursday for the Pre Con had the opportunity to participate in our skills stations. What an experience! From newborn assessment and screening, to respectful maternity care and c-section abdominal prep, they all were engaged and able to get hands-on practice!

Your CA Student Section Liaisons, Susan and Michelle, really enjoyed preparing the stations and watching the students get excited for the opportunity to participate.

We would like to send out a HUGE thank you to all who assisted with the stations to make this such a meaningful experience for our next generation of nurses!

Thank you again,

Michelle and Susan



Michelle Glover

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Susan Collins

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ACCOUNTABILITY, BELONGING & CULTURE

ACCOUNTABILITY, BELONGING, AND CULTURE IN PERINATAL CARE (2026 FOCUS)

Why This Matters Now

Across the United States, perinatal care is shifting toward Accountability, Belonging, and Culture. This reflects a move from awareness to measurable outcomes, daily behaviors, and leadership responsibility at the bedside.

1. Equity in Maternal Outcomes

Hospitals are now expected to track outcomes such as hemorrhage, severe maternal morbidity, and NICU admission rates by race and ethnicity. Leaders are being asked not only to identify disparities, but to show what actions were taken to reduce them.

2. Respectful Maternity Care and Psychological Safety

Patient experience and perceived discrimination are increasingly linked to adverse outcomes and legal risk. High-reliability perinatal units are implementing structured listening practices, validating patient concerns, and normalizing escalation when patients or staff feel something is wrong.

3. Language Access and Health Literacy

Interpreter access time, patient comprehension, and readability of discharge instructions are emerging as key quality indicators. Communication barriers remain a major contributor to postpartum complications.

4. Workforce Belonging and Retention

Retention of new nurses and diverse staff is strongly linked to psychological safety and mentorship. Units with strong belonging cultures demonstrate earlier escalation of clinical concerns and improved teamwork during emergencies.

5. Bias in Clinical Protocols

Perinatal teams are increasingly reviewing whether algorithms, induction practices, VBAC counseling, and pain management approaches produce different outcomes across populations. Protocol review is now viewed as a patient safety strategy.

6. Community Partnership

Health systems are expanding partnerships with doulas, community groups, and postpartum support services. Perinatal outcomes are strongly influenced by social determinants such as housing, food access, and transportation.

7. From Training to Behavior Change

The focus has moved beyond annual bias training to observable daily behaviors. Leaders are measuring how teams listen, escalate concerns, communicate across disciplines, and support one another during routine care and emergencies.

Accountability means measuring outcomes. Belonging means creating psychological safety. Culture means demonstrating respectful, inclusive behaviors every day at the bedside. Together, these principles define the next phase of perinatal care.



Estelle Deetlefs,
MA, BSN, RN

PHILANTHROPIC ENTERPRISE UPDATE **Barbara Mauger**



Please join us in congratulating Barbara Mauger, DNP, RNC-OB, NPD-BC, on her appointment as the California Section Philanthropic Enterprise Coordinator. After three outstanding years as Orange County Chapter Coordinator, Barbara has stepped into this Section-level role to expand philanthropic outreach across California and strengthen connections between AWHONN National, the CA Section, and our local chapters.

Barbara combines deep clinical and educational expertise with a proven track record of community engagement and volunteer leadership. Her experience organizing chapter activities, cultivating sponsors, and creating meaningful fundraising events positions her ideally to lead new philanthropic initiatives for the Section. She is committed to making our Section's work both high-impact and sustainable.

Priorities and Plans for the Year Ahead

- Promote the Every Woman Every Baby (EWEB) charity statewide and identify concrete, chapter-level ways to increase engagement.
- Support and coordinate chapter diaper drives and other community outreach projects.
- Develop toolkits and shareable resources to help chapters run successful fundraisers and community events.
- Explore products and merchandise for sale at events or online to increase visibility and Section resources.

Barbara's Vision

Barbara looks forward to collaborating with our wonderful CA Section members and chapter coordinators. Her goal is to build a philanthropic program that serves as a model for other states. She will be connecting with chapter coordinators quarterly to share ideas, provide support, and celebrate successes.

How to Get Involved

If your chapter is planning a diaper drive or fundraiser, or has items to donate for the conference, please watch for Barbara's outreach — she'll be in touch by phone, virtual meetings, and in-person visits to support your efforts. We're excited for this next chapter under Barbara's leadership and grateful for her continued service to AWHONN California. She can be contacted by email barbara.awhonnoc@gmail.com

NATIONAL NEWS



[Click here](#) to explore AWHONN's Respectful Maternity Care Toolkit

CHAPTER UPDATES

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VACANCY: Legislative



CHAPTER UPDATES

SACRAMENTO CHAPTER

The Sacramento Chapter hosted a successful meeting/educational dinner/diaper drive in January. We learned about the First 1,000 Days; DHA and ARA Role in Maternal and Infant Health sponsored by Mead-Johnson. We raised 954 diapers in our diaper drive for Sacramento Food Bank which was matched for 1,908 diapers!

A few of our team members enjoyed the 2026 California Section Conference in Long Beach! We were renewed, inspired, and best of all, our chapter earned two awards for most events held and most funds generated. We are excited to make 2027 even better!



Upcoming Events

May 20 and May 21: 2 days available at The Mind Institute at UCD

- Day 1: Advanced Fetal Monitoring: Focus on the Fetus
- Day 2: Doctors and Nurses and Lawyers, Oh My! - Navigating Legal Issues in Intrapartum Care

Save the Date

October 9th: A Day With the OB Critical Care Obstetrics Podcast Hosts:
Stephanie Martin, DO, FACOG, MFM Specialist
And Suzanne McMurtry Baird, DNP, RN, Critical Care Obstetrical Nurse and Author

Chapter Leadership

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Sacramento AWHONN Chapter Events

May 20th & 21st, 2026

UC Davis MIND Institute
2825 50th Street
Sacramento, CA 95817



**Lisa Miller,
CNM, JD**

**Advanced Fetal Monitoring:
Focus on the Fetus!**

Wednesday, May 20, 2026, 0800-1700

Objectives:

- Identify individual knowledge gaps in electronic fetal monitoring.
- Apply an evidence-based approach to Category 2 FHR tracings, including management of persistent Category 2.
- Discuss EFM interpretation and management in the presence of known or suspected intraamniotic infection.

6.5 CE will be earned for full event attendance. This provider has been approved by the California Board of Registered Nursing, BRN Provider Number 18030. This certificate must be retained by the licensee for a period of four (4) years after the course concludes.

Doctors and Nurses and Lawyers, Oh My! -- Navigating Legal Issues in Intrapartum Care

Thursday, May 21, 2026, 0800-1700

Objectives:

- Discuss common legal allegations in obstetrics.
- Identify best practice strategies to improve outcomes and reduce liability exposure.
- List key components of nursing and medical documentation for risk mitigation.

6.5 CE will be earned for full event attendance. This provider has been approved by the California Board of Registered Nursing, BRN Provider Number 18030. This certificate must be retained by the licensee for a period of four (4) years after the course concludes.

COST PER DAY:

Members \$249

Non-members \$299

Full refund will be issued if the event is cancelled. Full refund will be issued if requested prior 2/28/2026. No refund available after 2/28/2026.

Sign up for BOTH & SAVE!!

Members \$475 for both

Non-members \$549 for both

CHAPTER UPDATES

SAN FRANCISCO BAY AREA/NORTH BAY CHAPTER

HAPPENINGS...

SF Bay Area Chapter's Annual In-Person Holiday Meeting!



The San Francisco Bay Area Chapter hosted a successful webinar in January: “**Understanding and Reducing Weight Bias in Maternity Care**” featuring Jen McLellan. There were many great learnings and take aways to put into practice and support our patients.

DIAPER DRIVE

UPCOMING EVENTS

March 23rd: We will be hosting an **AWHONN Obstetric Patient Safety course** at UCSF Mission Bay.

E-mail awhonnsfbayarea@gmail.com to register and we will get you all the info needed! Seating is limited!
See flier on next page for more info.

May 6-12th: Our SFBayArea Chapter will be hosting a **Nurses' Week 5K Walk/Jog**, led by Legislative Leader Meghan Duck, benefiting AWHONN Advocacy as a chapter event!

In the Works...

- We are planning to invite the East Bay and North Bay Chapters to join for an in-person collaborative event in Alameda or SF Waterfront. All are welcome!
- An in-person movie event in the Fall, stay tuned for details!

A few of our team members enjoyed attending the 2026 California Section Conference where we gathered inspiration and plans for more wonderful events in 2026!

CHAPTER LEADERSHIP

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AWHONN Obstetric Patient Safety OB Emergencies Workshop (4th ed)

The OPS workshop is designed to help clinicians work together as a team using effective communication to identify, assess, and manage the care for patients with an obstetric emergency through simulation and debriefing. Clinicians working in the following departments: perinatal, emergency, medical-surgical, ICU, and critical access will find this course essential to caring for patients experiencing an obstetric emergency.



LEARNING OUTCOMES



- Identify key factors that place the patient at higher risk for an obstetric emergency.



- Demonstrate effective management for pregnant or postpartum person during an obstetric emergency.



- Role-play with a multidisciplinary team using simulation-based cognitive, behavioral, and technical learning strategies to practice management of a patient experiencing an obstetric emergency



OBSTETRIC PATIENT
SAFETY PROGRAM -
OB EMERGENCIES
WORKSHOP

Workshop Date	Course ID	Instructor ID
3/23/26	00026S1778-4D	38125985
Workshop Times:	Registration Time	Class Start Time
	0830	0900

Location:

UCSF Mission Bay at Mission Hall 550 16th Street, San

Registration Fee: \$50 AWHONN Members \$100 non-members

Registration Payment Deadline: 2/23/26

Submit Registration/Payment to:

Check to Tracy Weeber at 3 Marlin Court, Chico, Ca 95973

Additional Information:

You will your course materials on your own. Lunch is on your own. Please dress in layers as the room temperature is never

PARTICIPANT MATERIALS

- The cost is \$120 and can be purchased through the AWHONN Store (After purchasing the Workshop, an email will be sent that contains your participant code and the website to access the prerequisite)
- All materials are downloadable from your AWHONN webpage under "My Orders & Downloads."
- Nursing contact hours or CME: 10.75 Expires: May 31, 2028

NOTE: Successful completion of the prerequisite course is required prior to attending the live portion of the Workshop. Access to the online prerequisite course begins 30 days prior to the Workshop date; this access ends 24 hours before the in-person Workshop.

The Association of Women's Health, Obstetric and Neonatal Nurses is accredited as a provider of nursing continuing professional development by the American nurses Credentialing Center's Commission on Accreditation. Accredited status does not imply endorsement by AWHONN or the ANCC of any commercial products displayed or discussed in conjunction with an educational activity. AWHONN is approved by the California Board of Registered Nursing, Provider #CEP580.

Physicians, this activity was planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of AffinityCE and AWHONN. AffinityCE is accredited by the ACCME to provide continuing medical education for physicians. AffinityCE designates this live activity for a maximum of 10.75 AMA PRA Category 1 Credits™. Physicians, physician assistants, and nurse practitioners should claim only the credit commensurate with the extent of their participation in the activity. Mention of any products in AWHONN's Obstetric Patient Safety: OB Emergencies Workshop does not constitute an endorsement by AWHONN.

Diplomates who successfully complete this approved simulation activity are eligible to receive Part IV Practice Improvement credit for the American Board of Obstetrics and Gynecology (ABOG) Maintenance of Certification (MOC) program.

CHAPTER UPDATES

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CHAPTER UPDATES

CENTRAL SIERRA BASIN CHAPTER

POST-CONFERENCE REFLECTIONS

Attending the AWHONN California conference always leaves me inspired. As a Texas native, I'm still in awe of the collaboration and commitment across our state to improve maternal and neonatal outcomes.

There's something powerful about being in a room full of nurses who care deeply about advancing perinatal practice and living well themselves. I especially loved connecting with new grad Tiffany Nguyen, a new CSB member beginning her journey in perinatal care.

Supporting the next generation of nurses is exactly why our community matters!



NEXT CSB CHAPTER MEETING

Date: Tuesday, April 1, 2026

Time: 7:00 PM

Link: <https://us06web.zoom.us/j/88375508697?pwd=AyroNlqDTpO1QU9lwspYWybBtqhPyN.1&jst=2>

We hope to see you there!

JOURNAL CLUB COMING JUNE 2026

We're excited to host a Journal Club led by our incredible CA Section Vendor Management Coordinator, Sherri.

A journal club is a structured, engaging discussion where we critically appraise recent articles and explore how evidence can be applied directly to bedside practice. It's a meaningful way to bridge research and clinical care—and improve patient outcomes. More details coming soon!

LEADERSHIP OPPORTUNITY

Are you ready to make a bigger impact in our chapter?

We're seeking a nurse leader who is passionate about collaboration, connection, and advancing perinatal care in our community.

If you're interested in serving or learning more, please reach out—we'd love to connect with you.

DIAPER DRIVE

NOW through April 15, 2026

Our Q1 CSB service project is a Virtual Diaper Drive supporting Directions Medical Clinic in San Joaquin Valley.

You can help by purchasing diapers through our designated link (details coming soon), sharing the flyer in your unit breakrooms, and posting on social media to help us spread the word.

Thank you for helping us support local families!



Chapter Coordinator

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CHAPTER UPDATES

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CHAPTER UPDATES

SILICON VALLEY/SANTA CRUZ CHAPTER

Introducing our newest Chapter Education Leader:
JULIA KIM, MSN, RNC-OB, C-OBE



Julia has been in healthcare since the age of 18, where she started as a pharmacy technician. She enrolled in LVN school, received her ADN, and continued on with receiving her BSN while also working in a new grad RN residency program. She made the move into L&D when an opportunity came up to train into a specialty unit in 2019. Since then, she has completed her MSN and obtained her RNC-OB and C-OBE. She loves travel, food, and music. We are very lucky to have Julia join our team!

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Congratulations to Silicon Valley/Santa Cruz Chapter for winning 1st place among all CA Chapters in 2026 with the Greatest Membership Growth Percent related to # births: 4% increase!



CHAPTER UPDATES

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CHAPTER UPDATES

ORANGE COUNTY CHAPTER



WELCOME OUR NEW CHAPTER COORDINATOR: ALANA MCGOLRICK, RN

We are pleased to announce that **Alana McGolrick** has joined our team as the new **Orange County Coordinator**. Alana brings a strong record of leadership, innovation, and commitment to excellence in perinatal care.

Alana is a seasoned nurse leader with extensive experience across the perinatal continuum. Her background includes serving as a **Perinatal Director**, **Nurse Educator**, and a key contributor within **PeriGen's Perinatal Decision and Support Systems**, where she helped advance technology-enabled safety and quality initiatives for labor and delivery teams nationwide.

Throughout her career, Alana has been recognized for her ability to strengthen clinical practice, support frontline nurses, and champion evidence-based approaches that improve outcomes for mothers and newborns. Her blend of operational insight, educational expertise, and deep understanding of perinatal safety systems makes her an exceptional addition to our Orange County team.



CHAPTER LEADERSHIP

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CHAPTER UPDATES

SOUTH BAY/LONG BEACH CHAPTER

Chapter Coordinator
VACANT

Secretary/Treasurer
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VACANCIES:
Chapter Coordinator, Education, Membership,
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CHAPTER UPDATES

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Membership, Community Liaison



CHAPTER UPDATES

SANTA BARBARA / VENTURA COUNTY CHAPTER



LOOKING FOR MORE INPUT FROM OUR CHAPTER MEMBERS

Please reach out to any of us to let us know what events you would like to have!

We are open to suggestions and looking for members to be on our leadership group.

Community Liaison and **Membership** positions are open.

UPCOMING EVENTS

Wine & Webinar

Wednesday, April 15 at 6 pm

Please save the date - more info to come

Diaper Drive Walk at the Harbor

Nurses Week (May 2026)

CHAPTER LEADERSHIP

Chapter Coordinator

Karen Pelone

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Secretary/Treasurer

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VACANCIES:

Community Liaison, Membership



Thank you to the CA AWHONN committee for an excellent conference! So many great people and such inspiration and empowerment!

KP, Becca Licha, and Marietta were able to attend, along with some colleagues from Cottage Hospital and Providence Cedars Sinai Tarzana. Hope to see some of you soon!

CHAPTER UPDATES

CENTRAL VALLEY CHAPTER

Chapter Coordinator

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Community Liason

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Brenda.mcmurtrey@dignityhealth.org

VACANCIES: Secretary-Treasurer, Membership,
Legislative



CHAPTER UPDATES

SALINAS/MONTEREY BAY CHAPTER

Chapter Coordinator

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Secretary Treasurer

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VACANCIES: Education, Membership,
Community Liaison, Legislative



POSTER PRESENTERS: 2026 AWHONN CA CONFERENCE

1st Place

Makia White

Addressing Emergent Postpartum Readmissions with a Warning Sign Tool



2nd Place

Mirette Rofael

Gum Chewing Enhances Return of Bowel Function and Decreases Length of Stay in Post Cesarean Section



3rd Place

Amy Bradley

Introduction of Aromatherapy Use in a Labor and Delivery Unit

Kaiser Permanente

Introduction of Aromatherapy Use in Labor and Delivery

Amy Bradley, MSN, RNC-OB, Autumn Argent, PhD, RNC-OB, C-EFM, Vanessa Elser, RN, Bree Graham BSN, RNC-OB, MyLinh Lee, BSN, RN, Kelsey Reardon, BSN, RNC-OB, Diana Zamora, MSN, RN

Kaiser Permanente Labor and Delivery Walnut Creek, CA

Culture of Excellence

INTRODUCTION	METHODS	RESULTS OR CONCLUSION	IMPLICATIONS FOR PRACTICE
Background Aromatherapy is a non-pharmacological intervention that can promote physical, psychological and emotional balance. The use of essential oils in the form of aromatherapy for therapeutic purposes is gaining traction in health care settings. Studies suggest its potential as a complementary therapy to manage anxiety, pain and nausea in patients. However, our Labor and Delivery setting currently lacks this intervention. Objectives This pilot program aimed to introduce aromatherapy in the Labor and Delivery Unit (L&D) and assess its effectiveness in improving the birth experience for patients and enhancing patient satisfaction. Staff were also given the opportunity to use aromatherapy for reducing stress or nausea while working on the unit. Aromatherapy has been a successful intervention in the perioperative services line at Kaiser Dublin establishing a baseline for use in the Labor and Delivery department. We are proud to partner in their goal to establish aromatherapy as a standard complementary therapy across Kaiser departments.	Gain Approval - Secured approval from the department manager for introducing an aromatherapy program. Policy and Procedure - Utilize current Kaiser policy outlined by the Dublin perioperative department for their patient population. Staff Training and Resources - Provided training and resources to L&D staff before program launch. Pilot Program Implementation - Conducted one year Aromatherapy program at Kaiser Walnut Creek L&D from September 1 2023 – August 1, 2024. - Offer aromatherapy patches to suitable patients within the L&D unit. - Provide aromatherapy patches for L&D staff. Participant Feedback - Provide pre and post use survey for patients to complete. - Provide pre and post use survey for staff to complete. Gather feedback through surveys from participating staff and patients regarding their experience with aromatherapy in the L&D unit. Program Evaluation - Analyze data from patient and staff assessment tools to evaluate program objectives (effectiveness, patient experience, staff satisfaction). - Use this data to determine the program continuation within the department.	- The pilot aromatherapy program in L&D was well-received by patients and proven to be a valuable addition to nursing practice. It demonstrated potential in managing patient anxiety, reducing postoperative cesarean pain, and alleviating nausea. Patient surveys indicated that aromatherapy contributed to a positive birthing experience. Due to the improved patient and staff satisfaction observed during the pilot, aromatherapy has been fully incorporated as an independent nursing intervention to enhance the birth experience for patients. - Additionally, staff reported reduced anxiety and stress relief from using aromatherapy during their shift. Cesarean Section Patients Staff	- Promote the use of aromatherapy as a non-pharmacological approach to improve comfort and birth experience for all patients by managing symptoms like anxiety, nausea, and pain. - Promote use of aromatherapy for staff during their shift to decrease stress. - Offer program support and resources to other departments within the Dublin Service Area for integrating aromatherapy. Voice of a Patient "This is absolutely great. It helped me with thinking about positive things while going through something quite traumatic." Voice of Staff "This program made my patient more relaxed and well rested. Thanks for the aromatherapy bender!" "I was scared and I definitely noticed an improvement in my anxiety after using it." REFERENCES 1. National Center for Complementary and Integrative Health. (2021). Aromatherapy. https://nccih.nih.gov/health/aromatherapy 2. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 3. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 4. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 5. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 6. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 7. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 8. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 9. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/ 10. American Society of PeriAnesthesia Nurses. (2021). Aromatherapy. https://www.aspanurse.org/2021/01/aromatherapy/

Kaiser Permanente

EXTRAORDINARY NURSING CARE EVERY PATIENT EVERY TIME

Culture of Excellence

UPCOMING EVENTS



**Diagnostic support
you can count on.**
Because every woman
counts on you.



Preterm Labor Assessment: Tools and Clinical Applications

During this program, the available tools for assessing preterm labor (PTL) including clinical evaluation, ultrasound and laboratory testing using fetal fibronectin (fFN) will be reviewed. Additionally, the importance of a standardized PTL protocol, as well as optimal timing of antenatal corticosteroids (ACS) based on PTL assessment will be discussed.

REGISTER
HERE



Date, Time and Location

AWHONN Chico Chapter Event
Diner Provided by Hologic at:
Unwined Kitchen & Bar
Wednesday, March 25, 2026 6:00pm PST

LaShea Thompson, M.Ed, MSN, APRN, AGCNS-BC, C-EFM

LaShea Thompson is an award-winning clinical nurse specialist and educator, dedicated to improving maternal health outcomes through leadership, mentorship, and high-impact education.

- Founder and owner of Perinatal Potpourri, providing mentoring and education consulting for perinatal nurses
- National instructor in fetal monitoring and patient safety, with multiple certifications and key AWHONN leadership roles, including Vice Chair and project lead in Georgia
- Recognized with major awards for professional service, education, and community impact
- Actively works to improve maternal health outcomes through education, leadership, and advocacy initiatives



Registration

Use the link below to register and RSVP for the event.
<https://cvent.me/mRRexD>

Event Location

Unwined
980 Mangrove Ave
Chico, CA 95926

Additional Notes

For any additional questions, please contact Sarah DuRant at sarah.durant@hologic.com or (912) 659-3320.

*Speaker listed is a consultant of Hologic, Inc.

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UPCOMING EVENTS



Sacramento AWHONN Chapter Events May 20th & 21st, 2026

UC Davis MIND Institute
2825 50th Street
Sacramento, CA 95817

Early Bird
Discount
\$25 Off Til
2/28/26



Lisa Miller,
CNM, JD

Advanced Fetal Monitoring: Focus on the Fetus!

Wednesday, May 20, 2026, 0800-1700

Objectives:

- Identify individual knowledge gaps in electronic fetal monitoring.
- Apply an evidence-based approach to Category 2 FHR tracings, including management of persistent Category 2.
- Discuss EFM interpretation and management in the presence of known or suspected intraamniotic infection.

6.5 CE will be earned for full event attendance. This provider has been approved by the California Board of Registered Nursing, BRN Provider Number 18030. This certificate must be retained by the licensee for a period of four (4) years after the course concludes.

Doctors and Nurses and Lawyers, Oh My! -- Navigating Legal Issues in Intrapartum Care

Thursday, May 21, 2026, 0800-1700

Objectives:

- Discuss common legal allegations in obstetrics.
- Identify best practice strategies to improve outcomes and reduce liability exposure.
- List key components of nursing and medical documentation for risk mitigation.

6.5 CE will be earned for full event attendance. This provider has been approved by the California Board of Registered Nursing, BRN Provider Number 18030. This certificate must be retained by the licensee for a period of four (4) years after the course concludes.

COST PER DAY:
Members \$249
Non-members \$299

Full refund will be issued if the event is cancelled. Full refund will be issued if requested prior 2/28/2026.

No refund available after 2/28/2026.

Sign up for BOTH & SAVE!!
Members \$475 for both
Non-members \$549 for both

UPCOMING EVENTS



[Click here](#) to learn more about AWHONN On Capitol Hill

Registration for the event will close either once
full capacity reached or on March 27

Hotel's cut-off date for room reservations is March 27

SAVE THE DATE

2027 AWHONN CALIFORNIA CONFERENCE



AWHONN
CALIFORNIA

PROMOTING THE HEALTH OF
WOMEN AND NEWBORNS



PRE CONFERENCE:
February 25, 2027

MAIN CONFERENCE:
February 26-27, 2027

**DoubleTree By Hilton
Sonoma Wine Country**



FUN WAS HAD BY ALL AT 2026 AWHONN CA!

