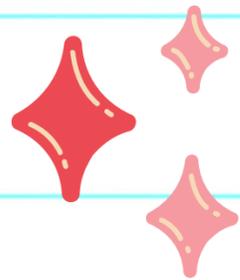


Empowering New Mothers: Navigating Life After Stroke

Dr. Kylie Widhelm OTD, OTR/L, BCPR



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1

Understand prevalence by a review of statistics

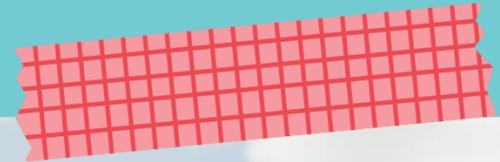
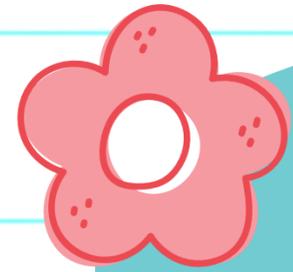
2

Discover and discuss various levels of support

3

Apply modifications to increase efficacy in parenting





Statistics

prevalence of mothers who have
a CVA after giving birth



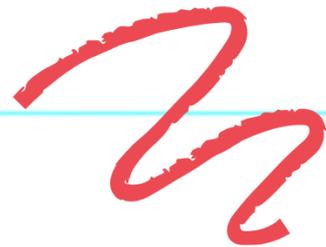
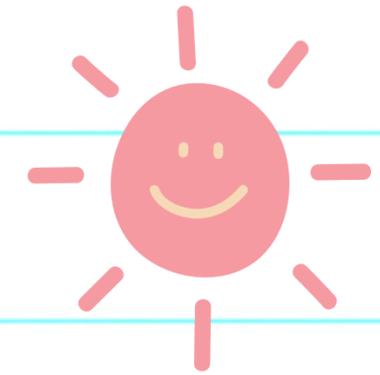


New Mom Suffers Stroke

[https://youtu.be/L91AwBHQ7dk?si=B
R4JShDgv7JUBxHC](https://youtu.be/L91AwBHQ7dk?si=B
R4JShDgv7JUBxHC)

30 out of 100,000

Deliveries result in a maternal stroke



60%

Hemorrhagic strokes

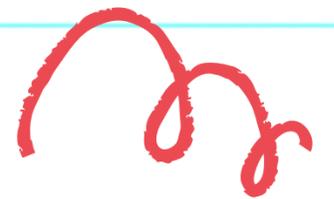
30%

Ischemic strokes

18% women aged

12-35

More common in younger mothers due to poor prenatal care

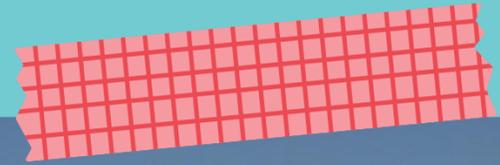
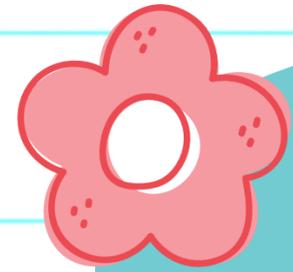


Risk Factors

- Hypertension
- Pre and postpartum depression
- Obesity
- Smoking
- Other pregnancy complications
- Cesarean delivery
- Postpartum infection
- Multiple gestations/births



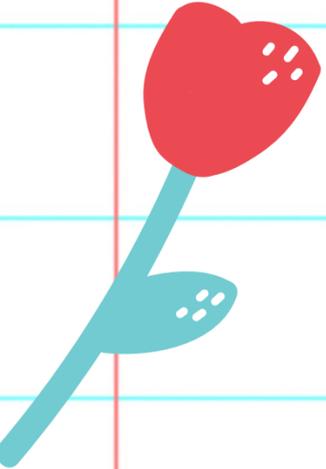
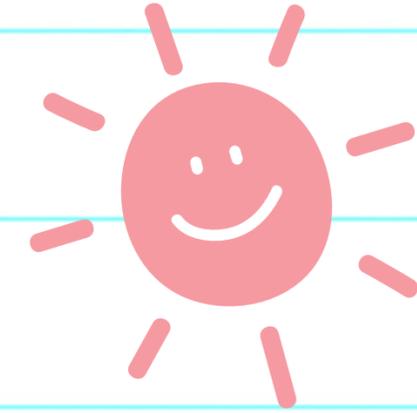
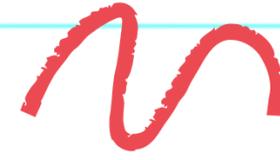
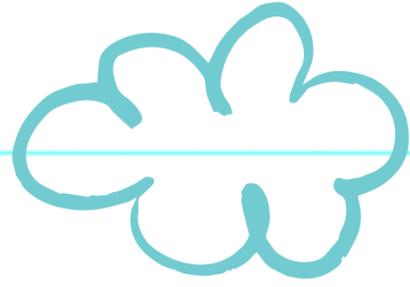
- The risk of stroke is highest in the two weeks after giving birth, but it can remain elevated for 12 weeks or more
- More than half of postpartum strokes occur within 10 days of discharge from the hospital



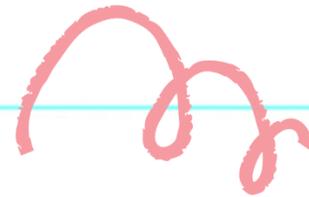
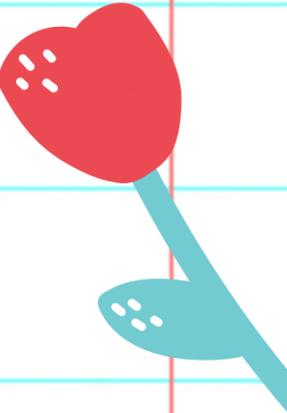
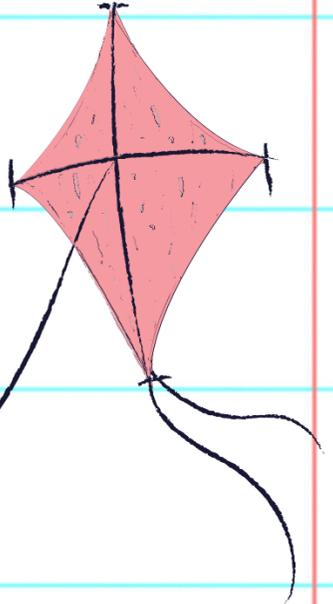
Support

for mothers who had a CVA





Baby Born After Mother Suffers Stroke



<https://youtu.be/21Y15CIxJ0M?si=bVS8pZVHpSJw1jgC>

Medical Support



Medical Care

Hospitalization, medications, and possibly surgery, depending on the severity of the stroke.



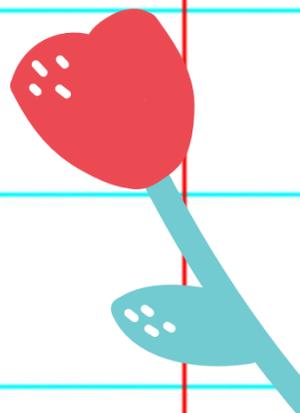
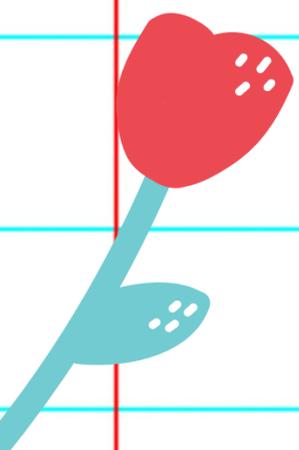
Rehabilitation

Physical, occupational, and speech therapy. Ensure access to services to help regain mobility, independence, and cognitive function.



After Care

Coordinate follow-up appointments with doctors, therapists, and specialists for baby and mom.



Baby Support



Physical

- Due to difficulty with mobility and/or dexterity, prioritize holding, diapering, feeding (bottle-feeding or breastfeeding), and dressing to assist with bonding and attachment



Sleep

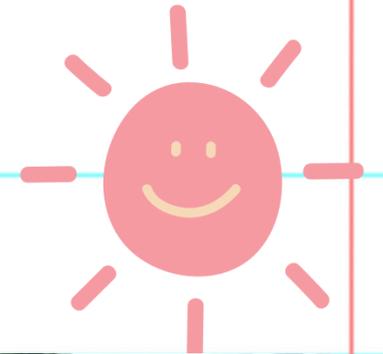
- New mothers need rest, but so do individuals who had a CVA.
- Identify sleep schedules, assist from family/friends, and positions for best sleeping and locations of sleep for mom and baby



Feeding

- Emotional and physical support may be needed as it can be challenging to nurse after a stroke depending on impairments
- Modify to help make it successful
- If she's unable to breastfeed, offer to help with bottle-feeding or ensure that she has access to breast pumps and that she can express milk.

Nursing and Bonding



Emotional and Mental Support



Patience

- Recovering from a stroke takes time, and the emotional toll can be significant.
- Acknowledge her struggles without rushing her recovery.



Active Listening

- Stroke recovery can be frustrating, especially when adjusting to changes in her physical or cognitive abilities.
- Being a good listener can provide emotional relief.



Encouragement

- Celebrate small milestones in her recovery
- Encourage Mental Health Support: Post-stroke depression and postpartum depression.
- Ensure she has access to mental health professionals, such as a counselor or therapist, who can help her work through both the emotional aftermath of the stroke and the challenges of new motherhood.

Long-Term Planning



On-Going Care

- Set up a schedule for medical appointments, therapy, and rest periods to ensure her ongoing recovery.



Childcare

- Arrange for additional childcare support to ensure that she has enough time for her recovery while still providing the care her baby needs.



Financial

- If her ability to work is limited due to the stroke, she may need financial assistance.
- Research disability benefits, medical insurance coverage, or other support programs.

Mother's Needs



Bonding

- While the mother may not be able to care for her baby in the same way she expected, support her in finding ways to bond.
- This might include reading to the baby, skin-to-skin contact, or simply spending time together.



Boundaries

- Understand that recovery takes time. Be mindful of not overwhelming her with too much advice or too many visitors, as this can add to her stress.



Support System

- Family, spiritual, friends, online support groups, nursing groups, mommy fitness



Household and Practical Tasks



Housework

- Cooking, cleaning, laundry, and any other tasks that might be overwhelming



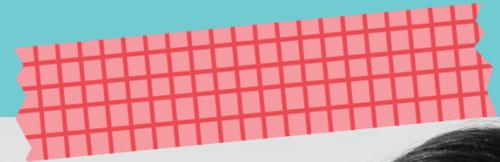
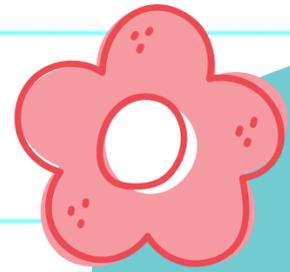
Assistance

- Coordinate with family members, friends, or a caregiver to provide additional help if needed, especially in the early stages of recovery



Environmental Adaptations

- Routines
- Rituals
- Ease of devices
- Location of items
- Alexa and environmental controls



Modifications

to increase efficacy of parenting





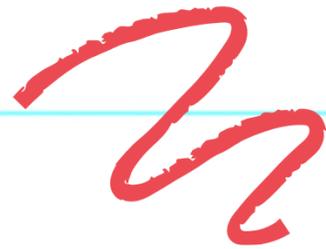
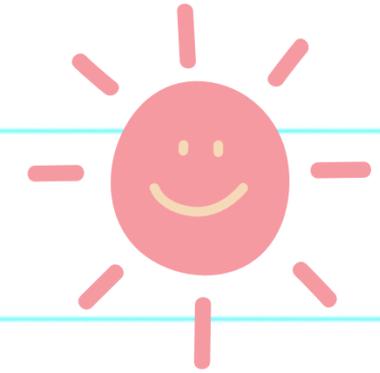
Mom's Story After Suffering Stroke



<https://youtu.be/1r0DG5Zm-Kc?si=zisYNgNuF3uKt0e6>

Trial

Trial all techniques first



Investigate

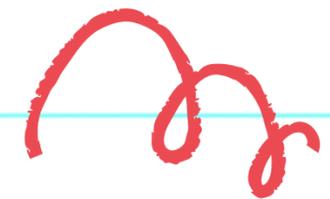
Research and search for options



NO

Zippers

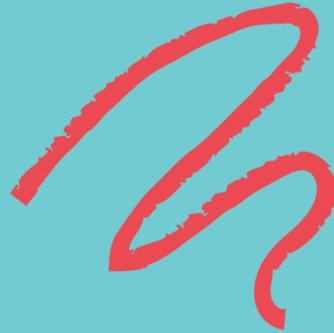
Keep it simple!





Environmental

- Safety with mobility of mom and baby
- Handrails and furniture
- Fall prevention!
- Walker or other mobility aids



Baby Carriers



Snuggle Bundle

www.snugglebundl.com



Mom Cozy

momcozy.com



Baby K'Tan

<https://babyktan.com/collections/baby-carriers>

Nursing Needs



Wearable Breast Pump

Medela (easiest to use)



Bottle Holder

Beebo Bottle Holder



Environmental Modifications



Baby Dipper®



Amazon Grip Toggle

Resources

Extra fun things for new parents



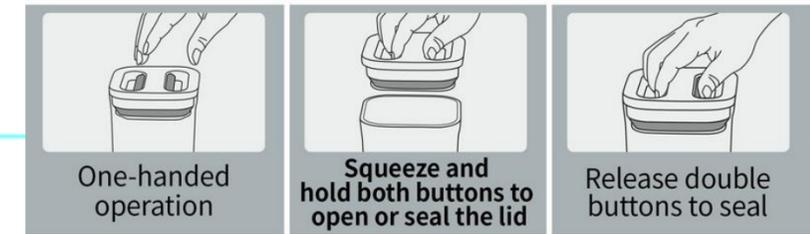
Velcro Swaddle

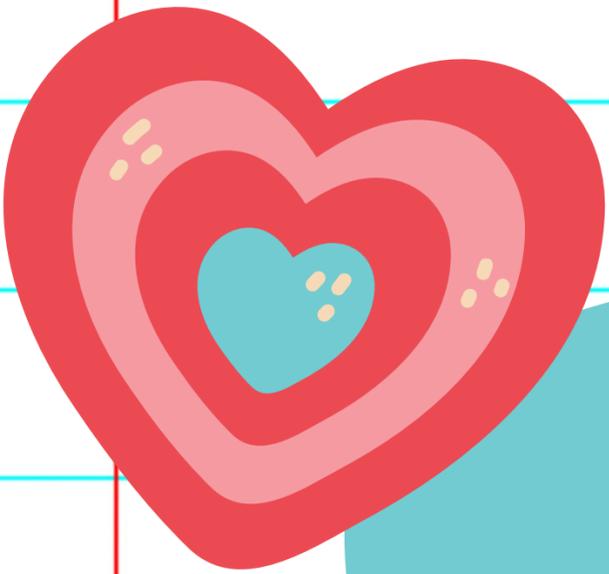


Boppy



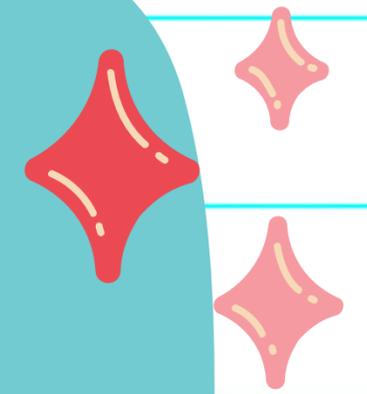
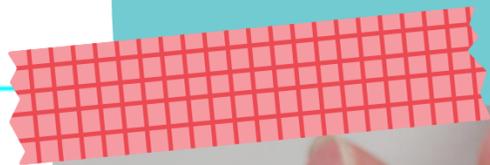
Squeezy food feeder

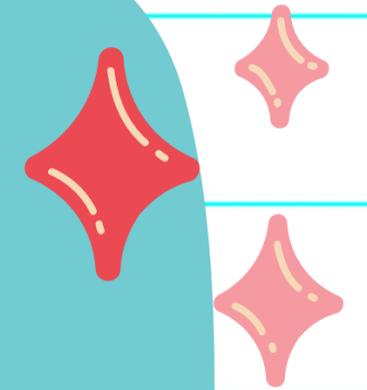
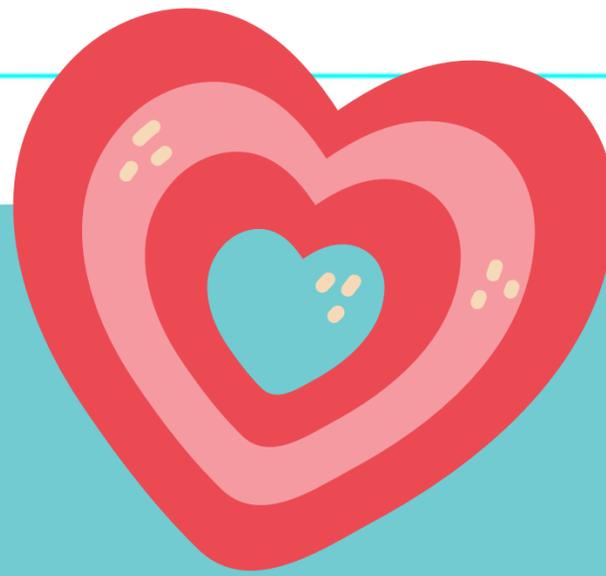




In Conclusion...

- Client-centered
- Trauma-informed
- Strengths-Based





Thank you!

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