



## UMC Joins Statewide Program To Reduce Maternal Deaths

University Medical Center of El Paso joins more than 200 Texas hospitals to reduce pregnancy-related deaths and complications through the TexasAIM program. Hospitals statewide are joining a program to reduce the number of deaths due to obstetric hemorrhage, one of the most common causes of death and injury in the days immediately after pregnancy.



UMC Public Affairs photo

TexasAIM is sponsored by the Texas Department of State Health Services, the state's public health agency, in collaboration with the Texas Hospital Association and the Alliance for Innovation in Maternal Health.

It seeks to reduce maternal deaths and complications from specific causes by arming hospitals and medical personnel with sets of practices and tools, called maternal safety bundles that have been shown to make patients safer.

The obstetric hemorrhage bundle will help hospitals standardize how they assess women for the risk of hemorrhage, monitor for excessive blood loss, and respond in emergency situations.

"This is yet another example of our commitment to making maternal health and care the very best it can be, at UMC and throughout our region," said Gloria Delgado, UMC Director of Women's Services. "We take our commitment to safety and the highest level of maternal care very seriously."

In the next phases of TexasAIM, UMC and other participating hospitals will implement bundles on caring for women with opioid use disorder and treating severe high blood pressure during pregnancy, two other significant causes of maternal death in Texas.

“Too many women and families are affected by pregnancy complications,” said DSHS Commissioner Dr. John Hellerstedt. “We know most pregnancy-related deaths are preventable, and this kind of collaboration between health care providers and public health gives us the best opportunity to save mothers’ lives.”

UMC has among the highest level of maternal care and facilities found anywhere in the southwest region. Its patient rooms, physician, nurse expertise, and certifications are unmatched in El Paso.

You can find out more information about UMC’s Maternal Care programs by logging-on to [www.UMCelpaso.org](http://www.UMCelpaso.org).

## Two UMC Women Show Their Resolve In Annual Mighty Mujer

Each year, hundreds of El Paso women take part in what can be a grueling event, a race known as the Mighty Mujer Triathlon. Many of them are competitive athletes who have been taking on triathlons for years. For others, it’s an awakening, a challenge met, a goal achieved on a path to a better and healthier lifestyle.

Two of this year’s competitors in the April 13 event are UMC’s Ashley Bernal and Dora Gonzalez.

For Dora, a Quality Improvement Coordinator in UMC’s Neighborhood Clinics, her journey to the Mighty Mujer was one of overcoming loss. “Every person has a story,” she said.

“Mine is the story of a mother with the loss of her son five years ago. Two things I had to learn during that time of loss was how to remain strong for my daughter and how to live with the loss of my son.

“I had discovered an interest in cycling, even though I did not know how to ride a bike,” she said. “So, four years ago, my fiancé taught me over a period of six months how to ride a bike. After learning, I joined a cycling group and started to participate in cycling events.



From left, Dora Gonzalez and Ashley Bernal at this year's Mighty Mujer Triathlon.



Dora gets ready before the big race.

“In 2017, I learned about triathlons which involves swimming, cycling and running and my thoughts were ‘I can do that!’,” she added. “It has been a very rewarding experience and being active has helped me in so many ways. My new goal is to get other people motivated to try this and I hope to motivate my daughter to participate in a triathlon along with me in the near future.”

One of the people she motivated was Ashley, Coordinator for Payor Performance for Managed Care Contracts.

“At the end of 2018, I realized my 30th birthday was quickly approaching,” said Ashley. “As a personal milestone, I knew I had to welcome it with change. I had survived my 20’s but unfortunately with a content & very unmotivated lifestyle. Something had to change! With the push & encouragement from my trainer/mentor, Dora Gonzalez, I agreed to my first

Mighty Mujer Triathlon.

“I said yes to the adventure, yes to new, yes to being mighty,” she said. “Throughout my training I learned the capabilities of my body, the mental strength I carry, and encountered endless support that I am surrounded by. I encourage all women to challenge themselves as we are all Mighty Mujeres!”

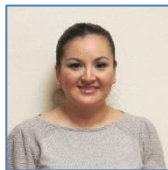
Congratulations, Ashley and Dora, on finishing this year’s Mighty Mujer Triathlon!

## Welcome Sughey & LaTreshia To UMC’s Fiscal, Resp. Care

UMC welcomed two new leaders recently when LaTreshia Nolden and Sughey Huerta joined our hospital family. If you see LaTreshia or Sughey, please take a moment to welcome them to our team!



**LaTreshia Nolden,**  
Respiratory  
Care/EEG



**Sughey Huerta,**  
Asst. Controller  
Budget

### About The Pulse:

*The Pulse newsletter, is a product of the UMC Public Affairs office and features news briefs and updates from around our campus. It is distributed to our El Paso community. If you have an item that you would like to have considered for The Pulse, email it to [Public Affairs](#).*



**A Sobering Presentation About Alcohol Abuse**  
At this month’s Wellness Lunch & Learn, Sarah Sanchez, Safe Communities Coalition, gives an insightful presentation about the pitfalls that go along with alcohol abuse. Sarah and her team are working hard to bring greater awareness to alcohol abuse that affects families and lives every day.