

EXEMPLARY PROFESSIONAL PRACTICE

Bringing Awareness to Maternal Child Issues

Mental health crisis is a leading complication that disrupts the childbirth experience, affecting one in five parents in the U.S. Susara Martinez, RN, RNC-OB, champions an annual Washington Health Maternal Mental Health Walk to garner awareness. Mental health issues like depression and anxiety are seen in both parents, and statistics are higher for those who are single, younger, multiracial, publicly insured or uninsured, and those with less education. Further research and initiatives are desperately needed to continue saving lives. Washington Health completed its sixth annual walk in October 2025 — united in our goal to raise awareness around this important issue.



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Remembering Lost Babies

The devastating loss of an infant, including miscarriage, stillbirth, and neonatal death results in profound grief.

After her own fetal loss experience, Elise Passaglia, RN-BSN, RNC-OB, C-EFM, organized an annual Wave of Light ceremony to commemorate Pregnancy and Infant Loss Remembrance Day at Washington Health. First launched in 2003, this global movement calls upon families, friends, and organizations affected by baby loss to come together in memory and solidarity. Oct. 15 marked the sixth year people gathered in our campus Rose Garden to hold hands surrounding the light of a candle, while remembering little ones who were lost too soon.

Our compassionate nursing staff remains committed to raising awareness around important maternal child issues as well as supporting the physical and mental health of families within our community.