

# Hypertension in Pregnancy – Your role as a Support Person

Thursday, March 19, 2026 Noon-1:00 p.m.

**Topic:** High blood pressure, also known as hypertension, can be especially dangerous for pregnant people. Professionals who work with pregnant people in any capacity – even non-clinical – should be aware of the warning signs, risks for both the mother and baby, when medical intervention is needed, and how they can provide needed support and resources. This webinar will introduce the basics of hypertension and what it can lead to in pregnancy. Participants will also get an overview of resources available to pregnant clients, and a basic understanding of when they should be contacting their medical provider.

For those wanting a deeper understanding of the issue, an additional in-person training for home visitors and other professionals will be held on Monday March 30<sup>th</sup>. More information will be forthcoming.

**Presenter: Dr. Diane Banigo** - Dr. Diane Banigo began her academic journey as a pre-med student at the University of Minnesota Duluth before earning her Bachelor of Science in Nursing from the College of St. Scholastica in 2001. Called to midwifery, she has practiced as a Certified Nurse-Midwife since 2003 and earned her CNM certification in 2005 after completing her master's degree at the University of Minnesota–Twin Cities. In 2019, she completed her Doctor of Nursing Practice at St. Catherine University, motivated by a desire to inspire meaningful, sustainable change.

Dr. Banigo is the author of *All About God's Love*, the owner of Ignited Faces of Beauty, and co-founder of Igniting Power of Woman, where she serves as a social architect and perinatal consultant. She is a full-time midwifery faculty member at Bethel University and maintains a part-time clinical practice in birth center and clinic settings.

In addition to teaching and clinical care, Diane is deeply committed to supporting women beyond childbirth. She partners with families and organizations to nurture vision, purpose, and ministry, guided by divine wisdom in all she does. In her leisure time, she enjoys traveling, laughing with friends, watching movies, spending time with her husband, and learning new dance moves from her two sons.

## Who should participate/Audience:

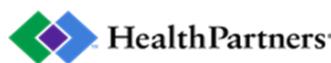
Community Health Workers, Doulas, Home Visitors, Health Educators, Social Workers, and anyone who interacts with pregnant people.

## Objectives:

- Define hypertension in pregnancy and recognize major hypertensive disorders
- Identify warning signs and red flags requiring medical follow-up
- Describe risks to the pregnant person and baby
- Determine when medical providers should be contacted
- Recognize the role of non-clinical professionals in support and advocacy
- Identify resources available for pregnant clients
- Apply trauma-informed, culturally responsive communication strategies

**CEU** - Participants should contact their relevant licensing board to determine if this program will meet continuing education requirements and CEU values.

This webinar is free, but space is limited, click here to [Register](#).



This webinar is presented by a collaboration of Minnesota health plans working to improve maternal and child health outcomes in Minnesota. Thank you to Blue Plus, HealthPartners, Hennepin Health, Medica and South Country Health Alliance for their commitment to this issue.

All webinars will be posted on the [Health Plan Performance Improvement Project website](#).