



THE BLUE BAND SURVEY
SUMMARY OF RESULTS

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2026



BLUE BAND PROJECT OVERVIEW

In October 2020, MNPQC partnered with CentraCare St. Cloud to collaborate on the Blue Band Project. As part of the Blue Band Project, providers in hospitals and clinics screen pregnant and postpartum patients to determine current and future risk factors for Hypertensive Disorders of Pregnancy (HDP). Patients determined to be at risk are given a blue bracelet that identifies them as being at risk for eclampsia and stroke and provides internet resources for the patient, as well as any providers or healthcare professionals they may interact with.



Purpose

The Blue Band Project aims to enhance communication among healthcare providers about the unique risks faced by patients with preeclampsia. The project seeks to reduce morbidity and mortality associated with Hypertensive Disorders of Pregnancy by ensuring patients receive timely and appropriate care.

THE BLUE BAND SURVEY

The Blue Band survey was initially created in **2023** as a way to understand **patient experience and feedback** regarding the blue bands. It originated from the MNPQC Hypertension Initiative, where 5 participating facilities piloted blue band dissemination and were asked to record data regarding blue band usage. A second iteration of the survey was launched in **2025** to evaluate changes in blue band implementation and patient use.

Survey Recruitment

Recruitment for the Blue Band survey was largely done through key contacts at participating facilities. Hospital piloting blue bands identified patients with diagnosed hypertensive disorders and shared survey information by mailing physical flyers to patients. MNPQC also launched social media campaigns to gather additional responses.

2025 BLUE BAND SURVEY - DEMOGRAPHICS & INCLUSION CRITERIA

80

TOTAL RESPONDENTS

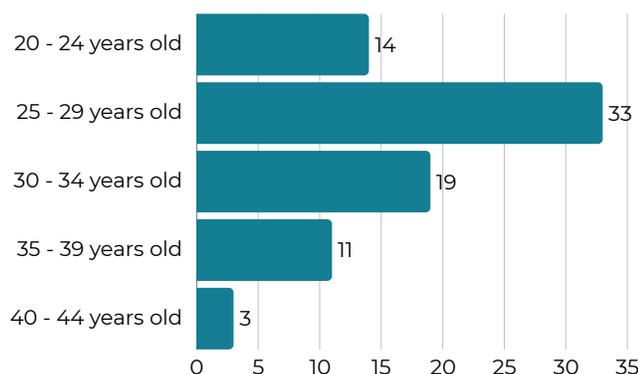
78

HAD A HYPERTENSIVE DISORDER

72

WERE OFFERED OR GIVEN A BLUE BAND

Age Distribution of Respondents



90%

OF RESPONDENTS IDENTIFIED AS WHITE

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2025 BLUE BAND SURVEY - MIST-7 & MOR INDEXES

The 2025 survey included the use of the **MIST-7 & MOR Indexes** - indexes developed by the **University of British Columbia - Birth Place Lab** as novel instruments to measure respectful care and improve the evaluation of perinatal care. These indexes were included within the survey to contextualize blue band usage and experience data.

The Measures of Respect Index (MOR) captures the nature of respectful patient-provider interactions and their impact on a person's comfort, behavior, and experiences of racism or discrimination through a scored 14 question index.

Out of 80 respondents

16%

reported **moderate respect** at healthcare visits

84%

reported **high respect** at healthcare visits

The Mistreatment Index (MIST-7) quantifies mistreatment through the seven dimensions of human rights violations that align with the Bohren typology: physical abuse, asexual abuse, verbal abuse, stigma, and discrimination.

Out of 80 respondents,

24%

reported **any form of mistreatment** at healthcare visits

Of the 19 respondents experiencing mistreatment

9

cited that "Healthcare providers **ignored me, refused to help, or failed to respond** to requests for help in a reasonable amount of time

2025 BLUE BAND SURVEY - PATIENT USAGE

Location in which patients were offered blue bands (n=72)

- 77%** Inpatient Hospital Visit/OB Triage
- 9%** OB Clinic
- 3%** Maternal Fetal Medicine Specialty Clinic
- 3%** Family Medicine Clinic
- 8%** Other



of respondents **understood the reason** they were offered/given the blue band



71%

of the 72 respondents wore their Blue Band **until 6 weeks postpartum.**

Reasons why participants **stopped** wearing their blue bands

1. Did not feel necessary
2. Uncomfortable
3. Forgot/Unaware it was needed
4. Felt shameful

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2025 BLUE BAND SURVEY - BLUE BAND IMPACT

Of the 64 respondents that were admitted with blue bands:

19%

believe that **health care professionals took better care of them** because of their blue band

13%

thought they **received faster care** because they were wearing their blue band

67%

said that healthcare professionals **saw the blue band on or knew they had high blood pressure**

2025 BLUE BAND SURVEY - PATIENT SELF-EFFICACY

44%

of the 64 respondents admitted with the blue band believed that the blue band **helped them talk about their high blood pressure and be more involved** in the doctor's appointments

75%

of the 64 respondents believed that they were **given and taught enough information** about high blood pressure

IMPROVEMENT FROM 2023 TO 2025 BLUE BAND SURVEY

The 2023 and 2025 blue band surveys repeated questions to allow for direct comparison between years. With similar demographic trends and recruitment strategies between both survey groups, the potential for confounding is reduced. Highlights include:



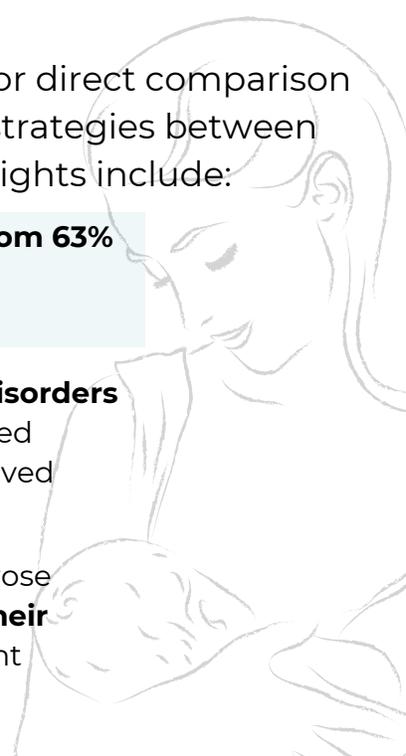
The percentage of respondents **offered or given blue bands rose from 63% to 92% in 2025**, indicating improved blue band implementation at participating facilities.



The percent of respondents who **were told they had hypertensive disorders rose from 92% to 98%** between 2023 and 2025. This indicates improved patient understanding of hypertensive disorders and speaks to improved patient education



The percentage of respondents that **"always wore their blue band"** rose from **53% to 57%**. The percentage of respondents that **"never wore their blue band"** dropped from **32% to 26%**. This indicates improved patient education regarding the importance of wearing their blue bands.



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Funding for this project provided by:



OVERALL CONCLUSIONS

While causality cannot be determined due to the descriptive nature of this evaluation, certain trends within the data can be highlighted and explored further. Findings of note include:

1. **Only 23% of respondents reported receiving a comprehensive education** on how high blood pressure in pregnancy may be linked to stroke, heart disease, diabetes, and high cholesterol later in life. This data highlights **a gap in patient education** that can be addressed in future quality improvement initiatives.
2. Only 67% of respondents reported that healthcare workers recognized the blue band and/or knew about the patient's hypertension. **Increased healthcare worker education on blue bands** is needed to optimize the effectiveness of this initiative.
3. Between 2023 and 2025, the number of respondents reporting **receiving a blood pressure cuff from a healthcare professional during or after pregnancy dropped from 45% to 39%**. This was an active part of the QI initiative, and should be revisited in future programming to ensure sustainment

STUDY LIMITATIONS

While the Blue Band surveys yielded valuable data, limitations still exist within the study:

1. **Recall Bias:** Respondents may have an inaccurate or incomplete memory of the situations being discussed, as they may have happened months ago.
2. **Question Design:** Certain questions were unintentionally worded in ways that may be interpreted differently amongst respondents
3. **Sampling Bias:** Responses were gathered from hospitals participating in the MNPQC Hypertension Quality Improvement Initiative. Participating facilities' patient populations are around 90% White. While the sample is representative of these facilities, it lacks information from racially diverse communities.

NEXT STEPS

MNPQC plans to utilize the Blue Band Survey in the following ways:

1. Launch a survey aimed at providers and hospital staff to gauge their understanding and perceptions of the value of the blue bands
2. Share findings with participating facilities, external partners, and other institutions interested in implementing similar quality improvement programs
3. Highlight patient experience data to improve upon blue band implementation
4. Utilize findings to inform future quality improvement initiatives, such as a program focusing on **Cardiac Conditions in Obstetrical Care**