Optimizing Postpartum Care

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Financial Disclosures
I have no financial interest or other conflict of interest in relation to this program/presentation.

Learning Objectives
After this session participants will be able to:
- Describe current barriers to postpartum care
- Identify the components of a comprehensive postpartum visit
- Describe alternative models of postpartum care delivery
- Advocate for improved postpartum care in their practice setting
Audience poll
How soon do you have contact with postpartum patients after delivery?

How often do you have contact with a postpartum patient in their first year after delivery?

Evolution of Postpartum Care

“La Cuarentena”

“Doing the Month”

“Omugwo”
Common Themes

- Rest
- Social seclusion
- Changing body
- New status

Current approaches fall short

"You're not hemorrhaging? OK peace, see you later"

"I should be able to handle this myself; women have babies everyday"

"Your postpartum support is the internet"

ACOG COMMITTEE OPINION

Number 716 • May 2019

Presidential Task Force on Redefining the Postpartum Visit
Committee on Obstetric Practice

Optimizing Postpartum Care
**Shifting the paradigm**

Primary care provider assumes responsibility for women's care through the comprehensive postpartum visit.

<table>
<thead>
<tr>
<th>Postpartum Visit</th>
<th>0-10 days</th>
<th>1-3 weeks</th>
<th>3-6 weeks</th>
<th>6-12 weeks</th>
<th>12 weeks+</th>
</tr>
</thead>
<tbody>
<tr>
<td>G6P check</td>
<td>0</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>Comprehensive postpartum visit and transition to well-woman care</td>
<td>0</td>
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<td>2</td>
<td>3</td>
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</tbody>
</table>

Traditional period of rest and recuperation from birth: 4-6 weeks

**Mood and Emotional Well-being**

- 10% prevalence of major depressive disorder
- Screen with validated instrument
- Provide appropriate resources and follow-up

**The Comprehensive Postpartum Visit**

- Infant care and feeding
- Chronic disease management
- Health promotion
- Partner care
- Quality improvement and risk reduction
- Physical recovery from birth
- Physician engagement
- Sleep and nutrition
- Mood and emotional well-being
- Safety
- Sexuality, contraception, and birth spacing
- Traditional period of rest and recuperation from birth

**Sleep and Fatigue**

- 10% prevalence of major depressive disorder

**Mood and Emotional Well-being**

- Screen with validated instrument
- Provide appropriate resources and follow-up
Sleep and Fatigue

- Effects of poor sleep in postpartum period
- Coping options for sleep disruption
- Assessing support system

Physical Recovery from Birth

- Assess pain and wound healing
- Urinary and fecal incontinence
- Evaluation of weight gain/loss, resumption of physical activity

Infant care and Feeding

- Breastfeeding support
- Pediatric care
- Child care concerns
Sexuality, Contraception and Birth Spacing

- Libido, dyspareunia, resumption of intercourse
- Reproductive life plan and birth spacing
- Contraception – same day placement

Chronic Disease Management

- Long-term implications of pregnancy complications
- Appropriate diabetes screening for GDM patients
- Medication management
- Establish care with PCP or sub-specialist

Health Maintenance

- Immunizations – MMR, HPV
- Well-woman screening – breast and cervical cancer screening
The Comprehensive Postpartum Visit

- Physical recovery from birth
- Sleep and fatigue
- Mood and emotional well-being
- Sexual counselling and birth spacing
- Infant care and feeding
- Chronic disease management
- Health maintenance
- Sexuality, contraception and birth spacing
- Physical recovery from birth

Alternative Models

- Clinic visits
- Home visits
- Telemedicine

Anticipatory Guidance
Incorporating other health professionals

- OB
- CNM/NPs
- Peds
- Doula

Barriers

- Maternity leave policies
- Limited resources
- Reimbursement

Resources

Postpartum Toolkit

ACOG Postpartum Toolkit

The "Fourth Trimester"

The weeks after birth are a crucial period for women and their families, setting the stage for long-term health and well-being. Effective recovery and the promotion of wellness are critical to the health outcomes of mothers and their infants.

Approximately 15% of women experience at least one postpartum problem in the first 6 weeks of the postpartum period. This review is intended to provide a comprehensive guide to the emotional, physical, and social aspects of the postpartum period. It covers key topics including nutrition, exercise, stress management, sleep, and self-care, as well as strategies for addressing common postpartum issues.

For more information, including resources and tools, please visit the ACOG website.
Summary

○ Transition from single visit to spectrum of postpartum care

○ Individualize postpartum plan for patient’s needs

○ Utilize a team approach

References

ACOG Committee Opinion 736 Optimizing Postpartum Care. May 2018
Earls et al. Incorporating Recognition and Management of Perinatal Depression Into Pediatric Practice
Tully et al. The fourth trimester: a critical transition period with unmet maternal health needs. AJOG July 2017