

SCHEDULE EARLY MATERNAL HEALTH SAFETY CHECKS TO IMPROVE POSTPARTUM CARE

Hospital teams across Illinois improve postpartum access to care

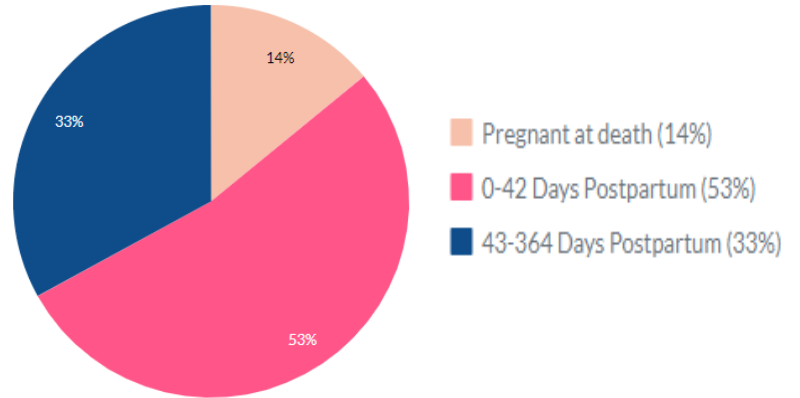


The Problem

Between 2014 and 2016, 80% of deaths associated with pregnancy in Illinois occurred in the year following birth. 24% occurred within 42 days postpartum, before the traditional six-week postpartum visit.

SOURCE: IDPH Maternal Morbidity and Mortality Report, 2018

Timing of Pregnancy-Related Deaths, Illinois 2014-2016



Even healthy women with uncomplicated pregnancies are at risk for postpartum problems. Yet, 40 percent of new mothers do not attend their six-week postpartum visit.

Early Postpartum Visits Improve Care for New Moms

- ▶ To improve postpartum outcomes for all mothers, the American College of Obstetrics and Gynecology (ACOG) recommends scheduling an additional early postpartum visit before the traditional six-week visit.
- ▶ The Illinois Maternal Morbidity and Mortality Report recommends scheduling early postpartum visits before discharging mothers from the hospital.
- ▶ The Illinois Perinatal Quality Collaborative (ILPQC) recommends scheduling a maternal health safety check visit within two weeks of delivery to improve detection and management of early postpartum problems, provide family planning options, breastfeeding support and linkage to follow up care.

Maternal Health Safety Check Key Elements

- ✓ Blood pressure check
- ✓ Wound/perineum check
- ✓ Postpartum bleeding assessment
- ✓ Mood check/Depression screening
- ✓ Breastfeeding support
- ✓ Review of pregnancy spacing recommendations/family planning/contraception options
- ✓ Linkage to health/community services (i.e., WIC, home visiting programs, lactation support groups)
- ✓ Check in on any medical/pregnancy complications and need for follow-up care
- ✓ Discuss risk reduction strategies for future pregnancies (i.e., 17-OHP for preterm birth, aspirin for preeclampsia, blood sugar control for diabetes)
- ✓ Follow up on substance use risks/disorder and link to treatment and support

Making Change Happen

The **Improving Postpartum Access to Care (IPAC)** Initiative was launched with 14 hospital teams in May 2019 to help increase use of this new standard of offering and scheduling universal early postpartum visits for a maternal health safety check within two weeks postpartum, in addition to the traditional six-week visit. Teams standardize patient discharge education to focus on postpartum safety including: importance of the early maternal health safety check visit; post-birth warning signs and when to seek help; and healthy pregnancy spacing and contraceptive counseling.

Reframing the Postpartum Period



IPAC Initiative AIM

By May 2020, more than 80 percent of participating hospitals will be scheduling universal two-week postpartum visits before mothers are discharged after delivery.

IPAC Initiative Key Strategies

- ▶ Increase percentage of women who have a two-week postpartum visit scheduled with an obstetric provider
- ▶ Increase percentage of women who receive postpartum safety education before discharge after delivery, including information in patient-friendly language about:
 - ▶ Importance of the maternal health safety check
 - ▶ Healthy pregnancy spacing and contraceptive counseling
 - ▶ Post-birth warning signs and when to call an obstetric provider or 911
- ▶ Increase percentage of providers and staff who receive education on optimizing early postpartum care

Initiative Success

Within 12 months of the active initiative, 100% of participating hospitals were live with universal scheduling of two-week maternal health safety check visits. Within 16 months, percentage of patients with an early postpartum visit scheduled prior to hospital discharge increased from 2% (baseline) to 84%. Documentation of discharge patient education on postpartum early warning signs increased from 21% to 98% of patients. Teams reported 90% of providers and nurses received education on postpartum maternal risks and benefits of improving postpartum access to care.

Get Involved

Check out ILPQC.org or email us at info@ilpqc.org to learn more about the collaborative and identify opportunities to get involved.



The Illinois Perinatal Quality Collaborative (ILPQC) is a statewide network of perinatal clinicians, nurses, hospitals, patients, public health leaders and policymakers that aims to improve outcomes for mothers and babies across Illinois.

Thank you to our sponsors: Centers for Disease Control and Prevention, Illinois Department of Public Health, Illinois Department of Human Services, J.B. and M.K. Pritzker Family Foundation, Alliance for Innovation on Maternal Health.

