Purpose: To outline the initiative of improving the quality of Postpartum Care provided to patients who deliver at Saint Anthony Hospital.

Level of Responsibility: Registered Nurses, Certified Nurse Midwives, Physicians, Ethics

Background:

This policy was created through our participation in the Illinois Perinatal Quality Collaborative’s Immediate Postpartum Long-Acting Reversible Contraception (ILPQC IPLARC) initiative launched in April 2018. The initiative not only includes care provided during inpatient stay but also care provided at our Affiliated Prenatal Care sites.

The increasing rates of maternal morbidity and mortality in the United States, especially among non-Hispanic Black women, is an epidemic in the United States. In a recent report, it was found that 72% of the pregnancy-related deaths and 93% of violent pregnancy-associated deaths in Illinois from 2008-2016 were preventable. One method of prevention is to improve the quality of postpartum care provided to patients. The American College of Obstetricians and Gynecologists recommend that all patients receive their first postpartum visit within 3 weeks of delivery. Saint Anthony will ensure that all patients will have an appointment with their providers within 2 weeks of hospital discharge.

Policy:

1) Staff and patient education regarding benefits of Healthy Timing and Spacing of Pregnancy (HTSP)
   a. Women and families who make informed decisions about delaying, spacing, or limiting their pregnancies achieve the healthiest outcomes for the whole family.
   b. Research shows that HTSP helps save the lives of mothers and babies. Healthy mothers build healthy families.
c. Pregnancy and childbirth-related complications are the leading cause of death in girls aged 15-19 worldwide. These girls are twice as likely to die compared to women aged 20-24. Girls younger than 15 years are five times more likely to die.

d. Recommendations include:
   i. Wait at least 18-24 months after a live birth to attempt another pregnancy
   ii. Wait at least 6 months after a miscarriage or induced abortion to attempt another pregnancy.
   iii. Delay first pregnancy until at least age 18.

2) **Staff and patient education regarding Natural Family Planning (NFP)**
   - Handouts and presentations will be created to educate patients and staff about Natural Family Planning

3) **Standardized referral for outside family planning services**
   - All patients will receive education regarding HTSP and NFP as outlined above
   - Patients will be counseled regarding their preferences
   - If patient expresses desire for postpartum family planning services not available at Saint Anthony, she will be given education and a resource form prior to discharge from Mother Baby unit
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Policy Title: Postpartum Care Quality Improvement Initiative
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References:


Illinois Perinatal Quality Collaborative Immediate Postpartum LARC Toolkit


Reviewer List:

Effective Date: June 1, 2019

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