

C2.15 – POSTPARTUM VISIT

Policy

Ideally, clients will have their postpartum exam done by the CSP who provided prenatal care and delivery. Attempts to obtain records of prenatal care and delivery should be made.

- New- postpartum client, initiate initial visit protocol and counseling.
- Revisit- postpartum client, initiate annual visit protocol and counseling.

Procedure

Review OB Discharge Summary (if available)

- Date and method of delivery (vaginal or cesarean) and any associated complications.
- Infant's sex, weight, health status.
- Complication of pregnancy and/or labor and delivery:
 - Hemorrhage.
 - Infection.
 - Pregnancy-induced hypertension (e.g. gestational hypertension, preeclampsia).
- Length of hospital stay.
- Gestational diabetes.
- Premature rupture of membranes
- Premature delivery.
- Other.

Other Concerns

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| <ul style="list-style-type: none"> ● History of coitus since delivery and birth control method used. ● Review when client may resume coitus and discuss associated fears. ● Knowledge of breast care/presence of breast engorgement. ● Infant feeding (breast, formula or combination) and any concerns ● Screen for postpartum depression using EPDS tool ● Bladder and bowel function. ● Support and help at home. | <ul style="list-style-type: none"> ● Sleep patterns and rest. ● Resolution of lochia, onset of menses. ● Current medication. ● Status of episiotomy, or abdominal incision ● Contraceptive plans and RLP. ● Intimate violence screening and education. ● Tobacco screening and counseling. ● Folic acid supplementation. ● Infant care (with a focus on sleep safety and shaken baby prevention) |
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Contraceptive

Initiate contraceptive method according to protocols.

Referrals

- Initiate referrals as appropriate. If abnormalities are noted, order appropriate testing and/or refer to appropriate CSP.
- *Refer to Title V Healthy Pregnancy program in your community when available.*

Date Revised	September 2023
References	Providing Quality Family Planning Services Recommendations of CDC and the U.S. Office of Population Affairs (QFP) [2014] https://www.hhs.gov/opa/guidelines/clinical-guidelines/quality-family-planning/index.html
Additional Resources	Contraceptive Technology, 19th edition: www.who.int/reproductive-health/publications/msm_98_3/msm_98_3_14.html ; Women's Preventive Services Initiative "Recommendations for Well-Woman Care, A Well Woman Chart" HRSA, 2019.