

# Neighborhood Centers Inc. SUNNY FUTURES Healthy Start's Road Map to Increasing Post-Partum Care Visits

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## Background

The postpartum visit is a time to assess women's physical and emotional well-being, discuss family planning and provide necessary health education. SFHS program data from January - September 2009 shows only 21.6% of program participants completed postpartum visits within the first 60 days following delivery.

## Aim

At least 25% of post partum women enrolled in the Healthy Start ICC component of our project will complete a post partum visit with a primary care provider during the first 60 days after pregnancy between October 2009 and May 2010.

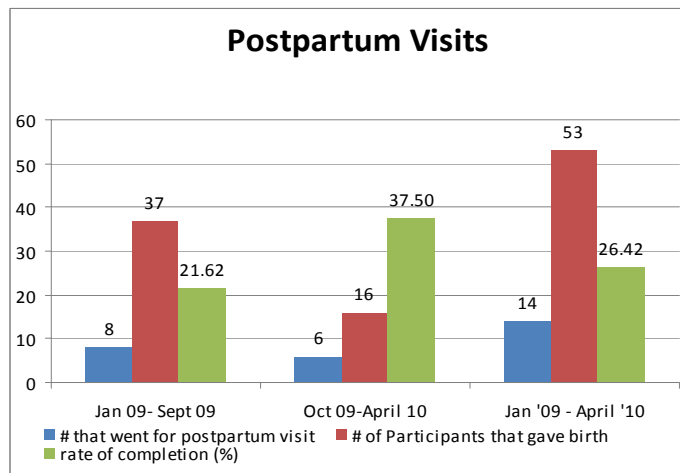
## Plan

- Gather preliminary data: 21.6% of SFHS had post partum medical visit within 60 days.
- Develop protocols to ensure Aim is met.
- Train staff on the ICC Project, the Importance of Post Partum Care, and new protocols.

## Do

- Develop post partum reminder card.
- Develop and disseminate post partum survey to participants.
- Trained staff on the Importance of Post Partum Care.
- Conduct newborn and post partum home visits.

## Study



Data provided by Njekeh Caspa, MHA



## Act

- Revise and continue dissemination of post partum care survey.
- Continue to utilize and monitor post partum care protocol.
- Continuing post-partum care education for staff and program participants.

## Conclusions

- Survey results identified that provider input is a factor for the completion of medical visit.
- Exploratory survey is a helpful and useful tool.
- Increased awareness of post partum care positively impacted the delivery of the message from FCS to the participant.
- Important for SFHS to develop relationships with providers and educate them about the impact that they have on successful completion of post partum care by program participants.

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