



Postpartum Systems of Care Recommendations

Background

The American Heart Association, the world's leading voluntary organization focused on heart and brain health and this year celebrating 100 years of lifesaving service, convened a group of thought-leaders (postpartum system of care writing group) to develop comprehensive recommendations for enhancing postpartum systems of care. This was part of the Association's comprehensive Advancing Maternal Health Through Quality Improvement and Professional Education initiative, launched in July 2022 with funding support from Merck for Mothers, Merck's global maternal health effort to help create a world where no woman has to die while giving birth.

Postpartum System of Care Writing Group

Nine thought-leaders (Table 1) with experience in maternal health, postpartum health and/or women's





	Action Statement 2.0 supporting evidence: 3,4,5,6,7,8,9,10,11,12
Short-term and long-term objectives	Short-term objectives: • Develop tools on trauma-informed care and for holistic care providers. • Develop high-impact one-pager for policymakers. • Collect and produce stories related to holistic care experiences. Long-term objective: • Implement policy for more integration of midwives, doula and community health workers into reproductive care.

Recommendation No. 3

Theme 3.0 Action Statement 3.1 Summary	“Policy and advocacy, macro care models All postpartum people should have access to comprehensive health coverage through the first 12 months
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	Action Statement 3.1 supporting evidence: 13, 14, 15,16
Short-term and long-term objectives	Short-term objective: - Public and private insurers adopt comprehensive coverage. Long-term objective: - Those who have a child, are pregnant or have given birth within the past year will be notified of this change.

Action Statement 3.2
Summary

Postpartum persons should have access to a family medicine or women’s health nurse practitioner during pediatric office visits that coincide with their postpartum care. (o)-6 (i)-1ec.1 (n)4 9 (l)-6e



Action Statement 3.4 Summary	Pregnant and postpartum people should have access to evidence-based home visiting service such as the Nurse Family Partnership ²⁰ or Family Connects ²¹ up to 12 months postpartum.
Short-term and long-term objectives	Short-term objective: - Change must first occur at insurer level. Begin with state-level demonstration projects to build the evidence and refine implementation strategies. Long-term objective: - All people who are considering having a child, are pregnant or have given birth within the past year will be notified of this change.

Action Statement 3.5
Summary

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Recommendation No.4.

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