**PAPER CLIP—POSTPARTUM**

**Description:** First 6 weeks following a delivery.

**Possible Cause:** Pregnancy

**Diagnostic Tests:** Pelvic exam, screenings for postpartum depression and domestic violence. Women with Gestational diabetes during their pregnancy may have a follow-up screening to test for diabetes.

**Conversation with Member:**

- **General opening such as:** “How are you doing and feeling?” (Be careful to try to ascertain that there was a live birth and they have the child. The conversation may change if there was a poor outcome with the pregnancy, baby or if they gave their baby up for adoption.)
- **Offer information:** “I have some information to share with you regarding the importance of following up with your provider after a pregnancy. May we discuss this?”
- **Get more specific:** “It is recommended that you have an exam around 6 weeks after the delivery of your baby. Your provider will most likely do a pelvic exam and/or weight, blood pressure, breast and abdominal exam. They will also discuss issues such as postpartum depression and may screen you for this, as well as for domestic violence.”
- **Lifestyle impacts & Medical Tx options:** The provider will also discuss sexual activity and contraception, nutrition and exercise. If you had gestational diabetes while you were pregnant, your provider may want to do some follow-up tests for diabetes.
- **Review the member’s plan of action:** “Based on this information, can we make a plan for you to work with your provider and make an appointment?”

**National Standard:** Priority Gap for HEDIS

**References:**

- American College of Obstetricians and Gynecologist Guidelines
- March of Dimes