

Post-Birth Health Check

"Follow the B's!"



Florida Perinatal Quality Collaborative Postpartum Access & Continuity of Care (PACC) Initiative



Blues

Assess mood/coping. Provide depression screening. Review signs/symptoms of mood disorders & how to get help.



Bonding

Assess bonding with baby/babies along with support person(s). Provide resources as needed, including Healthy Start resources.



Breast (or Bottle)

Discuss infant feeding. Provide support & additional resources.



Bleeding

Assess bleeding. Review signs of abnormal bleeding & when to call provider (PP Warning Signs).



Bottom

Assess perineum tear or episiotomy. Assess for issues with voiding/BMs. Ask if patient is constipated or having normal BMs. Discuss resumption of sexual activity, atrophic vaginitis, & post-coital discomfort.



Baby Spacing

Discuss family planning & provide education as needed.



Blood Pressure

Assess BP & any signs of preeclampsia.



Other Best Practices

- Review signs/symptoms of infection including \uparrow temperature &/or tachycardia.
- Reinforce PP Warning Signs.
- Discuss risk reduction in future pregnancies (e.g. aspirin for preeclampsia).
- Offer community linkages as needed (e.g. WIC, home visiting, lactation support).