Prenatal and postpartum care (PPC)

Access/Availability of Care HEDIS® Measure

Maintaining good health during pregnancy and after having a baby is an important way for women to prevent complications that can adversely affect their health and the health of their baby. Early prenatal care is essential to helping a woman monitor her pregnancy and control existing conditions such as high blood pressure or diabetes. Healthy diet education, counseling, vitamin supplements, identification of maternal risk factors, and health promotion must occur early in a pregnancy to make the biggest impact on the health of a mother and baby. Postpartum care is an important opportunity to assess a woman’s physical and mental well being after delivery. You can also provide family planning guidance, breast-feeding support, and nutrition counseling for mother and baby as part of postpartum care.ii

HEDIS MEASURE DEFINITION

Women who delivered a live birth(s) and experienced:

- Timeliness of prenatal care defined as a prenatal care visit with an obstetrician, gynocologist, midwife, family practitioner, or other primary care provider (PCP) in the first trimester of pregnancy or within 42 days of enrollment in the health plan.
- Timeliness of postpartum care defined as a postpartum visit with an obstetrician, gynocologist, midwife, family practitioner, or other PCP on or between 21 and 56 days after delivery.iii

Note the HEDIS measure uses the date of delivery to determine the first trimester of pregnancy. It doesn’t use other dating methods such as last menstrual period (LMP) or an ultrasound reading.

EXCLUSIONS FROM THE MEASURE

Deliveries not resulting in a live birth(s).

INFORMATION PATIENT MEDICAL RECORDS SHOULD INCLUDE

- A diagnosis of pregnancy with the date of visit and evidence of the pregnancy in the first trimester or within 42 days of enrollment in the health plan.
- Delivery date and live birth(s) notation
- One of the following 3 notations:
  - A postpartum pelvic exam on or between 21 and 56 days after delivery
  - A postpartum exam or assessment of the breasts, breastfeeding, abdomen, weight, and blood pressure
  - “Postpartum care”, “PP care”, “PP check”, “6-week check”, or a preprinted “Postpartum Care Form” and information about the mother’s visit
TIPS FOR TALKING WITH PATIENTS

- Send reminders to new mothers about the importance of prenatal and postpartum care and help them book an appointment.
- Prenatal visits are a great time to discuss updating the mother’s immunization record including the flu and Tdap vaccines.
- Pediatricians and family providers can support the mother by reminding her to schedule a postpartum checkup during the baby’s first well child visit.
- Patients typically follow through on scheduling prenatal and postpartum care when recommended by their provider.

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1 HEDIS is a registered trademark of the National Committee for Quality Assurance (NCQA).
iii HEDIS 2018 Technical Specifications for Health Plans (National Committee for Quality Assurance), 295-300