

# Colorado Choice Health Plans –Postpartum Care Visit



Elements of Visit	Vaginal Delivery <sup>1</sup>	C-Section/ Complicated Gestation <sup>2</sup>	C-section Delivery <sup>3</sup>
1. Interval History	√	√	√
2. Pain	√	√	√
3. Height/Weight/BMI	√	√	√
4. Blood Pressure/HR	√	√	√
5. Abdominal Exam	√	√	
6. Pelvic Exam	√	√	
7. Blood Loss	√	√	
8. Episiotomy Repair Evaluation	√		
9. Urinary/Fecal Incontinence Discussion	√		
10. C-Section Incision Evaluation		√	√
11. Uterine Involution	√	√	
12. Breast Exam	√	√	
13. Breast Feeding Techniques	√	√	√
14. Immunizations & Review	√	√	√
15. Contraception	√	√	√
16. Emotional Status	√	√	√
17. Postpartum Depression Screening	√	√	√
18. Domestic Abuse	√	√	√
19. Sexuality	√	√	√
20. Preconception Counseling	√	√	√
21. Nutrition	√	√	√
22. Zika	√	√	√

4

<sup>1</sup> 6 weeks post-delivery

<sup>2</sup> 7-14 days post-delivery

<sup>3</sup> 6 weeks post-delivery

<sup>4</sup> References:

*Overview of Postpartum Care.* UptoDate. August 18, 2016

*Routine Postnatal Care of Women and their Babies,* July 2006, National Institute for Health and Clinical Excellence *An Approach to the Postpartum Office Visit,* December 2005, Volume 72, No. 12, Journal of American Academy of Family Physician