

Optimizing Postpartum Care

How Ariadne Labs Can Use Health System Innovation and Tool Design Principles to shift the conversation on Postpartum Care

Abstract

Birthing people experience multiple barriers that prevent continued engagement in care postpartum, particularly engagement in primary care after giving birth. Since the adoption of the Affordable Care Act (ACA), Medicaid expansion has emerged as a clear policy solution for expanding health care access to pregnancy and postpartum care. While there is an opportunity to continue engagement with care after birth, there are multiple barriers that prevent access. Medicaid expansion only addresses part of the issue. A framework exists for the ideal transition from obstetric care to primary care following delivery, but there is a “know-do” gap: clear guidelines on how to provide better care, but unclear steps on how to get the desired outcome. Ariadne Labs is a joint center for health systems innovation that develops simple, scalable solutions that dramatically improve the delivery of health care at critical moments to save lives and reduce suffering. We focus our work on the Know-Do gap — areas where we can translate evidence on what should be done into better practice using human-centered design, rigorous testing, and implementation strategies; thus, Ariadne Labs is perfectly situated to design a solution to the know-do gap concerning the transition from obstetric care to primary care.

Using tool design methods centering reproductive justice, we’ve designed a shared patient and provider facing “Postpartum Care Plan Workbook.” This workbook is designed to empower patients with a comprehensive postpartum care plan that will guide them through the transition from pregnancy care to ongoing primary health care and is to be reviewed by both patient and provider at timepoints during the pregnancy.