

IMPLICIT Network: The 4th Trimester Program

Redefining Postpartum Care
through an Innovative Model



We can do better...

Facts about current
state of care

- Each year in the United States more than 700 women die from pregnancy-related causes.
- Maternal mortality and severe maternal morbidity from cardiovascular conditions and other acute and chronic problems continue to increase.
- Over 50% of postpartum strokes occur within 10 days of discharge.
- Black women experience 3.5 times higher pregnancy-related mortality rates than their white counterparts.
- Over 50% of pregnancy-related deaths occur after the birth of the infant.
- Over 40% of women in the US do not receive any postpartum care following delivery.

In May 2018, the American College of Obstetricians and Gynecologists (ACOG) called for a new paradigm for postpartum care that addresses the current needs for women and protects against morbidity and mortality for women after pregnancy

Specific Aims of the 4th Trimester Care Model

IDENTIFY PATIENTS AT RISK

Patients who are at risk may have mood concerns, obesity/wound concerns, thyroid disorders, hypertensive disorders, endocrine disorders, renal disease, or substance abuse

ATTEND THE EARLY VISIT

As many as 40% of women do not attend a postpartum visit. This program aims to get the patient back into see their doctor between 7 and 21 days after delivery.

ESTABLISH THE CARE TEAM

Postpartum care is often fragmented among multiple providers and settings. This program aims to connect patients with psychosocial, biomedical, and other wrap around services

Three Goals of 4th Trimester Program

Who is the IMPLICIT Network?

The Interventions to Minimize Preterm Birth and Low Birthweight Infants through Continuous Quality Improvement (IMPLICIT) Network is a family medicine maternal child health learning collaborative focused on improving birth outcomes and promoting the health of women, infants, and families through innovative models of care, quality improvement and professional development for current and future physicians. Read more at fmec.net/implicit



Create a Postpartum Registry

- At a minimum, include anyone who received prenatal care at your practice starting 28 weeks OR anyone that delivered by your practice
- If possible, include anyone who received postpartum care at your practice within 21 days after delivery



Collect Patient Data from Multiple Encounters

- Create a plan for the postpartum period
 - Done between 28 weeks and delivery
- Enter delivery information - Done after delivery
- Collect data during the early visit – Done within 21 days after delivery



Administer the Interventions

- Primary interventions - get the patient back into the office within 3 weeks after delivery and provide referral(s) to wrap around services
- Manage throughout the 4th Trimester and confirm engagement within 21 days after delivery

What are the site requirements to be a part of the program?

A 7-Step Process to Successfully Implement the 4th Trimester Program at your Practice

1. Establish a 4th Trimester team
2. Obtain IRB Approval
3. Plan the EMR Integration
4. Set up the Postpartum Registry
5. Develop a Clinical Workflow
6. Engage Staff & Develop List of Community Resources
7. Develop Process to Share Data with the IMPLICIT Network

For More Information: Contact the IMPLICIT Network Team at implicit@fmec.net