

Advancing Maternal Health

Postpartum Care Recommendations Toolkit

At a Glance

About the Recommendations

The recommendations were developed to guide the implementation of evidence-based postpartum care across diverse care settings, including hospitals, clinics, and community organizations.



RECOMMENDATION 1

Beyond Pregnancy: Standardizing Postpartum Systems

Standardized education for all healthcare professionals that may come in contact with a pregnant or postpartum birthing persons is needed.



RECOMMENDATION 2

Beyond Pregnancy: Interdisciplinary Care and Engagement

Patient-centered holistic care should be the standard, with an emphasis on postpartum care that supports patients for up to one year after birth.



RECOMMENDATION 3

Beyond Pregnancy: Advocacy and Policy Expansion

Establish a national standard requiring all states, and private insurers, to provide comprehensive pregnancy-related coverage for all eligible postpartum people through 12 months after birth.



RECOMMENDATION 4

Beyond Pregnancy: Risk Factor Identification and Monitoring

Routine pre-conception and interconception care should include standardized monitoring of cardiovascular risk factors, such as blood pressure, lipids, weight, and glucose levels, with consideration of emerging biomarkers to support early prevention and long-term heart health.

**Learn more about the four recommendations
and implementation strategies**





What's New in This Toolkit?

This iteration of the toolkit includes new action statements and expanded strategies that strengthen equity, accountability, and team-based postpartum care.

Key New Additions

- Establishes standards for culturally responsive language across patient education materials and care processes.
- Expands workforce training in bias-free, trauma-informed communication to strengthen trust and care experiences.
- Emphasizes inclusion of Nephrologist as a critical player for managing hypertension of identifying renal dysfunction following hypertensive disorders of pregnancy.
- Expands and standardizes the role of doulas as integral members of the postpartum care team.
- Introduces training and protocols for blood pressure monitoring, cardiovascular risk recognition, and clinical escalation.
- Emphasizes workforce development through cardio-obstetrics training, pregnancy heart teams, and multidisciplinary collaboration.
- Addresses cardiovascular risk identification, management, and long-term follow-up from preconception, postpartum, and interconception.
- Highlights importance of referral pathways between healthcare systems and community-based organizations.
- Promotes partner and chosen-family engagement and shared decision-making to improve postpartum support.
- Reinforces universal mental health screening at multiple touchpoints using validated tools.

How to Use the Toolkit

- Navigate by recommendation to identify priority actions relevant to your role or setting.
- Use implementation strategies as practical guidance for program planning, clinical workflows, or policy development.
- Apply supporting evidence and resources to inform training, quality improvement, and multidisciplinary engagement.
- Adapt strategies to meet the needs of local communities, with an emphasis on equity and continuity of care.

Who Should Use This Toolkit?

- Healthcare providers, multidisciplinary care team members, and health systems
- Community-based organizations
- Public health practitioners
- Policymakers and payers
- Advocates and maternal health leaders

Learn more at heart.org/MaternalHealth