

# HEDIS Tip Sheet

## Prenatal and Postpartum Care (PPC)



HEDIS measures are one of health care's most widely used performance improvement tools, offering insight on important aspects of clinical care and service. These best practices and tips can aid your practice in optimizing HEDIS scores by ensuring that the data reported accurately reflects your practice's performance and identifying opportunities to improve patient care.

PPC assesses access to prenatal and postpartum care. Specifically, it measures:

- **Timeliness of prenatal care:** Percentage of deliveries in which women had a prenatal care visit in the first trimester, on or before the enrollment start date or within 42 days of enrollment in the organization.
- **Postpartum care:** Percentage of deliveries in which women had a postpartum visit on or between 7 and 84 days after delivery.



### Provider Best Practices

#### Reduce Disparities:

- **Understand** the population served by the practice (be aware of/accommodate cultural and linguistic preferences regarding prenatal care)
- **Standardize** quality of care
- **Implement** policies to address discrimination
- **Train** staff regarding implicit bias
- **Assess** member health literacy to gain a meaningful understanding of barriers
- **Utilize** compassionate listening to ensure delivery of culturally competent care

#### Address barriers to access care:

- Member's fear, fatigue, depression, and physical pain/discomfort
- Member's feeling that their concerns are not being heard, or a fear of speaking up due to social stigmas and/or lack of rapport with provider
- Transportation
- Child care
- Lack of extended office hours
- Long office wait times

*Please note that telephone and e-visits with a diagnosis of pregnancy are accepted as prenatal visits.*

**22.2% of pregnancy-associated deaths** from 2010-2019 were drug related or due to suicide or homicide. To reduce these, screen for substance use, depression/suicidality, domestic violence, and psychological distress. Obstetrical care should be coordinated with services such as: addiction, behavioral health, social services, and pharmacy.



### Did You Know?

Some patients have difficulty accessing prenatal and postpartum care and **experience disparities** (e.g., socioeconomic, racial, ethnic, linguistic, and cultural barriers) resulting in maternal mortality and morbidity.

- The U.S. has a much higher maternal mortality rate than other developed countries: 23.8 deaths per 100,000 live births in 2020, up from 20.1 deaths in 2019.
- The highest rate of maternal and infant mortality is for African American mothers and infants, often from preventable complications.
- Deaths during pregnancy and the first six weeks after childbirth have increased, especially for non-Hispanic Black and Hispanic women.



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