

# 3 Day Postpartum BP Checks

Patients require a BP 3 days after discharge if they experience a persistent severe hypertension episode defined as:

- A systolic BP  $\geq 160$  mm Hg and/or diastolic BP  $\geq 110$ mm Hg that is not documented to have resolved within 15 minutes.

DC Day of the Week	Day Appointment is Needed By
Monday	Thursday
Tuesday	Friday
Wednesday	Friday
Thursday	Friday
Friday	Monday
Saturday	Tuesday
Sunday	Wednesday

# 7 Day Postpartum BP Checks

Patients require a 7 day postpartum blood pressure check when they have a documented diagnosis of preeclampsia, gestational or chronic hypertension, excluding those who experienced a persistent severe hypertension episode.

DC Day of the Week	Day Appointment is Needed By
Monday	Monday
Tuesday	Tuesday
Wednesday	Wednesday
Thursday	Thursday
Friday	Friday
Saturday	Friday
Sunday	Friday

# Visit Type Options

In-person nurse visit: in office, appointments need to be completed within the 3 or 7 day time frame and can be done early to try and coordinate with newborn appointments while patient is already out.

“Virtual” Phone Visit: (Patient must have a blood pressure cuff)

- Many patients monitor their blood pressure prenatally and already have a cuff.
- M-F: Providers can order a cuff through the Carelinc medical supply store
  - For Medicaid & Connect Care coverage use I10 (Essential primary hypertension) as primary diagnosis code and O1490 (Unspecified pre-eclampsia) as the secondary
  - For BCBS coverage use I158 (Other secondary hypertension) as the primary diagnosis code
- Nights/Weekends: If patients do not have access to a blood pressure cuff we have 4 blood pressure cuffs (2 Large and 2 XL) to **loan** out for patient use, patients must agree to return cuffs when they are finished monitoring.
  - Loaner cuffs are located in the dictation room
    - Fill out the patient name, phone number, date loaned and anticipated return date (loan time not to exceed 6 weeks). Also place a patient sticker on the loan sheet. .

# **Scheduling Postpartum Blood Pressure Follow-Up for Gohn/Morrison/Ruple/Thiele/Van de Velde/Midwives**

## **Monday – Friday (Virtual or In-Person)**

- The discharging RN will instruct the patient to call and schedule an appointment, this practice will schedule a set time for either an in-person nurse visit or a phone visit.
- Inform the patient which day the appointment is needed by.
- List that scheduled appointment in the appointment section of the discharge navigator so it appears on the AVS.

## **Nights/Weekends**

- When it is know that a patient will be discharging at night or on the weekend try to plan ahead and have them call during business hours to schedule this appointment.
- If they are unable to make the follow-up appointment we will have to email the office to notify of the need for an appointment.
  - Type CONFIDENTIAL in the subject line and email [survey@midmichiganobgyn.com](mailto:survey@midmichiganobgyn.com) with patient name, birthday & day they need a BP check.
  - Document that this email was sent in the DC checklist/flowsheet

# **Scheduling Postpartum Blood Pressure Follow-Up for English, Hamilton, Itauma, Joshua, Kroll, O'Brien**

## **Monday – Friday (In-Person)**

- The discharging RN will instruct the patient to call and schedule a nurse visit appointment, inform the patient which day the appointment is needed by. Once scheduled in the office the appointment will appear on the AVS.

## **Nights/Weekends (In-Person)**

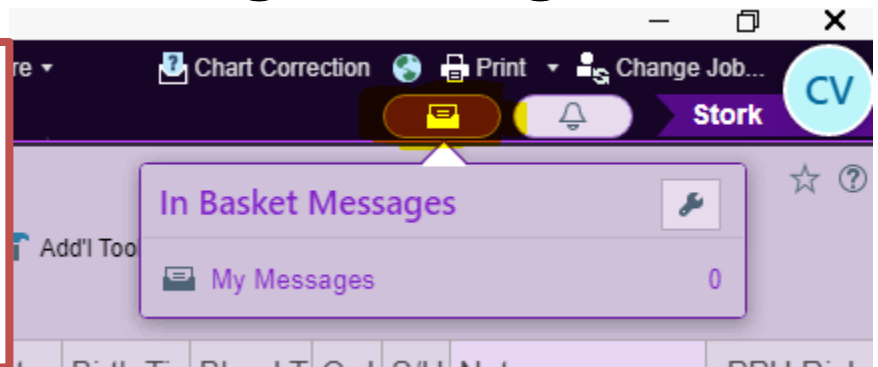
- Send a message to the office triage RN's (Olivia Badger & Jill Dinnan). Inform them of the need for a nurse visit. Include in your message the day the BP check is needed to occur by.
  - Document that this message was sent in the DC checklist/flowsheet

## **Monday – Friday, Nights/Weekends (All Virtual Visits)**

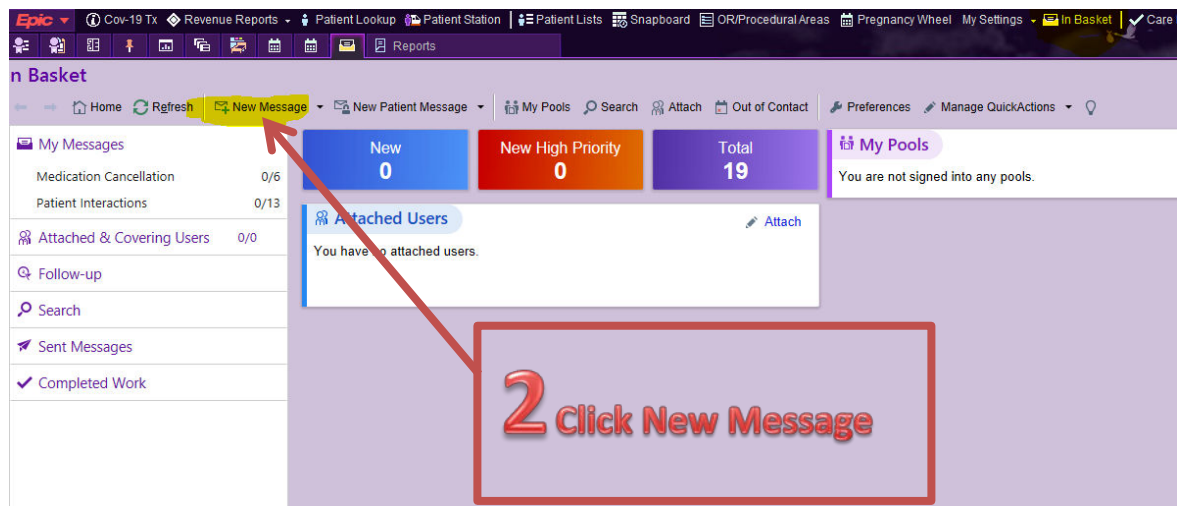
- Send a message to the office triage RN's (Olivia Badger & Jill Dinnan). Tell them that this patient will be monitoring blood pressures at home and tell them what day the patient was instructed to call by to report those blood pressures.
  - If Olivia or Jill do not hear from the patient they will call them to follow up.
  - Document in the DC checklist/flowsheet that this message was sent

# How to send a message through EPIC

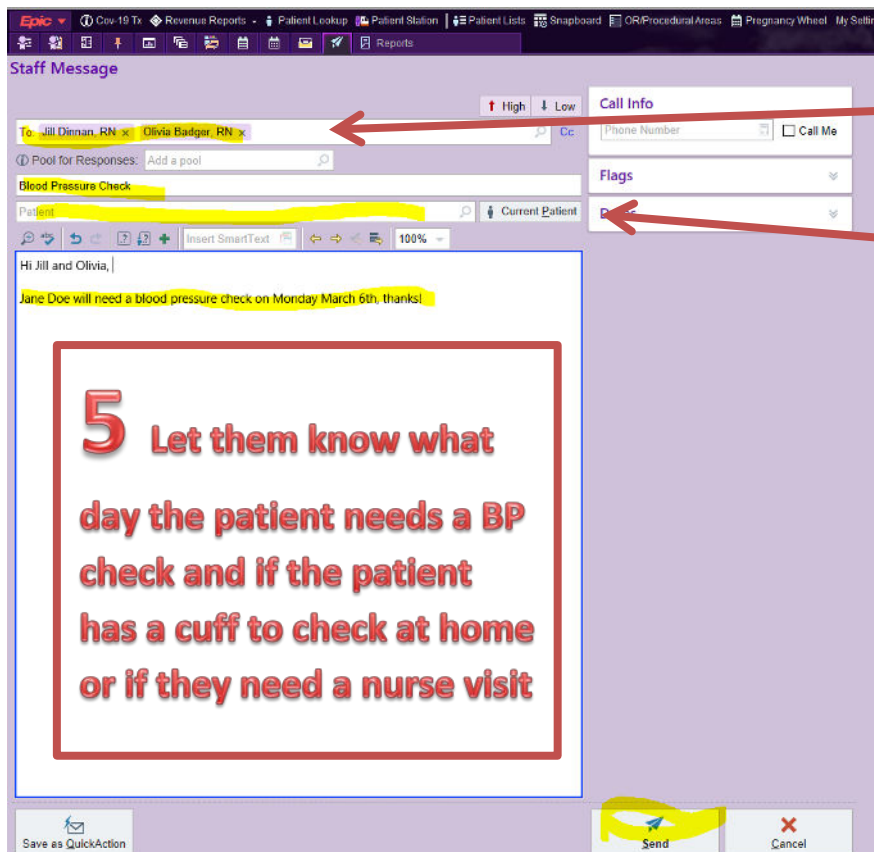
**1** Click on the In-Basket/Mail Icon at the top right of Epic



**2** Click New Message



**3** Add Jill & Olivia



**5** Let them know what day the patient needs a BP check and if the patient has a cuff to check at home or if they need a nurse visit

**4** Click current patient and Epic will pull in the patient information

# Discharge Instructions

If a patient is planning to check blood pressures at home please consider adding the BP log and the taking BP clinical reference to the patients discharge instructions (they are also available in Spanish). You can also add the AWHONN Post-Birth Warning signs flyer.

The screenshot displays a medical software interface for managing discharge instructions. On the left, a 'Navigators' sidebar lists various medical tasks, with 'Discharge' currently selected. The main workspace is divided into three sections. The top-left section, titled 'Instructions and Attachments', shows a list of documents that can be attached to the discharge instructions, including 'MM OB AWHONN POST-BIRTH WARNING', 'MM OB BP LOG', and 'MM OB TAKING BP'. The top-right section shows a preview of a 'CHECK KNOW SHARE' flyer, which provides instructions on how to check blood pressure and why it is important during pregnancy. The bottom section shows a preview of the 'After Visit Summary'.

COMPLETE the Preeclampsia/Hypertension section of the maternal postpartum discharge instructions!!!

Use the drop down to pick what they were treated for during their stay and delete the \*\*\* and fill in the day the BP is needed.

## Preeclampsia/Hypertension

- During your stay you were treated for preeclampsia.
- If you are taking medication for elevated blood pressure, monitor your blood pressure daily and notify your doctor if it is at or above 140 for the top number and/or 90 for the bottom number.
- Your blood pressure was elevated to a severe range during your stay, you will need a blood pressure check within 3 days, if you have a blood pressure cuff at home you can check it and call the office with the results, if not you will need to go in for a nurse visit on \*\*\*.