

## Background

- Hypertensive disorders account for approximately 30% of postpartum readmissions
- Blood pressure peaks three to six days postpartum in patients that develop postpartum hypertension
- According to the American College of Obstetricians and Gynecologists (ACOG), postpartum hypertension affects approximately 5-10% of women who give birth

## Purpose

Investigate readmission rates before the implementation of the intensive postpartum hypertension follow-up program

## Methods

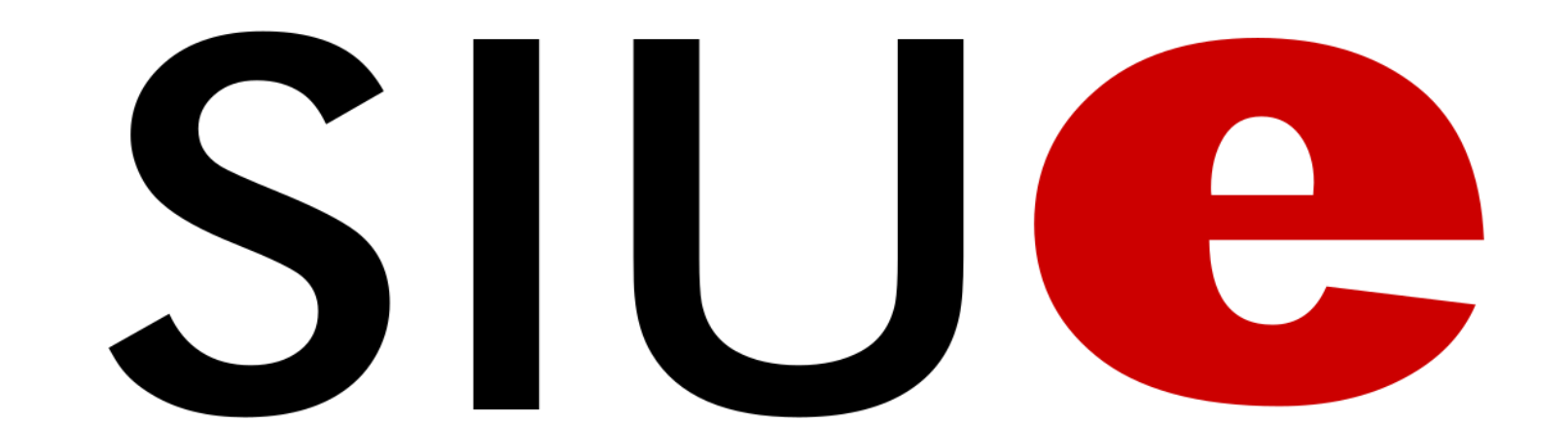
- A multicenter retrospective study based on the chart review from 7/1/2021 to 1/31/2022
- Patients were identified by ICD-10 codes (pre-existing hypertension, preeclampsia, eclampsia, gestational hypertension, postpartum hypertension, unspecified hypertension)
- Descriptive statistics was used to analyze readmissions and other factors that may impact rates



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## Evaluation of Postpartum Hypertension Readmission Rates Before Implementation of an Intensive Monitoring Program

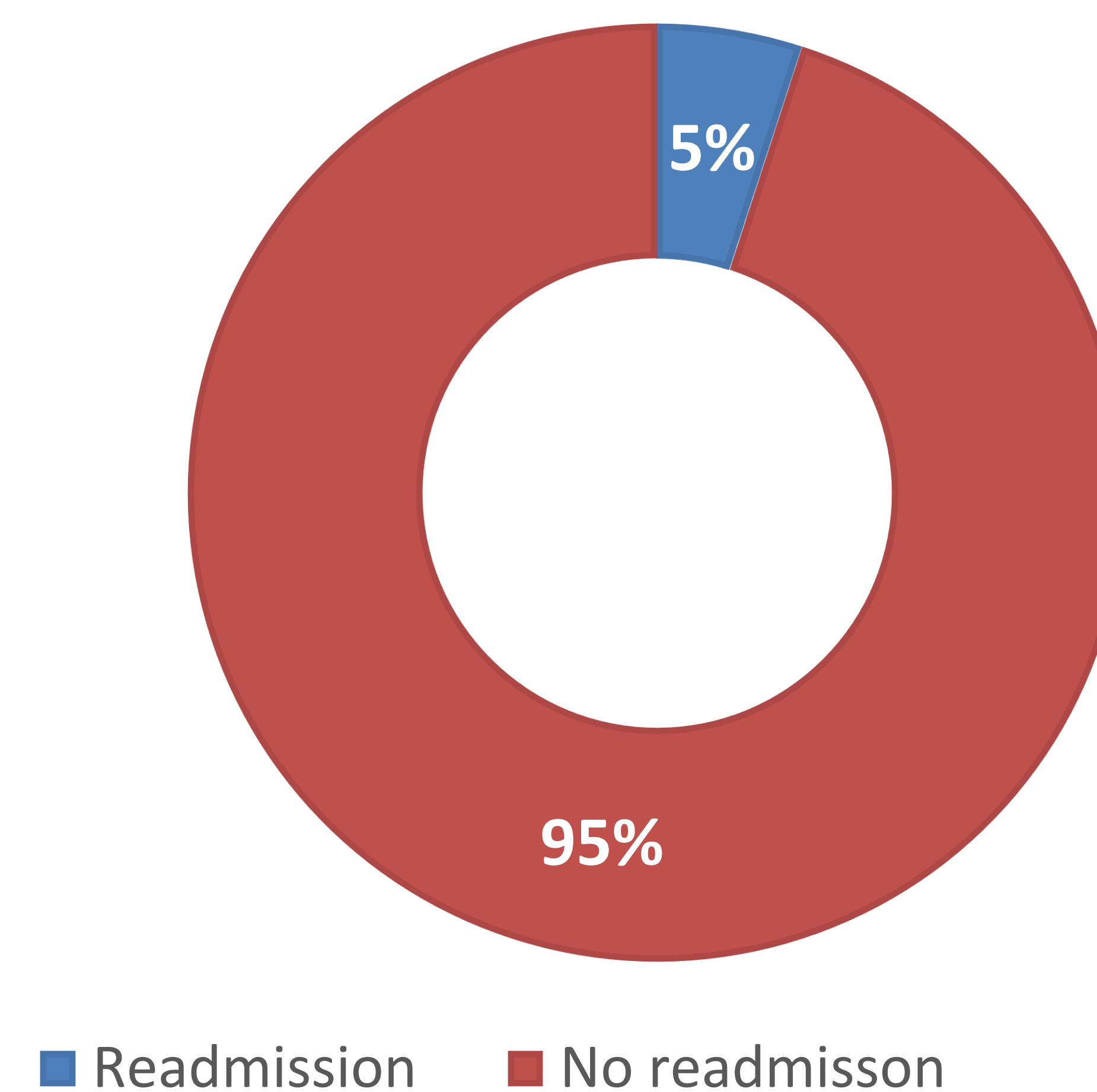
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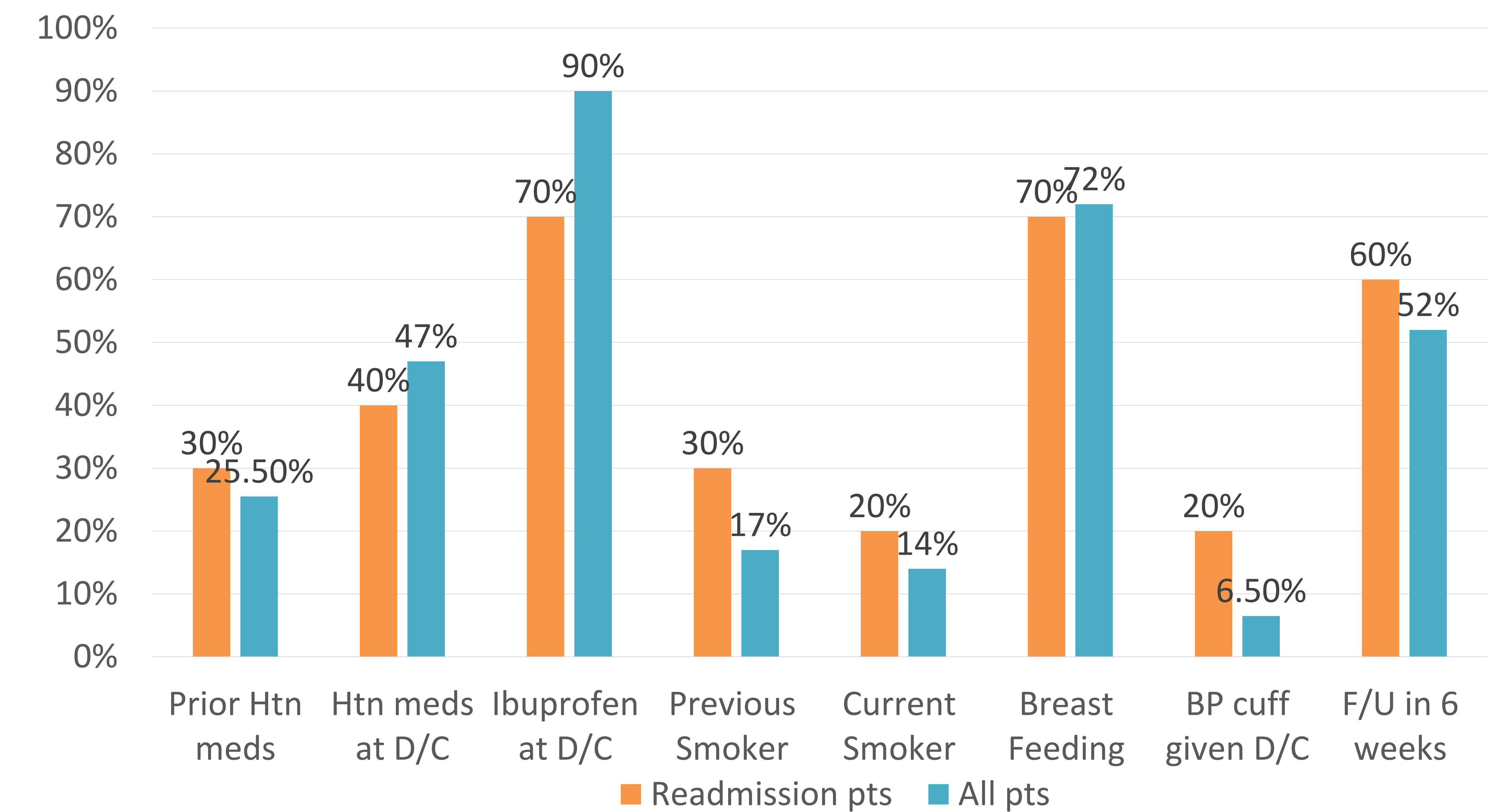
### Patient Demographics N=200

Facility, n	SMSL= 160, DPSL= 40
Age at D/C (avg)	15-45 (29)
Race n(%)	White: 31 (15.5) Black: 162 (81) Asian: 1 (0.5) Unavail: 6 (3)
Ethnicity n(%)	Non-Hispanic: 193 (96.5)
Delivery type n(%)	Vaginal: 121 (60.5) Cesarean: 79 (39.5)
Avg length of stay (days)	4.2
Avg gestational age (weeks/days)	37 weeks 3 days
Avg BP at D/C (mmHg)	133/80
BP cuff given at D/C n(%)	13(6.5)
BP cuff at home n(%)	95 (47.5)
Meds given at D/C n(%)	Nifedipine: 59 (29.5) Labetalol: 21 (10.5) Amlodipine: 13 (6.5)

### READMISSION RATE



### Readmission vs all patient trends



### Things to consider:

- Dates only included patients from July of 2021 to Jan of 2022
- ICD 10 codes of those specifically with diagnosis relating to high blood pressure only
- Other hospital readmission data for patients not recorded in our EHR
- Patient may have experienced high blood pressure postpartum
- 47.5% of patients had BP cuffs at home

### Conclusion

- There are many factors that contributed to the rates seen from this study
- The intensive monitoring program implemented at this institution can only help patients moving forward
- By improving care and follow-up for women with postpartum hypertension, we can help to reduce the risk of serious complications and improve outcomes for mothers