

Postpartum Care Planning Checklist

OB-GYN CARE FOR AFGHANS: A TOOLKIT FOR CLINICIANS

Gender preferences

- An all-female health care team may be preferred. Discuss care team gender preference with patient and match preference if staffing and workflow allows.
- If unable to match gender preference, inform patient and discuss options to increase patient's comfort.

Interpreter

- Ensure presence of certified medical interpreter who speaks the patient's preferred language, in person or virtually. Dari and Pashto are the most commonly spoken languages in Afghanistan and are not mutually intelligible.
- Huddle with interpreter to inform them of visit topic and plan.

Visit components

- Provide opportunity to discuss care with patient alone, without family present. This may include noting that it is protocol to discuss certain topics with patients one-on-one, asking sensitive questions when visitors leave the room during physical exams, or walking with the patient to the restroom during urine sample collection.
- Discuss expected costs of care or insurance coverage of services provided during visit if able. If not, provide contact information of billing department and discuss good faith estimate process.
- If not covered in routine postpartum care, consider reviewing:
 - Pain management
 - Physical activity
 - Breastfeeding support
 - Family planning goals
- Mental health screening and resources.
- Depending on visit timeline after birth and if not covered in routine postpartum care, consider reviewing:
 - Schedule for well child checks for baby
 - Use of a thermometer for baby
 - Sleep safety, including avoidance of co-sleeping to reduce the risk of sudden infant death syndrome (SIDS), and use of a bassinet or cradle
 - Hygiene
 - Feeding, including information about lactation and latching. Consider making a referral to a lactation consultant to assist with any common difficulties in breastfeeding, including how to hold or angle the baby while feeding, knowing when to switch breasts, and what to do about breast or nipple pain
 - Baby-proofing the living environment
 - Car safety, including having an appropriately sized car seat

After Visit Summary

- Assess language literacy and learning preferences in order to provide appropriate resources in the After Visit Summary. Consider using external patient education materials to supplement internal resources.
- Provide information on how to access interpreters to call clinic in case of questions or concerns after the visit.

Resources for providers

[Minnesota Center of Excellence in Newcomer Health: Afghan Arrivals Pre- and Postnatal Care \(YouTube\)](https://www.youtube.com/watch?v=aQKXoBcSbaM)
(<https://www.youtube.com/watch?v=aQKXoBcSbaM>)

Resources for patients

[American Academy of Dermatology: How to bathe your newborn \(YouTube\)](https://www.youtube.com/watch?v=9bZX9wXWj2k)
(<https://www.youtube.com/watch?v=9bZX9wXWj2k>)

[Centers for Disease Control and Prevention: How to Clean, Sanitize, and Store Infant Feeding Items Frequently Asked Questions](https://www.cdc.gov/hygiene/faq/index.html) (<https://www.cdc.gov/hygiene/faq/index.html>)

[Centers for Disease Control and Prevention: Infant Formula Preparation and Storage](https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/infant-formula-preparation-and-storage.html) (<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/infant-formula-preparation-and-storage.html>)

[Saint Luke's: Step-by-Step: Taking a Child's Rectal Temperature](https://www.saintlukeskc.org/health-library/step-step-taking-childs-rectal-temperature) (<https://www.saintlukeskc.org/health-library/step-step-taking-childs-rectal-temperature>)

[Southeast Clinical Networks, NHS: Maternity information translations](https://www.southeastclinicalnetworks.nhs.uk/translations/)
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Resources in several languages including Dari and Pashto

- Bottle feeding advice
- Breastfeeding
- Reduce the risk of SIDS

[University of California, Irvine: ReproNet Digital Library](https://repronet.org/digital-library/) (<https://repronet.org/digital-library/>)

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