



Re-Establishment of Post-Natal Clinics during COVID-19 Pandemic

A Quality Improvement Initiative for Continuum of Care in Maternal and Child Health

Saumya Kulshrestha, Satyam Yadav, Anita Kinha, Sunita Rani, Savita Kumari, Nilanchali Singh, Aparna Sharma, Neerja Bhatla
All India Institute of Medical Sciences, New Delhi, India



Introduction

- Effective post-natal care services are a prerequisite for continuum of care in maternal and child health.
- It can identify and prevent short, medium and long-term consequences of unrecognised post-partum problems

Problems identified

- Covid-19 pandemic has set unparalleled challenges in health care facilities leading to meticulous reorganisation of infrastructure, health care resources and manpower
- Due to lockdown and overwhelming of healthcare services with COVID care, the 'post-natal clinics' were shut down

Methodology

Multidisciplinary QI team

Systematic steps of point of care improvement methodology (POCQI approach)

- **STEP 1- SMART AIM**
- Re-introduction and strengthened the PNC clinic in OPD during COVID pandemic
- Increase attendance from baseline of no attendance per month to more than 50 patient's attendance/month over 4 PDSA cycles



STEP 2A- Root cause analysis (fish bone method)

People	Place
❖ Lack of awareness ❖ Lack of sensitization ❖ Shortage of manpower	❖ No specific OPD room to provide post-natal care in pandemic
Policy	Procedure
❖ No specific time slots ❖ No specific assigned person ❖ Time constraints	❖ No SOP ❖ Lack of specific post-natal care ❖ Health services directed to emergency and COVID care

STEP 2B-Outcome Indicator

- Total number of PNC patients attending PNC clinic at 4-8 week post partum
- Baseline data collected over 3 weeks and attendance was very poor

STEP 4 - Interventions PDSA (Plan-do-act-study) cycle

PDSA1- Assign OPD ROOM- specific days with time, assign residents, nursing staff and physiotherapist, training of staff with guidelines on PNC care, advice on discharge for PNC follow up

PDSA 2- Sensitization of residents and nursing staff
Formation of Stamp with details of follow up date and timings

PDSA 3- Reminder phone call from hospital prior to scheduled visit
Allowing direct entry in OPD without prior appointment

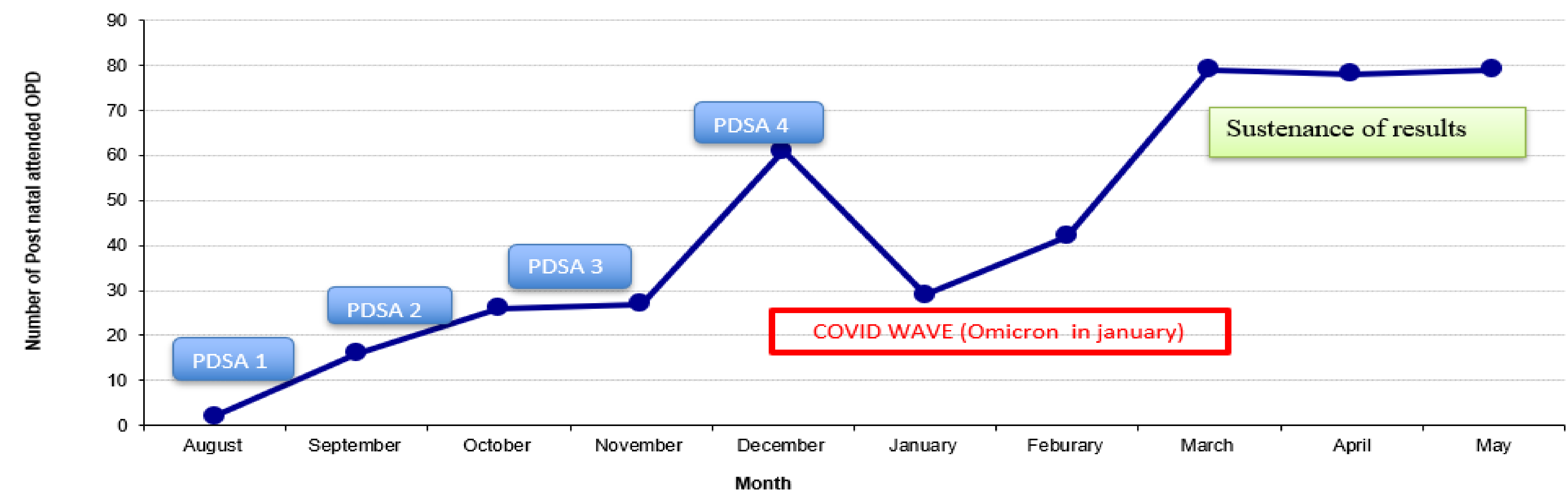
PDSA 4- Resensitization of patients and relatives for follow up and discharge
Resensitization of residents and OPD staff, feedback

Provision of OPDs services

Examination	Care
❖ General and systemic examination ❖ Gynecological examination ❖ Mental health evaluation (Edinburg scale) ❖ Breastfeeding issues ❖ Sexuality issues INVESTIGATION- Hemoglobin	❖ Physiotherapy ❖ Kegel's exercise ❖ Post-natal exercises ❖ Yoga and meditation ❖ Contraception ❖ Neonatal immunization ❖ COVID vaccination ❖ Chronic medical conditions

Result

Number of post natal patients attended OPD



Conclusion

Standardized SOPs, regular surveillance, mandatory follow up results in improved follow up & biopsychosocial health

References

World Health Organization. Director-General's opening remarks at the media briefing on COVID-19 – 11 March 2020
Poon LC, Yang H, Lee JCS, et al. ISUOG Interim Guidance on 2019 novel coronavirus infection during pregnancy and puerperium: information for health-care professionals. Ultrasound Obstet Gynecol. 2020. DOI:10.1002/uog.22013