

Quality of recovery in Hispanic vs non-Hispanic patients following vaginal delivery

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INTRODUCTION

Disparities in maternal pain management Obstetric Quality of Recovery-10 (ObsQoR-10) is a validated measure of inpatient postpartum recovery in all delivery modes.

Although healthcare disparities in obstetrics are well described, racial and ethnic variability in recovery following childbirth is underexplored.

OBJECTIVE

To investigate quality of inpatient postpartum recovery among Hispanic and non-Hispanic women and between different racial groups undergoing spontaneous vaginal delivery

METHODS

- We prospectively collected ObsQoR-10 data 24 hours following delivery as part of a quality improvement project at a tertiary, ACOG level 4 institution with an 85% labor epidural rate
- We sought to determine differences in ObsQoR-10 scores among Hispanic and non-Hispanic women and between different racial groups (White, Black, Asian and Other) undergoing spontaneous vaginal delivery (SVD)

TABLE 1

		Non-Hispanic	Hispanic	p-value	White	Black	Asian	Other	p-value
Demographics	Age Y (SD)	32.4 (4.5)	29.2 (7.7)	0.028	31.4 (4.6)	27.3 (10.2)	34.5 (3.9)	29.7 (6.6)	0.037
	Body Mass Index Kg/m ² (SD)	29.1 (5.3)	31.5 (5.0)	0.078	27.8 (4.6)	38.9 (5.5)	28.4 (4.2)	32.0 (5.1)	<0.001
	Employed n (%)	34 (70.8%)	7 (30.4%)	0.002	18 (64.3%)	1 (33.3%)	13 (81.3%)	8 (36.4%)	0.039
Obstetric	Gravity n [IQR]	2 [1-3]	1 [1-4]	0.974	1 [1-3]	3 [1-4]	1.5 [1-3]	2 [1-3]	0.806
	Parity n [IQR]	1 [1-2]	1 [1-2]	0.966	1.5 [1-2]	1 [1-3]	1 [1-2]	1 [1-2]	0.612
	Gestational age wks (SD)	38.7 (1.2)	38.5 (1.5)	0.536	38.6 (1.2)	39.3 (0.6)	38.7 (0.9)	38.8 (1.6)	0.784
	Induction of labor n (%)	21 (43.8%)	11 (47.8%)	0.747	14 (50%)	3 (100%)	6 (37.5%)	8 (36.4%)	0.195
	Blood loss mls (SD)	374.3 (229.9)	308.8 (290.0)	0.306	332.4 (151.6)	571 (729.2)	368.9 (181.0)	338.1 (310.0)	0.474
	Pre-eclampsia n (%)	3 (6.3%)	4 (17.4%)	0.203	2 (7.1%)	1 (33.3%)	1 (6.3%)	3 (13.4%)	0.408
	Gestational hypertension n (%)	4 (8.3%)	5 (21.7%)	0.138	2 (7.1%)	1 (33.3%)	2 (12.5%)	3 (13.6%)	0.431
	Gestational Diabetes Mellitus n (%)	4 (8.3%)	2 (8.7%)	1.000	2 (7.1%)	1 (33.3%)	2 (12.5%)	1 (4.6%)	0.317

Table 1: Demographic, and obstetric variables among ethnic and racial groups

RESULTS

- Total vaginal deliveries = 84 (27% Hispanic; 57% non-Hispanic; 15% declined to state)
- Age, BMI, and employment status were significantly different between racial groups
- Mean ObsQoR-10 (SD) scores were not significantly different between Hispanic and non-Hispanic patients
- No differences were demonstrable between racial groups

CONCLUSION

- Quality of inpatient postpartum recovery was similar between Hispanic and non-Hispanic patients and between different racial groups
- Optimizing postpartum recovery contributes to women’s health and facilitates maternal ability to care for their newborn
- Future studies are needed to determine optimal methods to eliminate disparities in postpartum recovery

REFERENCES

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