

Cultural Considerations for Postpartum Care

LEARN TO WORK WITH PATIENTS' CUSTOMS AND FIND NEW WAYS TO GIVE QUALITY CARE

Cultural practices and religious beliefs are important to recovery and wellbeing after having a baby. Many of these have the following in common:



	<p>Postpartum customs</p> <p>A period of 30–40 days that can include:</p> <ul style="list-style-type: none"> • Support for the mother • Rest and home confinement • Special diet
	<p>Rest and home confinement</p> <p>There are benefits associated with postpartum customs, such as:</p> <ul style="list-style-type: none"> • Baby bonding • Breastfeeding • Protection from the elements and exposure to illnesses • Positive impact on postpartum depression
	<p>Best practices</p> <p>For greater success with patients sticking to a postpartum care plan, consider doing the following:</p> <ul style="list-style-type: none"> • Ask the mother what customs she will observe. Include the answers in the medical record. For example: <ul style="list-style-type: none"> – Must stay in the house for 40 days. – Tightly wrap the head and/or stomach. – Need to eat or avoid certain foods. • Share the reasons why follow-up postpartum care is important. • Stress the need for a visit on or between 7 and 84 days (1–12 weeks) after delivery. <p>Use the patient's answers to develop the postpartum care plan. Then schedule the visit.</p>

Most cultures observe special postpartum customs that the mother is expected to complete.

Send an email with any questions to Cultural.and.Linguistic.Services@healthnet.com.

(continued)

Other considerations

Get more training for your practice about cultural customs and preferences.

- Review the References section.
- Understand the cultural stigma of postpartum depression. Increase awareness and identification of behavioral health signs and symptoms.
- Provide information on available behavioral health resources.

References

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