MNPQC

PERINATAL EDUCATION ECHO SERIES

NOVEMBER 5, 2026 | SESSION SNAPSHOT

Beyond Birth: Improving Care and Outcomes for Hypertensive Disorders of Pregnancy in the Postpartum Period

SESSION SUMMARY

This session explored evidence-based strategies to improve postpartum care for individuals affected by hypertensive disorders of pregnancy (HDP) from a maternal-fetal medicine perspective. Through interactive, case-based learning, participants examined postpartum blood pressure management, recognition of warning signs, patient education, care coordination, and strategies to reduce inequities in postpartum follow-up and long-term cardiovascular health.

WHY DOES THIS MATTER

Hypertensive disorders of pregnancy (HDP) remain a leading cause of maternal morbidity and mortality, particularly within the first year postpartum, and are associated with substantially increased lifetime cardiovascular risk. The postpartum period represents a critical opportunity to improve maternal outcomes; however, significant gaps remain in provider knowledge, care coordination, and patient access to evidence-based postpartum care.

PUTTING EVIDENCE INTO PRACTICE

Discharge Planning After Birth

- Ensure patients are medically ready for discharge, with no severe-range blood pressures within 24 hours prior to discharge, consistent with updated California Maternal Quality Care Collaborative guidance.
- Provide home blood pressure cuffs and clear instructions for monitoring, interpreting readings, and knowing when to seek care.
- Equip patients with accessible, culturally and linguistically appropriate education on preeclampsia warning signs, blood pressure monitoring, and long-term cardiovascular risks.

Updated as of November 2026

A REAL-WORLD EXAMPLE: MHEALTH FAIRVIEW'S HOPE-BP PROGRAM

The Home Observation of Postpartum Elevated Blood Pressure (HOPE-BP) program provides six weeks of remote blood pressure monitoring for eligible postpartum patients with chronic hypertension or HDP. Through MyChart Care Companion, patients are prompted to submit blood pressure readings twice daily and receive immediate feedback, with additional support from nursing staff.

The program connects inpatient obstetric teams, nurses, maternal-fetal medicine care coordinators and providers, and primary care physicians to support coordinated postpartum care. At program completion, patients and their care teams receive a handoff letter outlining blood pressure management, long-term cardiovascular risks, and recommendations.

Program Impact

- 87% of eligible patients enrolled in HOPE-BP.
- 87% of enrolled patients submitted at least one blood pressure reading within 72 hours of discharge.
- Only 0.3% of submitted blood pressure readings were in the severe range.
- Hospital readmission rates decreased from 4.8% before implementation to 2.74% in 2025.

KEY TAKEAWAYS

1 Who Does This Affect?

HDP impacts a significant portion of the birthing population and can have a lasting impact on health.

2 How Can We Take Action?

There are opportunities to strengthen postpartum support through patient education and evidence-based follow-up strategies such as remote blood pressure monitoring to facilitate ongoing surveillance and improve access to postpartum care.

3 Think Beyond Birth

The risks associated with HDP, and our responsibility to address them, do not end at six weeks postpartum. Educate and empower patients to prioritize lifelong cardiovascular health & reduce risks in future pregnancies.

PRESENTER CONTACT

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RESOURCES:

- **Improving Health Care Response to Hypertensive Disorders of Pregnancy Toolkit (2021, rev. 2024):** The California Department of Public Health (CDPH), Maternal, Child and Adolescent Health (MCAH) Division, the California Maternal Quality Care Collaborative (CMQCC), and the volunteer CMQCC Task Force on Hypertensive Disorders of Pregnancy (HDP) collaborated to develop this resource to address significant causes of maternal morbidity and mortality: maternal hypertension and preeclampsia. Access the **toolkit**.
  - More CMQCC resources on Hypertensive Disorders of Pregnancy can be found **here**.

- **ACOG Foundation Patient Safety Organization - Urgent Maternal Warning Signs:** A webpage dedicated to patient education on urgent maternal warning signs as well as when to seek medical care. Learn more: **https://obgynsafety.org/urgent-maternal-warning-signs/**

- **Preeclampsia Foundation - Postpartum Preeclampsia:** **A webpage** offering a breadth of information for families related to postpartum preeclampsia with a frequently asked questions section to help individuals navigate through their experience.

- **The Alliance for Innovation on Maternal Health** developed patient safety bundles as a structured way of improving the processes of care and patient outcomes. They are collections of evidence-informed best practices, developed by multidisciplinary experts, which address clinically specific conditions in pregnant and postpartum patients. The goal of the patient safety bundles is to improve the way care is provided to improve outcomes. A bundle includes actionable steps that can be adapted to a variety of facilities and resource levels.
  - **Severe Hypertension in Pregnancy patient safety bundle**
  - **Cardiac Conditions in Obstetric Care patient safety bundle**

- **New Release From American Heart Association, American Academy of Pediatrics, American College of Obstetricians and Gynecologists, and Society for Maternal-Fetal Medicine as of October 2026**
  - **Consensus Guidance for the Female-Specific Prevention and Management of Cardiovascular Disease**

ADDITIONAL DETAILS

If you have questions about this session snapshot or would like to request access to the session slides, please contact the QI Team: QI@minnesotaperinatal.org.

Learn more about this ECHO Series. Visit our ECHO webpage.

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