

Optimizing Care During the First Year Postpartum – Panel Discussion

Program Goal

The first-year post pregnancy is a critical period for both physical and mental health, yet many individuals face challenges in accessing and navigating effective care. This panel discussion brings together clinicians from various specialties to explore strategies for improving care during the postpartum period. Panelists discuss evidence-based practices with a focus on optimizing postpartum recovery, addressing mental health and physical health concerns, and strategies for empowering individuals to confidently navigate their postpartum journey.

Learning Outcomes

At the close of this activity, participants will be able to:

1. Integrate evidence-based recommendations for postpartum care into healthcare team practice.
2. Identify normal postpartum changes vs postpartum complications within clinical practice.
3. Explain the importance of interdisciplinary collaboration and coordination to improve outcomes for members during the first year postpartum.

Registration

This course is accessible through www.centeneinstitute.com. Once you have registered as a new user, navigate to the Activity Catalog. In the Activity Catalog, search for the course title and register by clicking on **ENROLL NOW**.

Speaker Information

- Melissa Layne, MSN, RN, Senior Director, Maternal Child Health Programs, Clinical Innovation & Program Development (Moderator)
- Dawn R.S. Steiner, MD, MS-HQS, FACOG, Centene Corporate Medical Director, Obstetrics and Gynecology
- Jimmell R. Felder, MD, MBA, Medical Director, Medical Affairs, Absolute Total Care
- Jennifer Jackson-Wohl, DO, CHCQM, FABQAURP, Lead, Medicare Behavioral Health Medical Director
- Shelley Lathrop, LICSW, Senior Manager, Behavioral Health Training & Development, Population Health Clinical Operations
- Jennifer Rojas, BSN, RN, CCM, Lead Care Manager (RN), OB/NICU Care Management, Superior Healthplan

Agenda

0 min – 13 min: *Know What's at Stake*

13 min – 37 min: *Postpartum Care and Its Importance*

37 min – 62 min: *Impact of Postpartum Health on Long-Term Well-Being*

62 min – 79 min: *Education, Awareness, and Access*

79 min – 81 min: *Putting Learning into Action: Commitment to Grow*

Certificate of Completion

The completion of a course evaluation available 30 days from the activity completion date will serve as the final step of completing the course. After successfully completing the survey, the certificate will be available for immediate download and printing. Go to **Learn** menu, click on **My Activities > Completed**.

Provider Contact Information

To contact the Centene Institute for Advanced Health Education, click on **Contact Us** from the website homepage or email Centene_Institute@centene.com.

Centene Institute

FOR ADVANCED HEALTH EDUCATION



In support of improving patient care, the Centene Institute for Advanced Health Education® is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



This activity was planned by and for the healthcare team, and learners will receive 1.25 Interprofessional Continuing Education (IPCE) credit for learning and change.

The Centene Institute for Advanced Health Education® designates this Live Activity for a maximum of 1.25 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Centene Institute for Advanced Health Education® designates this Live Activity for a maximum of 1.25 ANCC contact hours.



The Centene Institute for Advanced Health Education® designates this knowledge-based activity for a maximum of 1.25 hours. Participants should only claim credit commensurate with the extent of their participation in the activity. Credit will be provided to CPE Monitor within 60 days after the activity completion.

Universal Activity Number UAN JA4008309-0000-25-002-L04-P/T



As a Jointly Accredited Organization, the Centene Institute for Advanced Health Education® is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit. Social workers completing this course receive 1.25 clinical continuing education credits.

This program has been submitted to The Commission for Case Manager Certification for approval to provide board-certified case managers with 1.25 contact hour(s).