

Home Health Visits for New Moms

Michigan Medicine through Michigan Visiting Nurses (MVN) has offered an early discharge program since the mid-1990s for mothers and their babies. An experienced mother and baby registered nurse (RN) will make a visit to your home 2 to 7 days following discharge.

Q. What will the RN do?

For Mom: The RN will offer a complete post-partum (after pregnancy) assessment in your home which many women find helpful because post-partum office visits are scheduled 4-6 weeks following delivery. The RN will reinforce information you receive at the hospital and answer questions that you have had at home since discharge.

For Baby: The RN will complete an assessment of your baby's health including weighing the baby, vital signs, and a check for jaundice. This may save an extra trip to the pediatrician if there are weight loss and jaundice issues. The RN will provide expert assistance for breastfeeding which many women find extremely helpful. The RN will also review education with you on feeding, sleeping, normal development, and signs of illness.

Q. What are the benefits?

The RN will reinforce the information you received in the hospital. Families have commented that they are grateful to receive the extra support so soon after leaving the hospital. RNs identify clinical and education needs during the home visit that require follow up with your pediatrician or OB provider. Since Michigan Visiting Nurses (MVN) is a part of Michigan Medicine, the RN documents the visit in your electronic health record (MiChart) so it is accessible to you and your baby's provider for their review.

Q. How is the visit arranged?

After you are discharged, the MVN program coordinator will call you to verify your address and phone number and let you know the RN will be calling to schedule your visit time if the following criteria apply:

- ✓ You went home 24 hours after a vaginal birth or 48 hours after a cesarean birth
- ✓ You live within the MVN service territory (All of Washtenaw County and areas of Livingston, Wayne, Jackson, Lenawee, Monroe and Oakland).

Q. Will my home visit be paid by insurance?

Medicaid and most Blue Cross/Blue Shield and Blue Care Network plans cover this visit. However, you may owe for a deductible, coinsurance or copay. If you are covered under a different insurance company, have no insurance or have questions about what your out-of-pocket cost will be, please call Michigan Medicine Patient Business Services at (877) 326 - 9155 Monday- Friday, 8:00am-8:00pm.

Q. What if I have more questions about the home visit?

Contact Michigan Visiting Nurses at (734) 677 - 1515 Monday-Friday, 8:00am-5:00pm and on Saturday, Sunday or Holidays, 8:00am-12:00 noon.

What are patients saying about home visits?

- “This program is an invaluable resource for new parents. The timing was just right—we had a couple of days and nights at home to accumulate questions we didn’t have while at the hospital, but it was soon enough after discharge that we felt supported. The fact that the nurse could examine my daughter (especially her weight) and discuss breastfeeding was helpful, and that she examined me was particularly valuable since I won’t have another check-up until six weeks postpartum. My husband and I are thankful that this program exists, and family/friends that live out of state have

commented on what a rare and valuable service a home visit is! Thanks you and please keep up the good work.”

- “Very good support, the visiting nurse was very professional, she helped me to reinforce the guidelines provided at the hospital. She also was able to answer new questions I had and provided practical example so make things clear and easy to understand. I love this program and strongly recommend to any new mom!!!”
- “This was the best thing that has happened since the delivery. The timing after getting home allowed us to try things for ourselves first and we had a ton of questions for the nurse. We anxiously awaited her arrival and everything she recommended worked out really we. The next day was a 180 for the better because of her visit.”
- “The visiting nurse gave me tips on how to more efficiently breastfeed so that the baby could stop losing weight. That was super helpful because at the next pediatrician appointment, baby had started to regain her weight which I owe to the nurse’s advice.”
- “I loved having my baby weighed again and knowing that she was continuing to gain weight after being discharged and before her pediatrician visit. I felt very supported and happy to have the nurse check us both over, and have her warm knowledgeable presence to ask questions I forgot about during our hospital stay. Overall, it was such a supportive experience to have this sweet and capable nurse come right to our home...it really added to the special happy time of welcoming a baby to the world.”
- “I loved that they came to my home and I didn’t have to drag my 2-day old baby outside during winter to go to the doctors.”

- “This service is incredibly valuable. Please keep offering this service.”
- “I valued the visit because it was a one on one interaction away from the chaos of the hospital”
- “It was reassuring for Me to know that my baby was getting the nourishment she needed, since it is sometimes difficult to tell when I first started breastfeeding. It was great to have her weighed and checked for jaundice.”
- “Very supportive, caring. Praised our parenting abilities and provided reassurance. Listened to our concerns and answered questions.”
- “It was very helpful to have a nurse visit the house during the difficult days following delivery. She was able to answer all of my questions and it relieved anxiety and was informative.”
- “The visiting nurse picked up that I had post-partum pre-eclampsia, which I am grateful for. I was able to get the care I needed in a timely manner because of her. Without her, given I had no symptoms, I would have had no idea my blood pressure was high.”

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