Telehealth in Postpartum Care

telehealth
using technology to support the delivery of health care services, health-related education, public health, and health administration at a distance

telemedicine
the practice of medicine using technology to deliver clinical care at a distance

- Provide parents lactation support.
- Move patient education and resources online.
- Consult online tools like LactMed and MotherToBaby for safe medications.
- Screen for perinatal mood and anxiety disorders (PMADs).
- Support case management.
- Refer to specialists.
- Provide reproductive health services.

My Perinatal Network and My NICU Network are products of a collaboration between National Perinatal Association (NPA) and NICU Parent Network (NPN).