Equity in Canadian Postpartum Care Practices

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The birth of a baby is an important transition in life that can bring many emotional, physical and relational changes for new parents. In Canada, the postpartum period has lacks consistent and comprehensive guidelines for the provision and receipt of maternal care, where resources across the country are uneven and not equitable. A qualitative systematic review is being undertaken to understand the experiences of postpartum care practices from the perspective of Canadian parents and healthcare providers. Thematic analysis will be guided by an intersectional lens to highlight health equity issues and disparities in care. Evidence from this review can help to support the development of guidelines and policies for the provision of a more equitable postpartum model of care in Canada. As a mother of two, my wish is to see a more inclusive and individualized model of postpartum care in place for future generations to come. Postpartum care matters!