

Proposed Legislation to Require Individualized Postpartum Plans

Healthcare Law Update

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John D. Fanburg
Managing Member & Chair, Healthcare

Edward Hilzenrath
Member, Healthcare

Erika R. Marshall
Counsel, Healthcare

BRACH | EICHLER^{LLC}
Counsellors at Law

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[Senate Bill No. 912](#), passed by both the New Jersey General Assembly and New Jersey Senate as of September 26, 2024, would require practitioners offering prenatal care, including physicians, advanced practice nurses and midwives, to assist patients in making an individualized postpartum care plan during the first trimester. An individualized postpartum care plan would need to include such items as: (i) the name, phone number, and office address of the patient's care team; (ii) the time, date, and location for the patient's postpartum checkup and the phone number to schedule or reschedule such appointment, if needed; (iii) guidance regarding breastfeeding; (iv) a reproductive life plan and appropriate contraception; (v) notes about any of the patient's pregnancy complications and recommended follow-ups or test results; (vi) guidance regarding signs or symptoms of postpartum depression or anxiety; (vii) recommendations for the management of postpartum issues (pelvic floor exercises, urinary incontinence, etc.); and (viii) a treatment plan for ongoing physical and mental health conditions. If a patient waives the right to develop a plan with the practitioner, the practitioner is required to educate the patient about the risks of forgoing adequate postpartum care.

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For more information, contact:

John D. Fanburg, Chair | 973.403.3107 | jfanburg@bracheichler.com

Edward Hilzenrath | 973.403.3114 | ehilzenrath@bracheichler.com

Erika R. Marshall | 973.364.5236 | emarshall@bracheichler.com

Authors

The following attorneys contributed to this insight.



John D. Fanburg

Managing Member
Healthcare Law, Cannabis Industry

973.403.3107 · 973.618.5507 Fax
jfanburg@bracheichler.com



Edward Hilzenrath

Member
Healthcare Law

973.403.3114 · 973.618.5594 Fax
ehilzenrath@bracheichler.com



Erika R. Marshall

Counsel
Healthcare Law

973.364.5236 · 973.618.5954 Fax
emarshall@bracheichler.com