	POLICIES AND PROCEDURES
Policy #: 404-1523	Lead Department: Utilization Management
Title: Post-Partum Hospital Stays	
Original Date: 01/01/1999	Date Published: 12/10/2024
Approved by: Utilization Management Work Group (UMWG)	

Purpose:


To describe Central California Alliance for Health's (the Alliance)'s policy for post-partum hospital stays for Alliance members.

Policy:

1. The Alliance automatically approves post-partum hospital stays of 2-days after vaginal delivery and 4-days after Cesarean delivery, for both mother and baby, without requiring an Authorization Request or clinical justification. Diagnosis Related Group Hospital Inpatient Payment Methodology reviews will be done in accordance with DHCS regulatory guidelines found at: <https://files.medi-cal.ca.gov/pubsdoco/publications/masters-mtp/part2/diagnosisip.pdf>
2. Longer stays will require an Authorization Request to document the medical appropriateness of the extended stay.
3. With mutual consent of mother and attending physician, the mother maintains the prerogative of a voluntary earlier discharge.
4. The Alliance reaffirms its policy of an authorization-free post-discharge home nursing visit for all mothers, to include assessment of both mother and baby, discussion of preventive health issues for the infant, infant nutrition with particular emphasis on breastfeeding support where applicable, and discussion of birth control options if the mother requests this information.
5. The Alliance upholds the local community ethical standard, which prohibits discrimination in choice and availability of intrapartum pain relief on the basis of payer, ethnicity, or other non-clinical grounds.
6. The Alliance reaffirms the community standard that hospitals may not have policies or practices, which apply different standards of care to patients based upon payer, ethnicity, language capability, or other non-clinical factors.

Procedures:

1. The Alliance automatically approves post-partum hospital stays of 2-days after vaginal delivery and 4-days after Cesarean delivery, for both mother and baby, without requiring an Authorization Request or clinical justification.

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2. The Alliance offers the Healthy Moms and Healthy Babies program which is designed to encourage pregnant women to seek early prenatal and postpartum care. Refer to Alliance Policy 401-3106 – Perinatal Services. The program also gives new moms access to breastfeeding education, support, and referrals. Refer to Alliance Policy 401-3107 – Breastfeeding Support Benefits, Standards, and Promotion Program. For more information on Alliance breastfeeding support benefits please see the **Alliance Breastfeeding Support & Breast Pump Benefit Description**, available on the Alliance provider website.
3. Violations of the non-discrimination in analgesics standard, when alleged, discovered, or reported, will be reported to the Quality Improvement Department as a Potential Quality Issue (PQI). Refer to Alliance Policy 401-1301 - Potential Quality Issue Review.

References:

Alliance Policies:

- 401-1301 – Potential Quality Issue Review
- 401-3106 – Perinatal Services
- 401-3107 - Breastfeeding Support Benefits, Standard, and Promotion

Impacted Departments:

- Community Care Coordination
- Claims
- Member Services
- Provider Services
- Quality Improvement and Population Health

Regulatory:

Legislative:

- AB 38
- AB 1397

Contractual (Previous Contract):

Contractual (2024 Contract):

DHCS All Plan Letter:

NCQA:

Supersedes:

Other References:

Available on the Alliance Website: Breastfeeding Support and Breast Pump Benefit Description


Attachments:

Lines of Business This Policy Applies To

☐ DSNP

LOB Effective Dates

(01/01/2026 – present)

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| <input checked="" type="checkbox"/> Medi-Cal | (01/01/1996 – present) |
| <input checked="" type="checkbox"/> Alliance Care IHSS | (07/01/2005 – present) |

Revision History:

Reviewed Date	Revised Date	Changes Made By	Approved By
02/16/2021	02/16/2021	Viki Doolittle, RN UM/CCM Manager	UMWG
6/30/2023	6/30/2023	Viki Doolittle, RN UM/CCM Manager	UMWG
10/19/2023	10/19/2023	Azura Sanchez, UM Admin Assistant	UMWG
11/14/2024	11/14/2024	Linda Walker, UM Supervisor Concurrent Review	UMWG