

RESOURCES FOR PROVIDERS TO SUPPORT CULTURALLY RESPONSIVE POSTPARTUM EDUCATION



As your guide to better health, Buckeye is committed to helping our members throughout their pregnancy journey. We understand that every family and culture is different. In partnership with our provider network, we support members' health, traditions and choices.

Our shared goal is to deliver culturally responsive postpartum care to Black/African American women and other diverse populations, improving engagement and outcomes. To better serve these patients, we encourage you to take a moment to learn more about the ways you can better support their needs.

Who does Buckeye Serve?

Top 5 Language Preferences of Buckeye Medicaid Members (excluding English and Unknown)

- **Spanish:** 2,581 members (≈ 0.8%)
- **Nepali:** 1,959 members (≈ 0.61%)
- **Arabic:** 977 members (≈ 0.30%)
- **Somali/Maay Maay + Somali:** 698 members (≈ 0.22%)
- **Swahili:** 297 members (≈ 0.09%)



Culturally Responsive Communication Tips

- Ask about member's cultural beliefs and practices.
- Use teach-back in the preferred language.
- Respectfully address risky cultural practices.
- Document postpartum care preferences in the medical record.

Language Access Services

- Confirm preferred language at each encounter.
- Offer qualified interpreter services (telephonic, video, in-person).
- Avoid relying on family members as interpreters.
- Provide written postpartum instructions in Spanish, Nepali, Arabic, Somali and Swahili.

Resources Available

Buckeye offers postpartum tips translated in various languages, including:

- Breastfeeding guidance
- Postpartum checkups
- Mental health support
- Scheduling and transportation resources



Cultural Considerations in Postpartum Care

When supporting members, keep the following tips in mind:

Breastfeeding

Buckeye offers postpartum tips translated in various languages, including:

- Some cultures (e.g., Somali, Nepali) emphasize exclusive breastfeeding.
- Others may introduce formula early.

Tip: Ask about traditional practices; affirm safe breastfeeding practices.



Family Involvement & Decision-Making

- Decisions may involve husbands, mothers-in-law or extended family.
- Health decisions may be communal rather than individual.

Tip: Invite family with patient consent; use shared decision-making.

Postpartum Rest (“Confinement” Practices)

- **Spanish-speaking/Hispanic/Latina communities:** La cuarentena – 40-day rest with activity and diet restrictions.
- **Nepali-speaking mothers:** Extended rest with family support, including dietary and activity practices.
- **Arabic-speaking mothers:** Extended rest supported by family; cultural guidance on diet and activity.
- **Somali/Maay Maay-speaking mothers:** Postpartum confinement with family/community support.
- **Swahili-speaking mothers:** Postpartum rest with family involvement and traditional care practices.

Extended rest with family support is a culturally influenced period after birth in which family members assist with household duties, childcare, and meals to allow the mother to recover physically and emotionally, follow dietary traditions and establish breastfeeding.

Tip: Acknowledge these practices and integrate safe activity, nutrition and medical guidance.



Practice Scenarios Culturally Responsive Postpartum Care

Spanish-speaking Hispanic/Latina mother	Nepali-speaking mother	Arabic-speaking mother	Somali/Maay Maay-speaking mother	Swahili-speaking mother
Scenario: Observes <i>la cuarentena</i> and avoids leaving home.	Scenario: Extended postpartum rest with dietary restrictions.	Scenario: Prefers family to manage household duties and accompany her to appointments.	Scenario: Concerned breastmilk is “not strong enough,” considering formula.	Scenario: Practices postpartum rest with family, may miss routine checkups.
Response: Respect practice, emphasize 6-week visit, offer telehealth/home visits.	Response: Acknowledge customs, review safe nutrition, schedule follow-up respecting rest.	Response: Encourage family support, ensure mother’s autonomy, discuss medical care.	Response: Affirm breastfeeding, provide nutrition guidance, discuss safe supplementation if needed.	Response: Respect cultural practice, emphasize postpartum follow-up, offer flexible scheduling/telehealth.

Key Takeaways:

- English remains the predominant language for both Ohio residents and Buckeye members.
- Nepali/Indic languages are more prevalent among Buckeye members, reflecting refugee and immigrant resettlement patterns.
- Other languages such as Arabic, Somali, Swahili, Kinyarwanda and Ukrainian highlight emerging language needs in our membership.

