The objective of this study was to increase participation equity for blood pressure submission by incorporating community-based doulas in an already established remote patient monitoring program (RPMP) for HDP.

A special thank you to Harambee Village Doulas and Staying Healthy After Childbirth Team. Additionally, to the UW-OBGYN Research Office.

**Funding:**

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**Objectives**

The objective of this study was to increase participation in postpartum remote blood pressure monitoring collaborating with community doulas for Black birthing persons

**Methods**

- Prospective feasibility study was performed at a single Midwestern academic site from January 2021 to October 2022
- The established RPMP partnered with a community doula program focused on supporting Black birthing persons
- Patients who enrolled in the RPMP were offered study participation and if consented were paired with a full service postpartum community doula
- An estimate of the proportion of Black women who will meet the goal of 75% of days with BP reading with the addition of the community doulas can be estimated with +/- 12% precision with a sample size of 50
- Quantitative data was analyzed and summary data generated

**Results**

- Data from existing remote patient monitoring program shows that 100% of participants submitted at least one blood pressure by week one, and remained above 75% through week 4

**Conclusions**

- This study showed that Doula services involving social support were most impactful in increasing total blood pressure submission
- Community engagement and social support can improve health engagement of Black persons in the first six weeks postpartum
- While there was a decrease in stage 2 hypertension blood pressures over 6 weeks postpartum, there still remains a higher percentage of patients with stage 2 hypertension at 6 weeks postpartum compared to the number of patients who entered the program with chronic hypertension

**Acknowledgements**

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