



## The PCORI Fourth Trimester Project

Our goal is to bring together mothers, health care providers, community advocates and other stakeholders to define what women need most during the 4th Trimester.

**View our website**

[4thTrimester.web.unc.edu](http://4thTrimester.web.unc.edu)

**Follow us on Twitter**

[@4thTriProject](https://twitter.com/4thTriProject)

**Join our mailing list**

[4thTrimester@unc.edu](mailto:4thTrimester@unc.edu)

**Like us on Facebook**

<http://j.mp/4thTriFB>

In the 12 weeks following delivery, a woman must recover from childbirth, adapt to changing hormones, and learn to feed and care for her newborn. During this “4th Trimester,” many women experience considerable challenges, including fatigue, pain, breastfeeding difficulties, depression, lack of sexual desire and incontinence. Amid these concerns, postpartum care is often fragmented - 20 to 40% of women do not attend a postpartum visit. Rising maternal mortality and morbidity in the US have made this work an even greater priority.

Based on the unmet health priorities that stakeholders identify, we will work together to design research studies to deliver optimal care during this critical period, improving outcomes for mothers, infants and families.



UNC Center for  
Maternal & Infant Health



CAROLINA GLOBAL  
BREASTFEEDING INSTITUTE