Supplemental materials for


A. Larger study: This analysis was conducted as part of a qualitative study considering adaptation of care management strategies to address health care access and wellbeing after preterm birth. The study had an a priori emphasis on care management and motivational interviewing as strategies to apply in this context. The Agency for Healthcare Research and Quality defined care management as a “team-based, patient-centered approach designed to assist patients and their support systems in managing medical conditions more effectively.” There is evidence that care management can improve care for individuals cared for across multiple settings, which may apply after complicated pregnancies. Motivational interviewing is an evidence-based behavior change strategy widely used in health care settings that focuses on enhancing autonomy and strengthening motivation for change.

B. Study setting: This study recruited birthing people with a recent preterm birth from an urban, academic, pediatric health system. The health system operates a large network of primary care sites regionally. We recruited birthing people seeking infant care at the three sites with the highest proportion of Medicaid-insured infants, all located in urban areas within 4 miles of the main health system campus.

C. Composition and training of the research team:

- Interviews were conducted by four female researchers. Two interviewers reported their race and ethnicity as non-Hispanic White, one as non-Hispanic Black, and one as non-Hispanic biracial Asian and White. All interviewers were experienced in qualitative research and research in maternal-child health settings, including NICU care, home visiting, and newborn primary care.
- Coding was completed by one research coordinator, one physician, and four students in public health, nursing, and pre-medical programs. We did not request or record information on race or ethnicity of student coders.
- All members of the research team were oriented to Self-Determination Theory, which informed interview guide development. We also reviewed Reproductive Justice as a theory to apply to coding. Most members of the research team had participated in formal training and/or been involved with prior research relevant to structural and interpersonal racism. We did not record specific details of prior training or research experience in these areas.

D. Interview guide (Note: The interview guide went through multiple revisions over the course of the study. Questions provided here represent guiding questions that most structured the interviews.)

1. Tell me about how you are taking care of yourself since your baby was born.
2. After your baby was born, what did your doctors and nurses tell you in terms of taking care of yourself?
3. Tell me about your priorities for yourself and your family around the time you brought [BABY NAME] home from the hospital.
4. Was there a time during or after your pregnancy when your health care team wanted you to make a change? What were those conversations like?
5. I’m going to ask you to watch a video clip that show two different styles doctors and nurses sometimes use when they’re talking with people about making changes and then I’m going to ask you some questions about those styles of talking with people.
   a. How do you feel about the way the doctor talked to the mom in the two clips?
   b. How do your doctors and nurses talk with you compared to the doctor in the video?
   c. What feels helpful as far as how people talk to you when you are trying to make changes in your life?
   d. How would you feel about having someone from [CARE MANAGER NAME]’s team talk with you about making changes for your own health like this?
6. If someone from [CARE MANAGER NAME]’s team was trying to support you, or people in similar situations, after pregnancy…
   a. What would you think of that?
   b. What would be the most important things to address?
   c. Would you be comfortable with someone from [CARE MANAGER NAME]’s team communicating with your doctors and nurses directly?
   d. How would you want to connect with this person, and how often?