

PRENATAL WORKSHEET - 7/25/18

ROUTINE INITIAL SCREEN

- Family Health Resources
- PPD
- History and Physical
- Offer Dietician visit
- Nutaq NFP Referral
- WIC Referral
- Domestic violence screen
- BHC Referral (if did not meet at + HCG test)
- Dating Ultrasound (prefer 8-10 wks)
 - Dating Ultrasound ASAP if h/o ectopic

BLOODS / Cultures

- CBC
- Syphilis
- HIV
- Hgb A 1C
- Rubella
- Random blood sugar
- Blood type, Antibody Screen
- Hep B screen
 - (Hep BSAg(+)
 - (initiate HBV data record, 2 copies
- Hep C Antibody (at risk population)

URINE

- Urine Culture
- Urine Drug Screen (at risk population)

CERVIX

- Pap Smear per Cervical Screening guideline
- GC, CT Aptima (Cervical, or vaginal)

15-20 WEEKS

- Maternal Serum Screen 4 (if no NT/PAPP-A)

At 20 + weeks

- Vaccine (if needed)
- TOLAC consent with OB/GYN (20-32 wks)
- Fetal Anatomy US (20-22 wks)
- Domestic Violence Screen
- Lactation Education
- Contraception Counseling
 - Sign 30-day Federal Consent (PP Tubal)

AT 28 WEEKS

- (Rh neg mom repeat PNAbs screen)
- (Rhogam if Ab screen neg)

36 WEEKS

- CBC
- Cervical or vaginal Aptima (CT/GC)
- RPR
- HIV
- GBS
- Hep C Antibody (at risk population)
- Establish fetal presentation

SPECIAL PROTOCOLS

- Identify risk as early as possible (Med/Soc)
- General vaccine discussion, influenza, etc
- Education on avoidance of teratogens
- Discuss exercise, work, wt. gain, other adjustments
- Ces Del OP Report(s)
- Varicella: discuss Hx and screen if indicated
- Rubella immune if MMR x3 or lab positive
- Heptavax x3
- New Prenatal Intake w/ RN CM (PCC)
- Rhogam PRN

(at Aminocentesis if RH Neg, repeat PN Ab Screen prior if greater than 2 weeks old)

- Counsel PAPP-A / NT drawn 11-14 wks
- GDM 'at risk'
 - if RBS 140-199 or
 - if Hgb A1C 5.7 - 6.4
 - then obtain Fasting glucose prior to 24 wks
- Advanced Maternal Age
 - Offer Genetic Counseling (MFM Referral)
 - Counsel NT/Fetal Free Cell DNA Testing

EDUCATION

- TOLAC Info Packet
- Lactation Education
- Encourage Dental Care

Low Risk Schedule

- First Prenatal
- 16 to 18 weeks
- 24 to 28 weeks
- 30 to 32 weeks
- 36 weeks
- 38 weeks
- 40 weeks

24-28 WEEKS

- CBC
- 2 hr OGTT
- Childbirth Classes - Sign up
- Tdap (prefer 27-36 wks)
- Lactation Consultant Visit
- Vaccine PRN -(if needed)

28-32 WEEKS

- Chart review (by CNM)
- Pre-Admission @ ANMC Central Registration
- Encourage Tour of L&D/MBU

- Vaccine PRN (see above)

- Domestic Violence Screen
- Lactation Education
- If breech, Breech Education sheet and schedule ECV

Prenatal Timeline

Timeline	Action	Labs &/or Testing Needed	Educational Material
<i>C o n c e p t i o n</i>	Refer to the Pregnancy Test Protocol	15 minutes with PCP or BHC	Preconception counseling, or, contraception counseling ASAP if pregnancy is not desired by the C/O
		C/O is given Folic Acid & multi vitamins, if C/O is trying to get Pregnant	
<i>P r e n a t a l</i>	Refer to the Pregnancy Test Protocol or New Prenatal	15 minutes with PCP, CNM, or BHC	Early Pregnancy Warning Signs; Nausea/Vomiting Relief; Fetal Development Chart; Substance Use/Abuse; NPN info
		Risk Assessment: Pregnancy Verif. Form, FHR info, WIC info, Dental referral: Options Worksheet if requested; Folic Acid &/or multivitamins	
<i>I s t r i m e s t e r</i>	New Prenatal Appointment	60 minutes with CNM	New Prenatal Handout; Pregnancy Calendar; Early Screen Information; Group Prenatal info; Sex During Pregnancy info; Midwife Info, Amniocentesis info; Dental Info; Avoid Teratogens; Exercise and work adjustments in pregnancy
		The CNM will perform the regular service that are currently being given at the New Prenatal Appt; TOLAC info; Ces Del Op Report(s); GDM; SBRT Screening; PrimeMD screening. Start C/O on ASA 81 mg at 13 weeks if history of severe pre-eclampsia, chronic hypertension, pre-existing diabetes, chronic renal disease, antphospholipid abnormality.	
		15 minutes with BHC	None
	16 to 18 Wks	20 minutes with CNM Encourage enrollment in Prenatal Group; dental referral. If EDD changes, update Cerner	Quad test Info; "Foundation for a Healthy Start" handout. Hypnobirthing Info; Childbirth Class info; Breastfeeding Support Info

<i>2 n d T r i m e s t e r</i>	24 to 28 Wks	20 minutes with CNM There will be a 2 hr OGTT this visit so it is an opportunity to include other counseling, e. g., DV, 40 min BHC, Essure, BTL, schedule TOLAC counseling with OB/GYN	After 20 wks: Vaccine (if needed), Tdap (if no prior Tdap) At 24-28 wks: CBC, 2hr 75 gm OGTT, TOLAC consent	Preterm Labor Symptoms Review; TOLAC counseling; domestic violence counseling
		40 minutes with BHC A family visit with the BHC will take place with the C/O's familial support in a Family Room in the PCC		Review options for parenting vs. adoption; Discuss preparations for baby and labor; Review coping skills
		30 minutes with LE Go over the benefits of breast feeding with the C/O, answer question, give advice on proper technique	28 wk: Rh studies and RhoGam if indicated	
	30 to 32 Wks	20 minutes with CNM Circumcision options if male fetus	CCUA if history of UTI	TOLAC info; Circumcision info
		30 minutes with OB MD-PRN TOLAC counseling/forms. Schedule with MD in OBG for counseling/consent if TOLAC or repeat Ces Del. Need ALL previous cesarean delivery op reports. Discuss Empanelment; discuss contraceptive plans - IUD/Implanon insertion at delivery, 6 week post-partum appt or BTL		Hospital pre-admittance paperwork; contraceptive plans like IUD/Implanon/BTL; fetal movement; birth planning

<i>3 r d T r i m e s t e r</i>	35 to 37 Wks	<p>20 minutes with CNM</p> <p>Confirm presenting part; chart circumcision decision; Acyclovir RX @ 36 wks if Hx HSV; discontinue 81 mg ASA at 36 wks for HTN pts</p> <p>20 minutes with BHC</p> <p>Prepare parent(s) to adjust to new baby, review mom's plan for social support, help find resources as needed (regular Clinician in BHF or BHP, etc.)</p>	<p>GBS swab, urine aptima, repeat CBC, RPR, and HIV on all women.</p>	<p>GBS info; Circ info, Signs & Symptoms of Labor, OB triage phone number</p> <p>Provide empanellment information and discuss options with parents; Review preparation for birth</p>
	38 to 40 Wks	<p>20 minutes with CNM</p> <p>Confirm presentation</p>		<p>Review GBS, Counsel on post dates management</p>
	Overdue	<p>NST/AFI Appt in OB Testing</p> <p>Cervical ripening</p>	<p>See Antenatal Testing & Flow Sheet/guidelines for special condition management</p>	<p>Induction Info</p>