

## Prenatal Timeline

6/25/10njm

| Timeline                                                             | Action                                                                  | Labs &/or Testing Needed                                                                                                                                                                                                                                                                                                                                                       | Educational Material                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                         |
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| <i>C<br/>o<br/>n<br/>c<br/>e<br/>p<br/>t<br/>i<br/>o<br/>n</i>       | <b>Refer to the<br/>Pregnancy Test<br/>Protocol</b>                     | 15 minutes with PCP or BHC                                                                                                                                                                                                                                                                                                                                                     | Preconception counseling, or,<br>contraception counseling ASAP if<br>pregnancy is not desired by the C/O                                                                                                                                          |                                                                                                                                                                                                                                                         |
|                                                                      |                                                                         | C/O is given Folic Acid & multi<br>vitamins, if C/O is trying to get Pregnant                                                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                   | HCG                                                                                                                                                                                                                                                     |
| <i>P<br/>r<br/>e<br/>n<br/>a<br/>t<br/>a<br/>l</i>                   | <b>Refer to the<br/>Pregnancy Test<br/>Protocol or New<br/>Prenatal</b> | 15 minutes with PCP, CNM, or BHC                                                                                                                                                                                                                                                                                                                                               | Early Pregnancy Warning Signs;<br>Nausea/Vomiting Relief; Fetal<br>Development Chart; Substance<br>Use/Abuse; NPN info                                                                                                                            |                                                                                                                                                                                                                                                         |
|                                                                      |                                                                         | Risk Assessment: Pregnancy Verif. Form,<br>FHR info, WIC info, Dental referral:<br>Options Worksheet if requested; Folic<br>Acid &/or multivitamins                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                   | HCG +; Ultrasound for dates or problem PRN                                                                                                                                                                                                              |
| <i>I<br/>s<br/>t<br/>r<br/>i<br/>m<br/>e<br/>s<br/>t<br/>e<br/>r</i> | <b>New Prenatal Appointment</b>                                         | 60 minutes with CNM                                                                                                                                                                                                                                                                                                                                                            | New Prenatal Handout; Pregnancy<br>Calendar; Early Screen Information;<br>Group Prenatal info; Sex During<br>Pregnancy info; Midwife Info,<br>Amniocentesis info; Dental Info; Avoid<br>Teratogens; Exercise and work<br>adjustments in pregnancy |                                                                                                                                                                                                                                                         |
|                                                                      |                                                                         | The CNM will perform the regular<br>service that are currently being given at<br>the New Prenatal Appt; TOLAC info;<br>Ces Del Op Report(s); GDM; SBRT<br>Screening; PrimeMD screening. Start<br>C/O on ASA 81 mg at 13 weeks if history<br>of severe pre-eclampsia, chronic<br>hypertension, pre-existing diabetes,<br>chronic renal disease, antphospholipid<br>abnormality. |                                                                                                                                                                                                                                                   | CBC, RPR, HIV, Rubella, Hep B, Blood Type,<br>Rh & antibody, UA micro, C&S, Pap, urine or<br>cervical aptima; PPD, random glucose, HgbA1c.<br>PAPP-A and NT at 11-14 wks if desired.<br>Vaccine (if needed), HepB vaccine x 3,<br>Influenza Vaccine prn |
|                                                                      |                                                                         | 15 minutes with BHC                                                                                                                                                                                                                                                                                                                                                            | None                                                                                                                                                                                                                                              | Depression/Anxiety management tools;<br>DKC and WIC information;<br>Relationship/Communication tools                                                                                                                                                    |
|                                                                      | <b>16 to 18<br/>Wks</b>                                                 | 20 minutes with CNM<br>Encourage enrollment in Prenatal Group;<br>dental referral. If EDD changes, update<br>Cerner                                                                                                                                                                                                                                                            | Quad Test Offered. Ultrasound of anatomic<br>survey, CUA if history of UTI                                                                                                                                                                        | Quad test Info; "Foundation for a<br>Healthy Start" handout. Hypnobirthing<br>Info; Childbirth Class info;<br>Breastfeeding Support Info                                                                                                                |

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| <i>2<br/>n<br/>d<br/><br/>T<br/>r<br/>i<br/>m<br/>e<br/>s<br/>t<br/>e<br/>r</i> | <b>24 to 28 Wks</b> | 20 minutes with CNM<br>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<br>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<br>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                                                                   |                                                                                                              |
|                                                                                 | <b>30 to 32 Wks</b> | 20 minutes with CNM<br>Circumcision options if male fetus                                                                                                                                                                                                                                                | CCUA if history of UTI                                                                                      | TOLAC info; Circumcision info                                                                                |
|                                                                                 |                     | 30 minutes with OB MD-PRN<br>TOLAC counseling/forms. Schedule with MD in OBG for counseling/consent if TOLAC or repeat Ces Del. Need ALL previous cesarean delivery op reports.<br>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 |

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| <i>3<br/>r<br/>d<br/><br/>T<br/>r<br/>i<br/>m<br/>e<br/>s<br/>t<br/>e<br/>r</i> | <b>35 to 37 Wks</b> | <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 &amp; Symptoms of Labor, OB triage phone number</p> <p>Provide empanellment information and discuss options with parents; Review preparation for birth</p> |
|                                                                                 | <b>38 to 40 Wks</b> | <p>20 minutes with CNM</p> <p>Confirm presentation</p>                                                                                                                                                                                                                                                                                                      |                                                                                           | <p>Review GBS, Counsel on post dates management</p>                                                                                                                                      |
|                                                                                 | <b>Overdue</b>      | <p>NST/AFI Appt in OB Testing</p> <p>Cervical ripening</p>                                                                                                                                                                                                                                                                                                  | <p>See Antenatal Testing &amp; Flow Sheet/guidelines for special condition management</p> | <p>Induction Info</p>                                                                                                                                                                    |

# PRENATAL WORKSHEET - 6/25/19

6/25/10njm

## ROUTINE INITIAL SCREEN

- Family Health Resources
- PPD if high risk
- 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'
  - then obtain Fasting glucose prior to 24 wks
- 81 mg ASA qd if high risk for PEC
- Add 1,000 IU Vit D in addition to PNV
- 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

\*Only administer a PPD if you are willing to treat pt during this pregnancy

No need to screen low risk pts

The State of Alaska does recommend we screen the following high risk pts in pregnancy:

Symptoms suggestive of TB disease

HIV infection

Behavioral risk factors for HIV

Medical conditions other than HIV infection that increase the risk for TB disease

Close contact with a person who has pulmonary or laryngeal TB disease

Immigration from an area of the world where incidence of TB is high

\* HCV testing is recommended for those who:

Currently injecting drugs

Ever injected drugs, including those who injected once or a few times many years ago

Have certain medical conditions, including persons:

who received clotting factor concentrates produced before 1987

who were ever on long-term hemodialysis

with persistently abnormal alanine aminotransferase levels (ALT)

who have HIV infection

Were prior recipients of transfusions or organ transplants, including persons who:

were notified that they received blood from a donor who later tested positive for HCV infection

received a transfusion of blood, blood components, or an organ transplant before July 1992

HCV- testing based on a recognized exposure is recommended for:

Healthcare, emergency medical, and public safety workers after needle sticks, sharps, or mucosal exposures to HCV-positive blood

Children born to HCV-positive women

Note: For persons who might have been exposed to HCV within the past 6 months, testing for HCV RNA or follow-up testing for HCV antibody is recommended.