

St. Joseph's Health Prenatal Care Guidelines (6.2018)

Event	Preconception visit	Initial Visit	Subsequent Visits 0-28 Weeks (visits should occur every 4 weeks)	29-36 Weeks (visits should occur every 2-3 weeks)	37+ Weeks (Visits should occur weekly)
History & Physical	<ul style="list-style-type: none"> Risk profile including hx of previous spontaneous preterm delivery; Risk assessment for exposure to: lead; travel related infectious disease; Ht./Wt. (BMI); blood pressure; breast & pelvic exam; immunization status; family/OB/menstrual /surgical/psychiatric /psychosocial/genetic (maternal & paternal) history Hx of OB/fetal risk factors: tobacco; substance & alcohol use; stress & oral care Eligibility for progesterone therapy 	<ul style="list-style-type: none"> Risk profile including hx of previous spontaneous preterm delivery; Risk assessment for exposure to: lead; travel related infectious disease; Ht./Wt. (BMI); blood pressure; breast & pelvic exam; immunization status; family/OB/menstrual /surgical/psychiatric /psychosocial/genetic (maternal & paternal) history Hx of OB/fetal risk factors: tobacco; substance & alcohol use; stress & oral care Review estimated date of delivery Eligibility for progesterone therapy 	<ul style="list-style-type: none"> Risk profile including hx of previous spontaneous preterm delivery; Risk assessment for exposure to: lead; travel related infectious disease; Wt.; blood pressure; Fundal height; fetal heart rate/tone Hx of OB/fetal risk factors: tobacco; substance & alcohol use; stress & oral care Eligibility for progesterone therapy 	<ul style="list-style-type: none"> Risk profile including hx of previous spontaneous preterm delivery; Risk assessment for exposure to: lead; travel related infectious disease; Wt.; blood pressure; Fundal height; fetal heart rate/tone Hx of OB/fetal risk factors: tobacco; substance & alcohol use; stress & oral care 	<ul style="list-style-type: none"> Risk assessment for exposure to lead; travel related infectious disease; Wt.; blood pressure; Fundal height; fetal heart rate/tone Hx of OB/fetal risk factors: tobacco; substance & alcohol use; stress & oral care Confirm fetal position/presentation Check cervix Betamethazone as indicated
Screening & Testing	<ul style="list-style-type: none"> Screen as indicated: Rubella; Varicella; HIV*; STD; Lead; TSH; Genetic disorders PPD; Pap Smear; Screen for: depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> Screen for: Rubella; Varicella; HIV*; STD; ABO/D(Rh)/Ab; U/A; C&S; CBC As indicated: Pap Smear; U/S; PPD;HPV; Lead; Genetic disorders; Sickle Cell Hgb; TSH; Electrophoresis; Urine toxicology; GTT Screen for: depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> U/S (18-20 weeks); GTT (24-28 weeks) As Indicated: Urine Dip Stick; CBC; PR/VDRL (28 weeks); D (Rh) antibody screen; Rhogam: genetic disorders; NT; MSAFP; Triple screen; Quad screen; Amnio; CVS; Pap Smear; GDM Screen for: depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> GBS (35-37 weeks); As Indicated: Urine dipstick; CBC; STD; U/S; Pap Smear; GDM Repeat HIV testing (34-36 weeks and/or at least three months after initial testing) Screen for: depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> At Delivery: expedited testing of pregnant women who present for delivery without documentation of a negative HIV test (at initial visit or 3rd Trimester testing) As Indicated: Urine dipstick; NST BPP; CST; GDM Screen for: depression; tobacco use; substance & alcohol use; stress; oral care
Counseling & Education	<ul style="list-style-type: none"> Nutrition & Wt.; exercise; folic acid; nutritional supplements; medication use; Safe sexual practices; family planning/ pregnancy spacing; Environmental/work hazards; Eliminating lead exposure; Effects of medical and infectious diseases; teratogens Genetics and behavior on future pregnancies; Mental health issues; depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> Nutrition & Wt.; exercise; folic acid, nutritional supplements; medication use; Safe sexual practices; family planning/ pregnancy spacing; Environmental/work hazards; Eliminating lead exposure; HIV pre-test counseling; Seat belt use; body mechanics; Physiology of pregnancy; warning signs; signs of complications; signs of labor; Relaxation techniques Fetal growth & development; Laboratory studies and their indications Anticipated schedule of visits Mental health issues; depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> Nutrition & Wt.; exercise; Safe sexual practices; family planning/ pregnancy spacing; Environmental/work hazards; Travel; HIV post-test counseling; Physiology of pregnancy; warning signs; signs of complications; signs of labor; Preterm labor S/S; Quickening Relaxation techniques Fetal growth & development; Childbirth classes; breast/bottle feeding; Mental health issues; depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> Safe sexual practices; family planning/ pregnancy spacing Environmental/work hazards; HIV status; Physiology of pregnancy; warning signs; signs of complications; signs of labor; Relaxation techniques Preterm labor S/S Fetal growth & development; Fetal kick counts/movement; VBAC/TOLAC counseling; abnormal lab values; Episiotomy; labor & delivery; Pre-registration; selecting a pediatrician; birthing options; breast/bottle feeding; parenting Mental health issues; depression; tobacco use; substance & alcohol use; stress; oral care 	<ul style="list-style-type: none"> Family planning HIV status; Late pregnancy symptoms; L&D update; signs of complications; signs of labor; Relaxation techniques Fetal kick counts/movement; VBAC/TOLAC counseling; Anesthesia/Analgesia Newborn screening & education; breast/bottle feeding; jaundice; SIDS; safe sleeping position; car seat; infant CPR; circumcision Post-term counseling; Review postpartum F/U; postpartum vaccinations; FMLA/Disability forms Mental health issues; depression; tobacco use; substance & alcohol use; stress; oral care
Immunization & Chemoprophylaxis	<p>As indicated: Hep B; Hep A; Influenza; pneumococcal; HPV; MMR; Varicella; meningococcal</p>	<p>As Indicated: Hep B; Hep A; Influenza; pneumococcal; P17 – Progesterone therapy by week 17</p>	<p>As Indicated: RhoGAM (28 weeks) **TDAP and other immunizations per CDC recommendation P17 – Progesterone therapy by week 17</p>	<p>As Indicated: ** TDAP and other Immunizations per CDC recommendations</p>	<p>As Indicated: **Immunizations per CDC recommendations</p>
Referral & Follow Up	<ul style="list-style-type: none"> As indicated: presumptive eligibility; local dept. of social services; WIC; specialty care; mental health; substance abuse; nutrition; dental provider; home care; case management; parenting support; RPC 			<p>References: ACOG/AAP Guidelines for Perinatal Care; 7th edition 2012 NYS Medicaid Prenatal Care Standards Revised October 2016; https://www.health.ny.gov/health_care/medicaid/standards/prenatal_care/ *HIV guidelines for testing and management during pregnancy; https://www.hivguidelines.org/pregnancy-and-hiv/ **Updated Immunization recommendations see: https://www.cdc.gov/pregnancy/</p>	

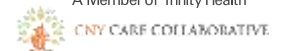
Definitions: stress= (psychosocial issues) domestic violence, accessibility to transportation, financial stability, family issues and other stress related barriers to care
STD = HepB; Syphilis; Chlamydia; Gonorrhea

****This tool is designed to assist clinician's by providing an analytical framework for the evaluation and treatment of patients, and not intended either to replace a clinician's judgment or to establish a protocol for all patients with a particular condition.****

Courtesy of: Millennium Collaborative Care of Western New York



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