

Clinical Practice Guideline for Routine Prenatal and Postpartum Care

Clinical information referenced from the American College of Obstetrics and Gynecology (ACOG), 2007

<http://www.acog.org/navbar/current/publications.cfm>

	Screening Maneuvers	Counseling & Education	Immunization & Chemoprophylaxis
<p>Initial Visit 6-12 Weeks Chapt. 4</p>	<ul style="list-style-type: none"> ➤ History Pmh: medical, surgical, psychiatric, neurologic histories - Current medications (prescription, non-prescription) - Allergies - Health problems - Date of last menstrual period - Alcohol, tobacco and illicit drug use - Prior pregnancies, miscarriages, abortions Gynecological history - Family history of birth defects - Risk factors for sexually transmitted diseases - Environmental and occupational exposures - Socioeconomic, education and cultural context - Nutrition ➤ Physical examination - Height - Weight - Blood pressure - Pelvic exam - Fetal heart tones ➤ Estimation of due date ➤ Tests - Blood type - Rh factor - Antibody screening - HGB/HCT - Past German Measles (Rubella) - Hepatitis B - Syphilis - Urine albumin & glucose, bacteria - Pap test - Chlamydia, cervical cytology as needed - Group beta strep - Gen probe for Gonorrhea - HIV testing discussion - Chorionic Villus sampling (if indicated at 10-12 weeks) - Further testing based on physician discretion ➤ Domestic abuse and violence screening 	<ul style="list-style-type: none"> ➤ Lifestyle ➤ Substance abuse (alcohol, tobacco, illicit drugs) ➤ Nutrition ➤ Weight gain ➤ Warning signs ➤ Course of care ➤ Fetal growth ➤ Breast feeding ➤ Body mechanics ➤ Review lab results ➤ Occupational hazards ➤ Risk assessment ➤ Scope of care provided in the office ➤ Physician coverage for labor and delivery ➤ Cost to the patient of labor and delivery (eg. Insurance plan participation) ➤ Practices to promote health maintenance (eg. use of safety restraints, including lap and shoulder belts) ➤ Educational programs available ➤ Options for intrapartum care ➤ Sauna and hot tub exposure 	<ul style="list-style-type: none"> ➤ Nutritional supplements
<p>Monthly visits to 28 weeks Chapt. 4 and appendixes</p>	<ul style="list-style-type: none"> ➤ Physical examination - Weight - Blood pressure - Fetal heart tones - Fetal activity - Fundal height ➤ Tests - Urine albumin & glucose - Quad screen at 15-18 weeks - OB ultrasound (if indicated) - Amniocentesis (if indicated at 14-18 weeks) 	<ul style="list-style-type: none"> ➤ Second trimester growth ➤ Quickening ➤ Lifestyle ➤ Physiology of pregnancy ➤ Preterm labor signs ➤ Childbirth classes ➤ Family issues ➤ Choosing a child's physician ➤ Planning for hospital discharge and child care ➤ Rhogam 	
<p>28 weeks</p>	<ul style="list-style-type: none"> ➤ Physical examination - Weight - Blood pressure - Fetal heart tones - Fetal activity - Fundal height ➤ Tests - Urine albumin & glucose - Hemoglobin - Gestational Diabetes screening - OB ultrasound (if indicated) - Repeat Antibody testing if warranted 	<ul style="list-style-type: none"> ➤ Work ➤ Physiology of pregnancy ➤ Pre-registration ➤ Fetal growth ➤ Awareness of fetal movement - Kick count ➤ Preterm labor symptoms ➤ Birthing options ➤ Baby feeding ➤ Occupational hazards ➤ alcohol, illicit drug use, smoking counseling 	<ul style="list-style-type: none"> ➤ Rhogam (if indicated) ➤ Influenza (optional)
<p>Visits every 2-3 weeks to 36 weeks Chapt. 4, Pg 101</p>	<ul style="list-style-type: none"> ➤ Physical examination - Weight - Blood pressure - Edema - Fetal heart tones - Fetal activity & position - Fundal height ➤ Tests - Urine albumin & glucose - - HIV (retested if high risk) - HGB/HCT (repeated) 	<ul style="list-style-type: none"> ➤ Travel ➤ Sexuality ➤ Pediatric care ➤ Circumcision ➤ Episiotomy ➤ Labor & Delivery issues ➤ Warning signs 	<ul style="list-style-type: none"> ➤ Td booster (if indicated)

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	OB ultrasound (if indicated)		
Weekly visits 36 weeks to delivery Chapt. 4, Pg 101	<ul style="list-style-type: none"> ➤ Physical examination - Weight - Blood pressure - Edema - Fetal heart tones - Fetal activity & position - Fundal height - Check cervix (if indicated) ➤ Tests - Urine albumin & glucose - Group beta strep - Chlamydia (for women under 25yo or high risk) - - 	<ul style="list-style-type: none"> ➤ Postpartum care ➤ Postpartum vaccinations ➤ Management of late pregnancy symptoms ➤ Contraception ➤ Labor signs & symptoms ➤ When to call the doctor ➤ Post-term management ➤ Importance of postpartum follow-up exam 	
Postpartum 21 – 56 days after delivery	<ul style="list-style-type: none"> ➤ Physical examination - Weight - Blood pressure - Breast exam - Abdominal exam - Pelvic exam 	<ul style="list-style-type: none"> ➤ Postpartum depression ➤ Birth control ➤ Breastfeeding (if applicable) ➤ Pelvic floor muscle exercises (Kegel's) 	

*Patients should be referred to an obstetrician or certified nurse midwife at the initial visit at which pregnancy is determined (2006 Delaware QMS Strategy)

** Women who seek initial prenatal care after the first trimester will require completion of the items listed under Initial Visit at the time of the first visit.

** High risk pregnancies are managed per physician discretion.