

PERINATAL CARE QUICK REFERENCE SHEET

Preconception	Trimester I	Trimester II	Trimester III	Post-Partum
Weeks	2 4 6 8 10 12 14	16 18 20 22 24 26 28	30 32 34 36 38 40 42	
Biologic Considerations History/Physical <ul style="list-style-type: none"> As in initial visit Lab Work <ul style="list-style-type: none"> As in initial visit Concerns <ul style="list-style-type: none"> Medications Nutrition Folic Acid Wt/Exercise/Fitness Risk Behaviors Exposures Immunize <ul style="list-style-type: none"> MMR/Varicella (avoid conception x3 mo.) Td, Hep B, Flu, Pneumovax as needed 	Initial Visit <ul style="list-style-type: none"> Medical, Family, Obstetric History Physical Exam Assess and Counsel PRN <ul style="list-style-type: none"> lifestyle nutrition tobacco, etoh, drug use toxins risk factors Lab Work <ul style="list-style-type: none"> Hgb, VDRL, Rubella Type, Rh, Antibody Titre Hepatitis BsAg Urine Dip, Uricult Consider Toxo, Sickle, PPD, BV, Urine Drug Screen Offer HIV Bleeding <ul style="list-style-type: none"> Sonogram Quant hbcg Rhogam UTI/Asymptomatic Bacteriuria Fatigue/Breast Tenderness Hyperemesis Dating Pregnancy <ul style="list-style-type: none"> LNMP/LMP Uterine Size Doppler Quickening Fetoscope Sonogram 	Ongoing Visits <ul style="list-style-type: none"> Patient Concerns BP, Weight Uterine Size Fetal Movement Urine Dip Glucose/Protein Amnio <ul style="list-style-type: none"> Multi Marker Screen Quickening <ul style="list-style-type: none"> Fetoscope Sonogram 	Ongoing Visits <ul style="list-style-type: none"> Patient Concerns BP, Weight Uterine Size Fetal Position, Movement Urine Dip Glucose/Protein Vaccine Update (flu) as indicated Glucola Rhogam Symptoms and signs: <ul style="list-style-type: none"> Preterm Labor Preeclampsia IUGR Informed Consents <ul style="list-style-type: none"> Tubal VBAC/Repeat c/s Epidural Neonatal Testing Circumcision Family Planning	Interim History <ul style="list-style-type: none"> Bleeding Fatigue Physical <ul style="list-style-type: none"> Breasts Uterine Size Wound PAP, Culture PRN Follow-up Antenatal Problems <ul style="list-style-type: none"> HTN GDM Anemia UTI Immunize Family Planning Post date plan <ul style="list-style-type: none"> Version Breech
	SMOKING CESSATION		AVOID RESTART SMOKING	
	DISCUSS BREAST FEEDING		ASSESS & SUPPORT BREAST FEEDING	
Psychologic Considerations <ul style="list-style-type: none"> Readiness Timing Screen for h/o or current abuse (Repeat PRN) Discuss breast feeding Review prior birth experience 	Understanding/Acceptance of Pregnancy <ul style="list-style-type: none"> Discuss Choice Discuss Breast Feeding Pregnancy vs. Having a Baby Assess Meaning of Pregnancy <ul style="list-style-type: none"> normalize ambivalence sense of fulfillment fear/anxiety Fetus as Part of Mother Body Image Prior Birth Review	<ul style="list-style-type: none"> Mother Centered on Self Emotional Liability Honeymoon Phase Fetus as Separate Being Family Planning Choice Birth Plan Body Image 	<ul style="list-style-type: none"> Preparation for Labor Preparation for Baby (Nesting) Past or Fantasy Experiences/Dreams Closing of Circle Fear of Death/Deformity/Dreams Support Breast Feeding 	<ul style="list-style-type: none"> Birth Review Grief Resolution Screen for P.P. Depression Screen for Violence
Social Considerations <ul style="list-style-type: none"> Timing Relationship Issues Stressors/Supports Work Environment 	<ul style="list-style-type: none"> Partner's Response Assess Stressors/Supports Meaning of Pregnancy to Family Community Resources <ul style="list-style-type: none"> Healthy Beginnings Plus WIC, Home Nursing Occupational Issues Birth Plan 	<ul style="list-style-type: none"> Telling Involvement of Partner/Family Advise Birthing Class Informed Consents <ul style="list-style-type: none"> anesthesia choice circumcision neonatal screening Birth Plan/Expectation 	Assess Preparation <ul style="list-style-type: none"> Involvement of Partner/Family Prep for Breast Feeding Family Understanding of Normal Process of Shutting Out Parenting Skills/Experience and Expectations 	<ul style="list-style-type: none"> Adjustment/Acceptance of New Family Member Role Changes

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