



Western New York Collaborative Prenatal Management Guidelines

Event	Pre-Conception Visit	Initial Visit	Subsequent Visits 0–28 Weeks (visits should occur every 4 weeks)	Subsequent Visits 29–36 weeks (visits should occur every 2–3 weeks)	Subsequent Visits 37+ weeks (visits should occur weekly)	Post-Partum Visits (3–8 weeks after delivery)
History and Physical	<p>Risk profile including hx of previous spontaneous preterm delivery</p> <ul style="list-style-type: none"> Family History (ACOG) Pregnancy Risk Factors (NIH) <p>Risk assessment for exposure to: lead; travel-related infectious disease</p> <ul style="list-style-type: none"> Zika and pregnancy (CDC) Traveling While Pregnant (CDC) <ul style="list-style-type: none"> Height/weight (BMI) Blood pressure Breast and pelvic exam Immunization status Family/OB/menstrual/medical/surgical/psychiatric/psychosocial/genetic (maternal and paternal) history 	<p>Risk profile including hx of previous spontaneous preterm delivery</p> <ul style="list-style-type: none"> Family History (ACOG) Pregnancy Risk Factors (NIH) <p>Risk assessment for exposure to: lead; travel-related infectious disease</p> <ul style="list-style-type: none"> Zika and pregnancy (CDC) Traveling While Pregnant (CDC) <ul style="list-style-type: none"> Height/weight (BMI) Blood pressure Breast and pelvic exam Immunization status Family/OB/menstrual/medical/surgical/psychiatric/psychosocial/genetic (maternal and paternal) history Oral health Estimated date of delivery 	<p>Risk profile including hx of previous spontaneous preterm delivery</p> <ul style="list-style-type: none"> Family History (ACOG) Pregnancy Risk Factors (NIH) <p>Risk assessment for exposure to: lead; travel-related infectious disease</p> <ul style="list-style-type: none"> Zika and pregnancy (CDC) Traveling While Pregnant (CDC) <ul style="list-style-type: none"> Weight Blood pressure Fundal height Fetal heart rate/tones 	<p>Risk profile including hx of previous spontaneous preterm delivery</p> <ul style="list-style-type: none"> Family History (ACOG) Pregnancy Risk Factors (NIH) <p>Risk assessment for exposure to: lead; travel-related infectious disease</p> <ul style="list-style-type: none"> Zika and pregnancy (CDC) Traveling While Pregnant (CDC) <ul style="list-style-type: none"> Weight Blood pressure Fundal height Fetal heart rate/tones 	<p>Risk assessment for exposure to: lead; travel-related infectious disease</p> <ul style="list-style-type: none"> Zika and pregnancy (CDC) Traveling While Pregnant (CDC) <ul style="list-style-type: none"> Weight Blood pressure Fundal height Fetal heart rate/tones Confirm fetal position/presentation Check cervix 	<p>Uterine involution</p> <p>Delivery history</p> <ul style="list-style-type: none"> Weight Blood pressure Pelvic exam Breast exam
Screening and Testing	<p>Screening as indicated for:</p> <ul style="list-style-type: none"> Rubella Varicella PPD Hepatitis B Lead TSH HIV* Genetic disorders Chlamydia/Gonorrhea Pap smear 	<p>U/A</p> <p>C & S Chlamydia</p> <p>Screening for:</p> <ul style="list-style-type: none"> Rubella Varicella Hepatitis B RPR/VDRL HIV testing* CBC ABO/D (Rh)/Ab <p>As indicated:</p> <ul style="list-style-type: none"> Pap smear U/S Sickle cell Hgb Electroph Genetic screening Lead screening Urine toxicology PPD Gonorrhea TSH HPV GTT 	<p>U/S (18–20 weeks)</p> <p>GTT (24–28 weeks)</p> <p>As indicated:</p> <ul style="list-style-type: none"> Urine dipstick CBC RPR/VDRL (28 weeks) D (Rh) antibody screen Genetic testing: NT, MSAFP, triple screen, quad screen, Amnio, CVS Pap smear Rhogam 	<p>GBS (35–37 weeks)</p> <p>As indicated:</p> <ul style="list-style-type: none"> Urine dipstick CBC VDRL GC/Chlamydia U/S Pap smear <p>*Repeat HIV testing (34–36 weeks and/or at least three months after initial testing)</p>	<p>At delivery:</p> <p>Expedited testing of pregnant women who present for delivery without documentation of a negative HIV test (at initial visit or third trimester testing)*</p> <p>As indicated:</p> <ul style="list-style-type: none"> Urine dipstick NST BPP CST 	<p>As indicated:</p> <ul style="list-style-type: none"> Pap smear CBC GST
Counseling and Education	<ul style="list-style-type: none"> Nutrition and weight <ul style="list-style-type: none"> Nutrition in Pregnancy (Nutrition.gov) Nutrition During Pregnancy (ACOG) Eating Fish (FDA) Exercise Folic acid, nutritional supplements Safe sexual practices Family planning/pregnancy spacing <ul style="list-style-type: none"> Family Planning (ACOG) Contraception (ACOG) Medication use Environmental/work hazards Smoking cessation Effects of medical and infectious diseases, teratogens, lead exposure, genetics, and behavior on future pregnancies Mental health issues Psychosocial issues Substance abuse Domestic violence Depression screening 	<ul style="list-style-type: none"> Nutrition and weight <ul style="list-style-type: none"> Nutrition in Pregnancy (Nutrition.gov) Nutrition During Pregnancy (ACOG) Eating Fish (FDA) Exercise Folic acid, nutritional supplements Safe sexual practices Warning signs Fetal growth and development Physiology of pregnancy Laboratory studies and their indications Medication use Environmental/work hazards Anticipated schedule of visits Smoking cessation Body mechanics HIV pre-test counseling Oral health Prevent/eliminate lead exposure Seatbelt use Mental health issues Psychosocial issues Substance abuse Domestic violence Depression screening 	<ul style="list-style-type: none"> Nutrition and weight <ul style="list-style-type: none"> Nutrition in Pregnancy (Nutrition.gov) Nutrition During Pregnancy (ACOG) Eating Fish (FDA) Quickening Exercise Safe sexual practices Environmental/work hazards Warning signs Fetal growth and development Physiology of pregnancy Preterm labor S/S Childbirth classes Family issues Travel Breast/bottle feeding HIV post-test counseling Smoking cessation Mental health issues Psychosocial issues Substance abuse Domestic violence Depression screening 	<ul style="list-style-type: none"> Fetal kick counts/movement Exercise Warning signs Fetal growth and development Physiology of pregnancy Preterm labor S/S VBAC/TOLAC counseling Environmental/work hazards Family planning <ul style="list-style-type: none"> Family Planning (ACOG) Contraception (ACOG) Pre-registration Selecting a pediatrician Safe sexual practices Breast/bottle feeding Birthing options Parenting Abnormal lab values Smoking cessation Episiotomy Labor and delivery Mental health issues Psychosocial issues Substance abuse Domestic violence Depression screening 	<ul style="list-style-type: none"> Fetal kick counts/movement Late pregnancy symptoms S/S of labor Post-term counseling Review post-partum F/U Family planning Post-partum vaccinations L & D update Anesthesia/analgesia Breast/bottle feeding VBAC/TOLAC counseling Newborn education (newborn screening, jaundice, SIDS safe sleeping position, car seat, infant CPR, circumcision) Smoking cessation FMLA/Disability forms Mental health issues Psychosocial issues Substance abuse Domestic violence Depression screening 	<ul style="list-style-type: none"> Family planning <ul style="list-style-type: none"> Family Planning (ACOG) Contraception (ACOG) Contraceptive Use (CDC) Diet and exercise Feeding methods Smoking cessation Parenting Lead prevention Mental health issues Psychosocial issues Substance abuse Domestic violence Depression screening Post-partum depression, Edinburgh Postnatal Depression Scale (EPDS) <ul style="list-style-type: none"> Psychiatric Medication (ACOG) EPDS Scale Confirmation of coordination with pediatrician
Immunization and Chemo-prophylaxis	<p>As indicated:</p> <p>HPV MMR, Hep B, Hep A, Influenza, pneumococcal, Varicella, meningococcus</p> <ul style="list-style-type: none"> ACIP Guidance for Vaccine Recommendations 2018 Adult Immunization Schedule 	<p>As indicated:</p> <p>Hep B, Hep A, pneumococcal, Influenza</p> <ul style="list-style-type: none"> ACIP Guidance for Vaccine Recommendations 2018 Adult Immunization Schedule 	<p>As indicated:</p> <ul style="list-style-type: none"> Rhogam (28 weeks) **TDAP and other immunizations per CDC recommendation ACIP Guidance for Vaccine Recommendations 2018 Adult Immunization Schedule 	<p>As indicated:</p> <ul style="list-style-type: none"> **TDAP and other immunizations per CDC recommendations ACIP Guidance for Vaccine Recommendations 2018 Adult Immunization Schedule 	<p>As indicated:</p> <p>Immunizations per CDC recommendations</p> <ul style="list-style-type: none"> ACIP Guidance for Vaccine Recommendations 2018 Adult Immunization Schedule 	<p>As indicated:</p> <p>Immunizations per CDC recommendations</p> <ul style="list-style-type: none"> ACIP Guidance for Vaccine Recommendations 2018 Adult Immunization Schedule
Referrals and Sources	<p>As indicated:</p> <p>Presumptive eligibility, local Department of Social Services, WIC, specialty care, mental health, substance abuse, nutrition, dental, home care, case management, parenting support</p>					<p>References:</p> <ul style="list-style-type: none"> ACOG/AAP Guidelines for Perinatal Care: 7th edition 2012 NYS Medicaid Prenatal Care Standards February 2010 HIV guidelines for testing and management during pregnancy: www.hivguidelines.org <p>**Updated immunization recommendations see: www.cdc.gov</p>