



2008 Prenatal/Perinatal Care Preventive Health Guidelines

Mountain State is committed to promoting and providing quality prenatal/perinatal care in order to ensure the well being of the expectant mother and the unborn child. The following guidelines are to be used in the care of the maternity patient with the understanding that additional services should be rendered based on the special needs of the individual patient.

Initial Evaluation	Up to Week 28	28 - 36 weeks	36+ weeks
<i>The FIRST VISIT should be within the first 12 weeks of pregnancy.</i>	Patient should be seen every four weeks	Patient should be seen every two to three weeks	Patient should be seen weekly
<p>PHYSICAL EXAM SHOULD INCLUDE:</p> <ul style="list-style-type: none"> - Nutritional status - Height - Weight - Blood pressure - Exam of head - Thyroid - Breasts - Heart - Lungs - Abdomen - Extremities - Pelvis Uterine size Capacity of pelvis 	<p>PHYSICAL EXAM SHOULD INCLUDE:</p> <ul style="list-style-type: none"> - Blood pressure - Weight - Fundal height - Fetal heart rate 	<p>PHYSICAL EXAM SHOULD INCLUDE:</p> <ul style="list-style-type: none"> - Blood pressure - Weight - Fundal height - Fetal heart rate - Assess for edema <p>Discussion:</p> <ul style="list-style-type: none"> - Choosing the baby's clinician - Communication of any relevant information to the baby's clinician - Family Planning Choices 	<p>PHYSICAL EXAM SHOULD INCLUDE:</p> <ul style="list-style-type: none"> - Blood pressure - Weight - Fundal height - Fetal heart rate - Assess for edema - Fetal presentation <p>Discussion:</p> <ul style="list-style-type: none"> - Long distance travel is not recommended after 36 weeks.

Note: The specific references are listed in their entirety on page 7 of this guideline.

Initial Evaluation	Up to Week 28	28 - 36 weeks	36 + weeks
<ul style="list-style-type: none"> - Blood transfusions - Diabetes and other metabolic diseases - Vascular problems - Hypertension - Sexually transmitted diseases, including syphilis and genital herpes - Convulsive disorders - Gynecologic abnormalities - Serious injuries - Environmental and occupational exposures - Immunity and immunization status, including influenza immunization for the patient who will be pregnant during the flu season. (CDC 2006) -Discussion of domestic violence -Discussion of benefits of breastfeeding 			

Initial Evaluation	Up to Week 28	28 - 36 weeks	36+ weeks
<p>LAB TESTS</p> <ul style="list-style-type: none"> - Hemoglobin and/or hematocrit - Urine C&S - Blood group, Rh type - Antibody screen - Rubella antibody titer - Syphilis screen - Cervical cytology - Hepatitis B surface antigen screen - Ultrasound at 16 - 20 weeks gestation, as indicated - Chlamydia <ul style="list-style-type: none"> Routine screening for all pregnant women aged 24 and younger and for older pregnant women at risk. -Gonorrhea if at high risk of infection -HIV Screening - Multiple Marker Screening - Discussion of prenatal screening to determine anatomic and chromosomal abnormalities -Offer Cystic Fibrosis screening <p>Additional lab tests to be conducted based on history (This list is not all-inclusive)</p> <ul style="list-style-type: none"> - Screening for diabetes “as indicated” - Examination for sickle cell - Skin test for tuberculosis - Urine drug screen 	<p>LAB TESTS</p> <ul style="list-style-type: none"> - Between weeks 24 - 28, patient should be tested for gestational diabetes as indicated- - Urine dip stick for protein and glucose. 	<p>LAB TESTS</p> <p>Urine dipstick for protein and glucose.</p> <p>At week 28</p> <ul style="list-style-type: none"> - Hemoglobin and/or hematocrit - Repeat antibody test if unsensitized, RH negative, and prophylactic Rho(D) immunoglobulin should be given 	<p>LAB TESTS</p> <ul style="list-style-type: none"> - Urine dipstick for protein and glucose. - Group B Strep screen (35-37 weeks) - As indicated for high risk factors: <ul style="list-style-type: none"> Gonorrhea screen Chlamydia screen Repeat syphilis screen Repeat HIV screen

Time Of Delivery	Post-partum
	Visit 4 - 6 weeks after delivery
<p>LAB TESTS</p> <ul style="list-style-type: none"> - Hemoglobin and hematocrit, type and screen when indicated. - Urine drug screen, as indicated, at time of presentation for delivery to advise the pediatrician of positive results - Syphilis screen at delivery, if no prenatal care - Hepatitis B surface antigen screen, if no prenatal care - Entire screen, if no prenatal care <p>IMMUNIZATION</p> <ul style="list-style-type: none"> - Immunization against rubella (MMR), if indicated,-at time of discharge after delivery. - Administration of Rho(D) immunoglobulin if indicated, at time of discharge after delivery. 	<p>VISIT SHOULD INCLUDE:</p> <ul style="list-style-type: none"> ● <i>Interval history</i> ● <i>Physical Exam</i> <ul style="list-style-type: none"> Breasts Abdomen External and internal genitalia Discussion of Pap smear follow-up as indicated ● Review of family planning/birth control methods. ● Screen for depression ● Screen for domestic violence <p>IMMUNIZATION</p> <ul style="list-style-type: none"> ● Recommend Varicella (only if there is no provider documented history of chickenpox or a negative antibody titre for past infection), Hepatitis B, and Tetanus/diphtheria/pertussis (Tdap) vaccines if indicated.



2008 Prenatal/Perinatal Care Preventive Health Guidelines Reference/Resource Page

References:

1. The American College of Obstetricians and Gynecologists (2002). *ACOG's Antepartum Record*, Washington, DC.
2. Guidelines for Perinatal Care, 5th edition, American Academy of Pediatrics and the American College of Obstetricians and Gynecologists, October 2002.
3. American Diabetes Association Clinical Practice Recommendations 2003. *Gestational Diabetes*, *Diabetes Care*, Volume 26: Supplement 1, 2003, http://care.diabetesjournals.org/content/vol26/suppl_1.
4. American Academy of Pediatrics (2005). *Breastfeeding and the Use of Human Milk*, Pediatrics, February 7, 2005, <http://www.aap.org/advocacy/releases/feb05breastfeeding.htm>
5. <http://www.ahrq.gov/clinic/uspstfix.htm> US Preventive Services Task Force. (2006). *Guide to Clinical Preventive Services*, 2nd Ed. Baltimore: Williams & Wilkins.
6. <http://www.acog.org/> The American College of Obstetricians and Gynecologists
7. <http://www.aafp.org/> American Academy of Family Practice
8. www.cdc.gov CDC (2006)

Some flexibility in specific cases will require deviations from guideline recommendations. All providers are responsible for individualizing recommendations to the specific clinical characteristics of each patient.

Resources For Your Mountain State Patients

- **Blues On CallSM** nurse Health Coaches are available 24/7 to provide one-on-one telephonic support for patients regarding chest pain and many other health topics. Your Mountain State patients can reach Blues On Call at 1-888-258-3428 (1-888-BLUE 428) toll free.
- **Telephonic Smokeless[®] Tobacco Cessation Program** is a one-year telephone-based program that includes five scheduled, outbound calls by a professional tobacco cessation specialist. This program can be reached by dialing 1-800-345-2476.
- **Guided Self-Help Smokeless[®]** - a self-administered tobacco cessation program that helps an individual quit at his/her own pace. This program can be reached by dialing 1-800-345-2476.
- **HealthMedia[®]** is a series of seven online programs that offer you personalized support for lifestyle improvement.
- **HealthMedia[®] BalanceTM** – A weight management program

- *HealthMedia® Nourish™* – A nutrition program
- *HealthMedia® Breathe™* – A smoking cessation program
- *HealthMedia® Relax™* – A stress management program
- *HealthMedia® Care™ For Your Health* – A self management program for chronic conditions
- *HealthMedia® Care™ For Your Back* – A self management program for back pain
- *HealthMedia® Succeed™* - Succeed provides participants an online Health Risk Assessment that identifies individual risk, readiness and confidence to make lifestyle changes.

To access Mountain State's Lifestyle Improvement Programs:

- Direct your Mountain State patients to go to Mountain State's member website at www.mybenefitshome.com
- Log in to the member website. Not registered? Select "click here to get a password"
- HealthMedia programs can be found under the heading "Your Health" and by clicking on "Improve Your Health" on the left side menu.

As with any insurance, members are eligible for services only as long as they are active members of the plan and the services are covered benefits of their group or direct pay contract.