

**Initial Visit**

- ❖ Labs
- ❖ History and physical exam
- ❖ Family planning counseling
- ❖ Assess and adapt care plan for risk factors (prior PTD, C/S, H/O GDM, H/O IUGR)
- ❖ Immunizations: Flu (annual) & Tdap (27-36 wks)
- ❖ Smoking and substance abuse assessment and cessation counseling as indicated
- ❖ Depression scale and Domestic Violence assessment
- ❖ Ultrasound for dating
- ❖ Discuss weight gain recommendations
- ❖ Discuss screening for aneuploidy birth defects
- ❖ Discuss risks associated with births prior to 39 weeks GA
- ❖ Discuss feeding plans, encourage and promote breastfeeding

Blood type and Rh factor	GC & Chlamydia
Antibody screening	VDRL/RPR
HCT/HGB	Urine culture
Pap smear age 21 and up q 3 yrs	HB S AG
Rubella & Varicella	HIV
Other screening as clinically indicated: drug screen, TB skin test, Hgb electrophoresis, Tay-Sachs, Cystic fibrosis, familial dysautonomia	

**Subsequent PNC Visits****Assessment Each Visit:**

- ❖ Weight gain
- ❖ Urine dip: glu/alb/ketones
- ❖ Blood Pressure
- ❖ FHR present/absent
- ❖ Fetal move present/absent
- ❖ Fundal height
- ❖ Signs and symptoms of labor

**Frequency of visits**

- ❖ Up to 20 wks q 4-6 wks (6 wks lower-risk)
- ❖ 20 to 28 wks q 4 wks
- ❖ 28 to 36 wks q 2-3 wks (3 wks lower-risk)
- ❖ 36 wks to delivery q week

**Second Trimester Assessments**

- ❖ 17-20(22) weeks-anatomy ultrasound
- ❖ 15-20 weeks-MSAFP and aneuploidy screening
- ❖ 24-28 weeks-
  - Hct/Hgb
  - Diabetes screening-50gm
  - 3 hr OGTT if 50gm abnormal
  - Rh antibody screen if Rh negative
  - Rh-immune prophylaxis if indicated

Weight gain recommendations	Fundal ht guidelines
BMI<18.5: 28-40 lbs	Symphysis pubis to top of fundus
BMI 18.5-24.9: 25-35 lbs	≥20 weeks cm = GA
BMI 25.0-29.9: 15-25 lbs	GA and cm off >3 order US
BMI>30: 11-20 lbs	BMI 36-40: sonar for growth @ 28 weeks followed by growth Ultrasound every 4-6 weeks.

- ❖ 27-36 weeks: Tdap
- ❖ Repeat Depression scale and Domestic Violence assessment
- ❖ Repeat smoking and substance abuse assessment and cessation counseling as indicated
- ❖ Provide breastfeeding encouragement, education and support

**Third Trimester Assessment****At 32-34 weeks:**

- ❖ VDRL/RPR
- ❖ GC and Chlamydia tests
- ❖ Hct/Hgb
- ❖ HIV

**At 35-37 weeks**

- ❖ GBS culture
- ❖ Depression scale and Domestic Violence assessment
- ❖ Repeat smoking and substance abuse assessment
- ❖ Ultrasound if clinically indicated
- ❖ Provide breastfeeding encouragement, education and support