

Clinical Practice Guidelines

Prenatal and Postpartum Care

Objective

Define the most appropriate perinatal care for adolescent females and women during pregnancy.

Guideline

These are only guidelines, and are based on the best available information at the time. These may not be “all inclusive” as new medications and treatments are ever-evolving. These guidelines are updated by MDwise at least biannually as national guidelines are updated.

The practice care guidelines detailed in this document are consistent with the Guidelines for Perinatal Care from the American Academy of Pediatrics and the American College of Obstetricians and Gynecologists (ACOG), Seventh Edition, October 2012. These practice guidelines are provided to aid in the preconception, prenatal, and postpartum treatment of female MDwise members of childbearing age. **The information provided does not replace the professional clinical judgment and expertise of the practitioner.**

Preconception Care

All healthcare encounters of women during their reproductive years should include counseling on appropriate medical care and behavior to optimize potential-pregnancy outcomes. This is especially important when pregnancy is being considered.

History Assessment & Physical	Lab and Screening Tests & Immunizations		Counseling & Education
<ul style="list-style-type: none"> · Medical, surgical and psychiatric histories · Obstetric and gynecologic history · Current medications (prescription and non-prescription) · Family history · Genetic history (both maternal and · Nutrition · Teratogens: environmental and occupational exposures · Assessment of socioeconomic, educational and cultural context. · Lead screening · Past pregnancies · Infection history · Initial physical exam: HEENT, teeth, thyroid, breasts, lungs, heart, abdomen, extremities, skin, lymph nodes, vulva, vagina, cervix, uterus size, adnexa, rectum, diagonal conjugate, spine, sacrum, subpubic arch, gynecoid pelvic type 	<p>Initial Labs:</p> <ul style="list-style-type: none"> · Blood type · D (Rh) type · Antibody screen · CBC · VDRL/RPR · Urine culture/screen · HBsAg · HIV Testing · Chlamydia · Gonorrhea (when indicated) 	<p>Immunizations:</p> <ul style="list-style-type: none"> · Tdap or TD spacing · Influenza* · Varicella · MMR* <p>When Indicated:</p> <ul style="list-style-type: none"> · Hepatitis A · Hepatitis B · Meningococcal · Pneumococcal 	<ul style="list-style-type: none"> · Family planning and pregnancy · Immunity and immunization · Risk factors for sexually transmitted infections (STI) · Substance abuse, including alcohol, tobacco and · Exposure to violence and intimate · Nutritional counseling · Exercise · Environmental and work hazards
	<p>Supplemental Labs:</p> <ul style="list-style-type: none"> · Hemoglobin · PPD/Quanta · Pap Test · Blood Lead Test · Cystic Fibrosis · HPV · Tay-Sachs/Canavan Disease · Early diabetes screen · Familial Dysautonomia · Genetic Screening Tests 	<p>* All live vaccines are contraindicated in pregnancy, including the live intranasal influenza, MMR, and varicella vaccines. All women who will be pregnant during influenza season should receive inactivated influenza vaccine at any point in gestation. Administer the MMR and varicella vaccines postpartum if needed.</p>	