

Friday Health Plans Prenatal Clinical Guideline



	Frequency of Visits (minimum)	4 weeks	4 weeks	4 weeks	4 weeks	2 weeks	2 weeks	2 weeks	weekly
	Visit #	1	2	3	4	5 & 6	7 & 8	9	10-14
	# weeks gestation	4-10	12	16-18	22	28	32	36	37-41
History	Allergies/Medical/Obstetrical/Surgical	√	√	√	√	√	√	√	√
	Social/Psychological/Risk Assessment	√							
	Travel (COVID, ZIKA, malaria, Tb)	√							
Measurements	Height/Weight/BMI	√	√	√	√	√	√	√	√
	Blood Pressure	√	√	√	√	√	√	√	√
	Fetal Activity				√	√	√	√	√
	Fetal Heart Tones				√	√	√	√	√
	Fundus Height				√	√	√	√	√
Screenings	Fasting	√							
	1 Hour Glucose Test					√			
	Nutrition/Dietary Assessment								
	Antibody Screen	√			24-28 weeks				
	Birth Defects Screening			√					
	Blood Type	√				28 weeks			
	CBC	√				√			
	Depression/Anxiety Screening	√							
	Barriers to Care	√							
	Intimidate Partner Violence Screening	√				√	√	√	√
	Evaluation of Edema	√							As needed
	Fetal Aneuploidy		9-19 weeks						
	Genetic Counseling/Testing	As needed	√						
	Group B Strep	√							35-37 wks
	Hepatitis B	√							√ ¹
	Hepatitis B Titer	√							√ ¹
	Hepatitis C	√							√ ¹
HIV Screening (Op-out)	√							√ ¹	
RH Factor	√								

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	Lead level if high risk factor	√							
	Tyroid	√							
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Screenings (cont)	Rhogam Fetal-maternal Transfusion					28 weeks			
	Rubella Titer	√							
	Sexually Transmitted Infections	√						√ ¹	
	Sickle Cell (if at risk)	√							
	Sonogram			18-20 weeks					
	TB (if high risk)	√							
	T-dap					27-30 weeks			
	Urine culture	√							
	Urine dipstick (for protein/ketones/glucose)	√	√	√	√	√	√	√	√
	Varicella Titer	√							
	Preclampsia								
Exams	Physical Exam	√							As needed
	Vaginal Exam	√							As needed
	Fetal Position Assessment						√	√	√
Health Ed/Counseling	Exercise/Work	√				√			As needed
	Body Changes	√				√			As needed
	Oral Health	√				√			As needed
	Intimate Partner Violence	√				√	√	√	√
	Medication (Rx/OTC/Herbal)	√				√			As needed
	Warning Signs	√				√			As needed
	Alcohol/Drugs/Tobacco	√				√			As needed
	Sex	√							As needed
	Sexually Transmitted Infections	√							As needed
	Preeclampsia								
	Education specific to patient chronic medical condition or mother status (i.e. inmate, same sex marriage)								

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	Labor and delivery education								√
	Preterm Labor Education					√	√	√	√
	Air Travel	√							
	Birds/Reptiles/Salmonella	√							
	Breastfeeding	√							
	Breastfeeding Counseling, Services and Supplies						√	√	√
	Cats/Toxoplasmosis/Pets	√							
	Parvovirus/ Young Children								
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Health Ed/Counseling	Childbirth Education	√						√	√
	Contraception Discussion						√	√	√
	Exercise	√							As needed
	Common Discomforts								
	Fetal Movement Counts				24 weeks		√	√	√
	Sleep Position								
	Hair Treatments	√							
	Heavy Metals	√							
	Herbal Therapies	√							
	Hot Tubs/Saunas	√							
	Radiation	√							
	Seat-belt Use and Air Bags	√							
	Solvents	√							
	Travel (ZIKA)	√							
Nutrition	Nutrition/Dietary Assessment	√							
	Artificial Sweeteners	√							
	Caffeine	√							
	Caloric Intake	√							
	Dairy	√							
	Delicatessen Foods	√							
	Eggs	√							

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Folic Acid	√							
Fruits/Vegetables	√							
Herbal Teas	√							
Leftover Foods	√							
Meat/ Seafood	√							
	√							

¹ High Risk

² *Journal of American Academy of Family Physicians*, "Update on Prenatal Care" Volume 89, No 3, pp 199-208. Feb 1, 2014.
 Guideline for preconception and Interconception care by HealthTeamWorks, 12/18/2009.
 The Preconception Office Visit. UpToDate, April 2019.
 Prenatal Care: Initial assessment. UpToDate, April 19, 2019.
 Federal Government Prenatal Record, Form SF533, 12/1999.
 Prenatal Care: Second and Third Trimesters. UpToDate, April 2019.
 Open Neural Tube Defects: Risk Factors, Prenatal Screening and Diagnosis and Pregnancy Management. UpToDate, April 2019.
 Patient Education: Prenatal Care (The Basics). UpToDate, May 28, 2019.
 Prenatal Care: Initial assesment. UpToDate. Apr 2020.
 Prenatal Care: Second and third trimesters. UpToDate. Apr 2020.
 Prenatal Care: Patient Education, Health Promotion, and Safety of Commonly Used Drugs. UpToDate, April 2019.