

OB Checklist: Mostly prompted in eCW but good for “Big Picture” timeline

To Do:	Teaching Topics:	Referrals:
<p><u>FIRST TRIMESTER:</u></p> <p>Initial H&P Initial Labs Review Labs Prenatal pt. educ pkg PNV Initial CPSP appt TOLAC vs. ERCS DM/GDM Screening (A1c) TB screening – if risk factors get PPD or Quantiferon Pap if due Flu vaccine if in season</p>	<p>Orientation/access to care/OB visits Warning S/S (bleed, pain, dehydr, illness) Diet/wt gain (25-35# if nl wt; 28-40 if low wt; 15-25# if overwt, to 16# obese) Activity/rest Sex Exposure (chem., heat, lifting, fall/accident, infection, lead, Hg) Discomforts, remedies Safety, violence Dental/gum care Travel precautions Genetic counseling</p>	<p>WIC CPSP Dental Drug Free Babies/smoking cessation PH Nursing/Teen parent program Nurse Family Partnshp – if 1st baby Hi risk OB clinic or conference CPMC/Gen counseling/testing Mental Health Social Worker Food/housing Medi-Cal eligibility TOLAC consult</p>
<p><u>SECOND TRIMESTER:</u></p> <p>Fetal survey US (18-22wks) If PPD+, Quantiferon +, CXR >22wks AFP (15-20w, ideal 16-18) 2nd Tri CPSP reassess 2hr Glucola/CBC (24-28w) If Rh-, ABO/Rh/ABS, Rhogam 26-28wks Flu vaccine if in season</p>	<p>Diet/wt gain (2#mo if overwt, 4#/mo if nl or low wt) Activity/exercise/rest Dental gum care Warning S/S (pain, illness, decr FM) PTL S/S (>6 Ctx/hr, bleed, SROM) Genetic counsel/testing (AFP 15-20wk ideal 16-18w, if AMA/other risk, amnio 16-20wk, CPMC survey U/S 18-22w) Infant feeding plans BC plans (if PPTL, sig >30 day pre EDC)</p>	<p>CPSP follow-ups Dental Prenatal classes (CPSP or community) Sweet Success CPMC/gen couns/testing HROB clinic or conference PH nursing Drug Free Babies/Smoking Cessation</p>
<p><u>THIRD TRIMESTER:</u></p> <p>Tdap after 26 weeks Flu vaccine if in season Check nipples pre BF GBS Cx (35-37wk) Fax Flowsheet to L&D after GBS Pre-reg at hospital 3rd tri CPSP If planned C/S, schedule date and complete paperwork/H&P Schedule induction with L&D if needed, orders, consent, H&P</p>	<p>Diet/wt gain, (see above) Warning S/S (pain, illness, FM, PIH S/S) PTL S/S (>6 Ctx/hr, bleed, SROM) “EDC” postdates protocol (if nl risk, NST/AFI x2wk 41wk on, deliver by 42wk. If GDM/insulin or meds, deliver 39w. If GDM/diet, NST/AFI 2x/wk at 40w, deliver 40-41w) BF prep (no soap on nipples, Lansinoh cream or other lubrication, erectness) L&D routine Birth plan Pain mgmt plan PP birth control plans Infant feeding plans Newborn care and f/u visits Circumcision Car Seat Parenting readiness PP care (lochia, breasts, cramps, emot/physical changes, depression) Preconception counseling</p>	<p>CPSP Prenatal classes (CPSP or community) BF support Sweet Success Antenatal testing (for NST/AFI prn) Parenting resources Car seat resources</p> <p><u>Appointments:</u> <31wks q 4 wks >32wks q 2 wks >36wks q wk PP: in 2wks if c/s in 6-8wks if vaginal delivery</p>

