

Preconception and Prenatal Care

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Quiz Question #1

- Routine prenatal care, as practiced in the United States, decreases poor obstetric outcomes
 - a) True
 - b) False

Preconception Care Risk Assessment

- Age
 - Maternal and Paternal
- Reproductive History
 - Previous stillbirths, c/s, postpartum hem., etc.
- Psychosocial
 - Substance abuse
 - Safety
 - Financial

Quiz Question #2

- What is the risk of Trisomy 21 in a 35 year old pregnant woman?
 - a) 1/250
 - b) 1/100
 - c) 1/75
 - d) 1/20

Age	Risk
35	1/250
36	1/192
37	1/149
38	1/115
39	1/89
40	1/69

Preconception Care Risk Assessment

- Medical
 - HTN, DM, Sz, Asthma, Thrombophilia, Lupus
- Genetic
 - Cystic Fibrosis, Hemoglobinopathies, Tay-Sachs
- Occupational Exposures
 - Chemicals, Infectious
- Nutrition Exposures
 - Mercury, Lead, Caffeine

Quiz Question #3

- Name three ethnic groups that are at high risk of hemoglobinopathies and thus should have a hemoglobin electrophoresis.
 - a) African _____
 - b) Mediterranean _____
 - c) Southeast Asian _____

Preconception Care Laboratory Assessment

- Rubella
- Varicella
- Hepatitis B Surface Antigen
- CBC
- HIV
- Hep C
- Hemoglobin A1C
- BMP
- Toxoplasmosis
- Cytomegalovirus
- RPR
- Hemoglobin electrophoresis
- Genetic Screening
- Gonorrhea
- Chlamydia
- TB Skin Test
- Pap Test

Preconception Counseling/Intervention

- Medical
 - Maximize prior to pregnancy
- Genetic
 - Referral to geneticist or appropriate counseling
- Nutrition
 - Prenatal vitamins, folic acid, caffeine
- Medication
 - Changes or cessation
- Substance Abuse
 - Stop!

Quiz Question #4 & #5

- What is the minimum amount of folic acid supplementation a woman should use while planning pregnancy?
 - a) 400 micrograms
- What is the recommended amount of folic acid supplementation for a woman planning pregnancy who has a child with spina bifida?
 - a) 4 mg

Questions??



Akaka Falls
Hawai'i, Hawaii

Prenatal Care Ideal Schedule

- Preconception Visit
- 6-28wks
 - q4-5wks
- 28-36wks
 - q2-3wks
- 36wks-Delivery
 - q1wk

Prenatal Care 6-28wks

- Each Visit Assess
 - Weight
 - Gestational Age
 - Blood Pressure
 - Urine glucose/protein
 - Fundal Height, 22+
 - Fetal Heart Rate, 12+
 - Fetal Movement, 19+
 - Preterm Labor/Rupture, 20+, cervical exam PRN
 - Edema

Prenatal Care 6-28wks

- OB Screening, fill out ACOG form or EMR
- Risk assessment
- Prenatal Vitamins
- Establish EDD
 - LMP assessment, u/s if needed
- First Trimester Screen, 11-13 wks
- Second Trimester Screen, 15-20wks
- Anatomy U/S, 18-22wks
- Gestational Diabetes Screening, 24-28wks
- CBC, 24-28wks

Quiz Question #6

- What are the serum markers measured (a,b) and the ultrasound characteristic (c) measured for the first trimester screen?
 - a) β HCG
 - b) pregnancy-associated plasma protein-A (PAPP-A)
 - c) Nuchal Translucency



Quiz Question #7

- What are the serum markers measured for the quad screen?
 - a) Alpha-fetoprotein
 - b) Unconjugated estriol
 - c) HCG
 - d) Inhibin-A

Down Syndrome Screening

Testing Modality	Detection rate at 5% false positive level
First Trimester Screen with NT measurement	93%
Second Trimester QuadScreen	81%
Second Trimester TripleScreen	74%

Quiz Question #8

- What is the value of a 1-hr glucola screen that should prompt further evaluation with a diagnostic 3-hr glucola
 - a) 140

Question #9

- A woman is seen by you in clinic @ 18wks. She had a normal first trimester screen @ 12wks.
 - a) What second trimester screening serum test should she have performed?
 - a) MSAFP
 - b) Neural Tube Defects
 - b) What are you screening for?

Prenatal Care 28-36wks

- Each Visit Assess
 - Weight
 - Gestational Age
 - Blood Pressure
 - Urine glucose/protein
 - Fundal Height
 - Fetal Heart Rate
 - Fetal Movement
 - Preterm Labor/Rupture, cervical exam PRN
 - Edema

Prenatal Care 28-36wks

- Discuss contraception
- Finalize delivery plan
- Rhogam if indicated
- Group B Strep Culture or PCR, 35-37wks
- CBC, 35-37wks
- STD re-screening in high risk populations or new exposure
- Fetal surveillance (US/NST) if indicated

Question #10

- A woman is seen by you in clinic @ 36wks gestation. She is planning on having an elective repeat cesarean delivery. Will you perform a Group B Strep screen on her today?
 - a) Yes
 - b) No

Question # 11

- A woman is seen by you in clinic @ 36wks gestation. She was treated for Group B Strep bacteria @ 10wks with Keflex for 5 days. Will you perform a routine Group B Strep screen on her today?
 - a) Yes
 - b) No

Prenatal Care 36wks-Delivery

- Carry out delivery plan
- Fetal surveillance (US/NST) if indicated
- \pm strip/sweep membranes
 - ONLY @ 39+ WKS!!
- Plan for post-dates management

Prenatal Care 36wks-Delivery

- Each Visit Assess
 - Weight
 - Gestational Age
 - Blood Pressure
 - Urine glucose/protein
 - Fundal Height
 - Fetal Heart Rate
 - Fetal Movement
 - Preterm Labor/Rupture, cervical exam PRN
 - Edema

Quiz Question #12

- Name three reasons to perform biweekly NST's for fetal surveillance.
 - Hypertension
 - Diabetes
 - IUGR
 - Prior Stillbirth
 - Advanced maternal age
 - Thrombophilia
 - Postdates pregnancy

Final Questions

