

HEALTHSTART EDUCATION SERVICES

1. FIRST TRIMESTER TEACHING

- A. Physical and emotional changes specific for the first trimester:
 - 1. Breast tenderness
 - 2. Fatigue
 - 3. Mood swings
 - 4. Ambivalence about pregnancy
 - 5. Nausea, vomiting, heartburn, constipation
 - 6. Frequency of urination
 - 7. Bleeding gums
 - 8. Headaches
- B. Fetal Growth and Development (Specific for clients gestational age)
 - 1. "How Your Baby Grows" brochure
- C. Examples of warning signs
 - 1. Vaginal bleeding
 - 2. Heavy vaginal discharge
 - 3. Painful urination
 - 4. Frequent headaches
 - 5. Blurred vision
- D. Personal Hygiene Including Perineal Care
- E. Level of Activity
 - 1. Continuation of school/work
 - 2. Sexual activity
 - 3. Activity and rest
- F. Lifestyle Habits
 - 1. Car seat safety
 - 2. Avoidance of drugs, smoking, ETOH, caffeine
- G. Possible Occupational and Environmental Hazards
 - 1. Toxoplasmosis
 - 2. Rubella
 - 3. X-rays
 - 4. Chemicals and passive smoke exposure
- H. Need for continuing medical and dental care.

HEALTHSTART EDUCATION SERVICES - Page 2

- I. Self breast exam
- J. Laboratory testing
- K. WIC
- L. Cleints Rights and Responsibilities
- M. Low birth weight
- N. Stress in pregnancy
- O. Nutritional needs - obtain food frequency log
- P. Encourage prepared childbirth classes and give registration brochure
- Q. Handouts to be included at first prenatal visit include:
 - 1. Nutritional Brochure
 - 2. Patient's Rights/Responsibilities
 - 3. Low Birth Weight
 - 4. Stress in Pregnancy
 - 5. Drug and Alcohol Information
 - 6. How Your Baby Grows
 - 7. Self Breast Exam
 - 8. WIC Brochure
 - 9. Childbirth Brochure
 - 10. "HealthStart" Brochure use as a tool to orient the client to HealthStart services
 - 11. HIV Brochure
 - 12. Consent for HIV Testing
 - 13. Clinic Pre-Registration Form
 - 14. Hepatitis B brochure
 - 15. Cystic Fibrosis carrier testing
 - 16. Pain Scale

NOTE: Provide verbal information pertaining to each brochure as it is given to the client.

II. **SECOND TRIMESTER TEACHING** (To be done between 16-25 week gestation)

- A. Physical and Emotional Changes During Pregnancy
 - 1. Heartburn
 - 2. Shortness of breath
 - 3. Decrease in urinary frequency
 - 4. Stability in mood swings
 - 5. Decreased fatigue, nausea and vomiting
 - 6. Disrupted sleep
 - 7. Weight gain
 - 8. Constipation
- B. Fetal Growth & Development
- C. Warning Signs

HEALTHSTART EDUCATION SERVICES - Page 3

- D. Signs and symptoms of pre-term labor
- E. Level of activity
- F. Lifestyle habits
- G. Continuing need for medical/dental care
- H. Possible environmental hazards
- I. Assess childbirth education needs; encourage classes
- J. Assess future family planning needs - If BTL desired, patient must sign Medicaid release and document on chart.
- K. Handouts:
 - 1. Reportable symptoms
 - 2. premature labor brochure
 - 3. Breast-feeding brochure

NOTE: Brochures may be given prior to second trimester teaching - clients must have literature prior to 20 weeks gestation.

III. **THIRD TRIMESTER TEACHING** (To be done at 28-35 weeks gestation)

- A. Childbirth education course including (refer clients to prepared childbirth classes):
 - 1. Labor process
 - 2. Signs of labor
 - 3. Vaginal delivery
 - 4. Cesarean Section
 - 5. Prepared childbirth methods
 - 6. Medication
 - 7. Hospital tour
- B. Preparation for hospital admission including the following:
 - 1. Pre-admission form completion
 - 2. Care for older children
 - 3. Hospital routine
 - 4. What to bring to the hospital
- C. Newborn needs and development including:
 - 1. Infant crying
 - 2. Sleeping and eating patterns
 - 3. Pediatric care
 - 4. Circumcision
 - 5. Back to Sleep
- D. Assessment of infant supplies

Index: 7070.000
Addendum: #3
Revised Date: May, 2004

HEALTHSTART EDUCATION SERVICES - Page 4

- E. Preparation of family./household for the infant
- F. Importance of post partum visit
- G. Future family planning needs
 - 1. If BTL desired, Medicaid consent must be signed
- H. Normal physical changes during pregnancy
 - 1. Lightening
 - 2. Ligament pain
 - 3. Muscle cramps
 - 4. Urinary frequency
 - 5. Back pain
 - 6. Stretch marks
 - 7. Constipation and hemorrhoids
- I. Reinforce warning signs including decreased fetal movement
- J. Level of activity
- K. Lifestyle changes
- L. Handouts to include:
 - 1. Preadmission form - have client complete it and send via interoffice mail to financial counselor at the end of clinic day.
 - 2. Childbirth Graphics Fetal Kick Count
 - 3. Pediatrician List
 - 4. Breastfeeding
 - 5. Back to Sleep
- IV. POST PARTUM TEACHING (To be done prior to six week postpartum appointment)
 - A. Review clients labor and delivery experience
 - B. Normal physical and emotional changes
 - 1. Adjusting to the role of mother
 - 2. Post partum depression
 - 3. Physical changes
 - 4. Resumption of menstrual cycle
 - C. Discomforts after birth
 - D. Level of activity - including post partum sexual activity
 - E. Lifestyle habits.

Index: 7070.000
Addendum: #3
Revised Date: May, 2004

HEALTHSTART EDUCATION SERVICES - Page 5

- F. Future family planning
- G. Infant growth and development during the first three (3) months of life
- H. Basic baby care
- I. Adjustment of the family and household to the infant
- J. Examples of warning signs for mother and baby which may require medical attention
- K. Need for continuing medical care
- L. Follow up on WIC,. pediatrician visit and Medicaid/HMO
- M. Assess infants nutrition and review maternal nutrition needs.
- N. Handouts to include:
 - 1. Birth Control Brochure
 - 2. Growth and Development (birth - 6 months)
 - 3. Women's Health care magazine
 - 4. Parenting and Discipline