

D1 Prenatal Health History - Assess and document the following health history components at the initial prenatal appointment:

	1	2	3	4	5
a. Medical History (including allergies and family medical history)					
b. Surgical History					
c. Infection (communicable diseases, STIs) and Immunization History (Influenza, Tdap, Rubella, Hepatitis B, Varicella)					
d. Gynecologic & Obstetrical History (including LMP, menstrual & contraception history)					
e. Genetic/Teratology history (both maternal and paternal)					
f. Substance use (including alcohol, tobacco or electronic nicotine devices, all illegal drugs and environmental exposures)					
g. Current Medications (prescription, non prescription, herbal supplements & remedies)					
h. Pregnancy risk factors (Comprehensive review)					
i. Estimated date of delivery (EDD) confirmation					
j. Socioeconomic status and educational level					
k. Behavioral health disorders					
Total:					
Comments:					

D2 Prenatal Physical Examination - Assess and document the following physical examination components

	1	2	3	4	5
a. Head, Ears, Nose, Throat (HENT)					
b. Eyes					
c. Teeth					
d. Thyroid					
e. Lungs					
f. Breast					
g. Heart					
h. Cervix					
i. Abdomen					
j. Extremities					
k. Skin					
l. Lymph nodes					
m. Pelvis (including uterine size or fundal height)					
n. Blood pressure					
Total:					
Comments:					

D3, D5, D6, & D7 Prenatal Interval Appointments - Assess and document the following components on all subsequent routine scheduled visits and follow-up on missed appointments:

	1	2	3	4	5
a. Interim history/routine screening questions:					
1. fetal movement					
2. contractions					
3. rupture of membranes					
4. vaginal bleeding					
b. Weight					
c. Blood pressure					
d. Fetal heart rate					
e. Fundal height					
f. Fetal presentation (greater than or equal to 36 weeks)					
g. Other assessments if indicated (cervix, edema, urine for protein/glucose, etc.)					
h. Document follow-up on missed appointments					
i. Facilitate referral and follow-up, as indicated					
j. Hospitalize patients when needed in order to treat/monitor their high-risk conditions					
Total:					
Comments:					

E1-E18 Laboratory and Other Studies - Provide and document the following:

	1	2	3	4	5
a. Syphilis Screen (initial appointment)					
Syphilis Screen (repeat between 28–30 weeks)					
b. Hepatitis B (initial appointment; unless known infection)					
Hepatitis C (initial appointment; unless known infection or <18)					
c. HIV testing at initial appointment (document declination)					
HIV testing in 3 rd trimester (document declination)					
d. Gonorrhea (initial appointment)					
Gonorrhea (repeat 3 rd trimester if 25 years of age or younger; or 25 years of age and participating in high-risk behaviors)					
e. Chlamydia (initial appointment)					
Chlamydia (repeat 3 rd trimester if 25 years of age or younger; or 25 years of age and participating in high-risk behaviors)					

		1	2	3	4	5
f.	Genetic serum screening offered or referred prior to 20 weeks of gestation (document declination)					
	Additional genetic and aneuploidy screening tests offered					
g.	Blood Group (initial appointment)					
h.	Rh determination (initial appointment)					
i.	Antibody screen/titer (initial appointment)					
	Antibody repeat at 26-28 wks. gestation for a RhD-negative patient with a negative initial antibody screening					
j.	Rubella status/testing (initial appointment)					
k.	Varicella status/testing (initial appointment)					
l.	Cervical cytology screening for cancer, as indicated, according to ACOG Cervical Cytology Guidelines, including date of last pap prior to this pregnancy					
m.	Urine dipstick for protein					
n.	Urine culture (specific for Group B Strep) at initial appointment					
o.	GBS at 36–38 wks (if no GBS bacteriuria diagnosed in current pregnancy)					
p.	Hgb/Hct (initial appointment)					
	Hgb/Hct (2 nd trimester if indicated)					
	Hgb/Hct (3 rd trimester)					
q.	Gestational diabetes (GDM) screen at 24–28 wks for gestational diabetes with 50 grams of glucose and a 3-hour Oral Glucose Tolerance Test (OGTT) if indicated or test for gestational diabetes as per 2011 American Diabetes Association guidelines: perform a 75-gram glucose 2-hour OGTT at 24-28 wks. gestation					
r.	Hgb electrophoresis screen (document declination)					
s.	Lead and Pregnancy Risk Questionnaire completed and lead testing for patients with positive screening results					
Total:						
Comments:						

E19-20 Abnormal Findings, Diagnostic Evaluations, Referrals and Follow-up

		1	2	3	4	5
a.	Diagnostic/monitoring tests completed (NST, BPP and ultrasounds when indicated)					
b.	Patients managed or referenced for abnormal findings (including consultation with specialist)					
c.	Document follow-up completed or missed consultation/specialty appointments if indicated.					
Total:						
Comments:						

F1-F4 Medical Therapy - Provide and document the following:

		1	2	3	4	5
a.	Discussion of 17P for patients at high-risk of preterm birth following documented conversation of risks/benefits and joint decision making with the patient (if agency provides)					
b.	Influenza vaccine provided for all patients during influenza season (October through May)					
c.	Tdap vaccine provided preferably between 27 and 36 wks. gestation. Document the date the vaccine was given or declined					
d.	Recommended use of low dose Aspirin (81 mg) initiated after the 12th week of gestation in patients with a history of preeclampsia in prior pregnancy					
Total:						
Comments:						

G1-G12 Nutrition Services - Gestational Weight Management & Screening:

		1	2	3	4	5
Gestational Weight Management						
a.	Record weight and height at initial prenatal appointment					
b.	Determine pre-pregnancy weight/calculate BMI and educate patient about recommended weight gain range per IOM guidelines					
c.	At each visit, assess patient weight gain or loss and counsel patient as indicated					
d.	Screening (DHHS 4161) at initial appointment (if self-screen, reviewed by licensed healthcare provider) and updated at subsequent appointments as indicated					
e.	Plan of care documented in the patient's medical record for each identified nutritional problem BMI <18.5 or ≥30) and updated as needed					
f.	Prenatal supplement with folic acid and iron was provided or prescribed					
g.	Referral to RD&/or LDN for complete assessment (as indicated from screening or problem identification during pregnancy)					
h.	Referred to WIC at initial appointment (if not enrolled)					
i.	Counseling for patients with any high-risk condition listed below (Medical Nutrition Therapy)					
	1. Conditions which impact gestation or birth weight where nutrition is the underlying cause					
	2. Metabolic disorders					
	3. Chronic medical conditions					
	4. Autoimmune disease of nutritional significance					
	5. Eating disorders					
	6. Obesity					
	7. Documented history of a relative of the first degree with risk factors					
j.	Care plan developed for each identified nutritional problem					
k.	Document appropriate follow-up with the RD/LDN for each identified nutrition problem					
Total:						
Comments:						

D4 & H1-H8 Psychosocial Services - Complete & document the following psychosocial screenings:

		1	2	3	4	5
a.	Complete the PMH risk screening form or the Modified 5Ps screening tool at the initial visit provided					
b.	Provide 5As counseling approach for tobacco and END cessation for all patients. If a nonsmoker stop at "ASK"					
c.	Initial Psychosocial screening (DHHS Form 4158 or 4159) & PHQ-9 or EPDS completed, reviewed, and documented during the initial prenatal appointment					
d.	Interval Psychosocial screening (DHHS Form 4160) completed in the 2nd and 3rd trimesters and documented. When indicated, PHQ-9 or EPDS completed, reviewed and documented					
e.	Based on screening, appropriate plan of care is developed. Referral to LCSW, Pregnancy Care Manager or other resources are made and documented					
f.	Comprehensive assessment provided by LCSW with one or more risks identified					
g.	Care plan developed for each identified problem which includes documentation of appropriate follow-up for each identified psychosocial problem, inclusive of both those addressed by the LCSW					
h.	LCSW provides counseling services for identified psychosocial problem(s), and / or referral made for outside services					
Total:						
Comments:						

I1-I15 Patient Education - Provide and document the following:

		1	2	3	4	5
a.	Education about each patient specific risk condition					
b.	Scope of care provided					
	1. What is expected at first prenatal appointment					
	2. Schedule of appointments					
	3. Laboratory studies					
	4. Options for care					
	5. Office policies					
	6. Emergency coverage & costs					
	7. Expected course of pregnancy					
c.	Provider coverage for labor and delivery & services					
d.	Adverse signs and symptoms of pregnancy					
e.	Health maintenance practices					
	1. Balanced nutrition					

	1	2	3	4	5
2. Exercise safety/daily activity					
3. Travel					
4. Alcohol, tobacco, electronic nicotine device use					
5. Illegal, prescription, non-prescription drug use					
6. Seat belt use					
7. Sauna & hot tub exposure					
8. Vitamin & mineral toxicity					
9. Prevention of HIV infection and other STIs					
10. Environmental exposure to second hand smoke and lead					
11. Nausea/vomiting					
f. Exercise warning signs					
g. Educational programs available e.g., Childbirth education and Parenting classes					
h. Benefits of breast-feeding/risks of not breast-feeding					
i. Dangers of eating certain fish with high levels of mercury eating unpasteurized cheese and milk; hot dogs or luncheon meats (unless steaming hot); or refrigerated smoked seafood, pâtés or meat spreads					
j. Planning for discharge/childcare; identifying a pediatrician					
k. Financial responsibility to the patient for prenatal care and hospitalization (e.g., insurance plan participation, self-pay)					
l. Safe sleep education					
m. Family planning method options					
n. Warning signs/symptoms for postpartum complications and when to notify provider/seek care					
Total:					
Comments:					

D8 Postpartum Care (preferably by 6 weeks and no later than 12 weeks)

	1	2	3	4	5
a. Documented follow-up on Missed appointment(s)					
b. Postpartum follow-up for diagnosed high-risk condition(s). through provision of care or referral to appropriate provider(s) (referral facilitated to the appropriate provider)					
c. Screen for substance use using 5Ps and counsel using 5As for tobacco and END cessation. Refer as indicated.					
d. Postpartum GDM follow-up testing for all GDM patients					
e. Completed EPDS or PHQ9 screening tool and referral if indicated					
f. Interpersonal violence screening referral if indicated					
g. Reproductive life planning counseling and provision of contraceptive method of patient's choice or referral to Family Planning provider. Refer to a primary care provider at the conclusion of obstetrical care as indicated					
h. Refer to a primary care provider at the conclusion of obstetrical care as indicated					
Total:					
Comments:					

Quality Assurance (Evidenced by Policy, Procedure, or Documentation)

		Yes/No
B1	Medical services are provided by a board-certified Ob/GYN	
	Identified perinatologist available for referral	
B2	Augmented care with APPs as prescribed by a physician	
B3	Non-Stress Testing if offered, should only be performed by experienced licensed healthcare professionals which includes: RN, CNM, NP, CNS, MD, DO and PAs. This shall be evidenced by a policy and training, if applicable.	
B4	Comprehensive clinical assessments and counseling is provided by a LCSW	
B5	Nutrition assessments and counseling is provided by a RD or LDN	

		Yes	No
B6	Patients at high-risk for experiencing a fetal/infant death receive appropriate prenatal care as determined by site appointment and record review		
B7	Services are in accordance with ACOG guidance on high-risk maternal care as determined by site appointment and record review		
B8	Conduct annual quality assurance reviews of policies and procedures. This shall be evidenced by documentation of annual policy review and approval according to the agency policy on policies.		
B9	Interruption of services or inability to meet quality assurance deliverables will be reported within 14 days to the WHB Regional Nurse Consultant. This shall be evidenced by a policy.		
B10	Demonstrates excellence in customer friendly services as evidenced by annual patient satisfaction surveys. This shall be evidenced by a policy and satisfaction surveys.		
B11	All staff, clinical and non-clinical, participate in at least one training annually focused on health equity, health disparities, or social determinants of health. This shall be evidenced by a policy and training roster.		
B12	Provision of active electronic mail membership and direct access to the internet for the maternity nurse supervisor, LCSW, and RD &/or LDN, HRMC funds can be used to finance and maintain hardware, software, and subscription linkage to the current local values.		
B13	Use of interpreter services for all maternal health programs. This shall be evidenced by a policy.		

Policies/Procedures - The Health Department shall develop and follow policy/procedures/protocol

		Yes/No
C1	List of high-risk conditions the HRMC accepts on referral.	
C2	System for flagging charts of patients who need special diagnostic tests or therapeutic services, or who have an abnormal laboratory result for which follow-up must be assured.	
C3	Assurance that multi-disciplinary staff function as a team. Policies for provision of multi-disciplinary team meetings, including all of the disciplines (e.g. social work, nutrition, nursing) providing care within the HRMC.	
C4	Mechanisms for patient referral and coordination of services among agencies, hospitals, other providers and written agreements with referring agencies.	

		Yes/No
C5	Outpatient management of prenatal conditions served.	
C6	Psychosocial and nutritional risk screening process, referrals to the HRMC, LCSW and RD/LDN and the provision of clinical social work and nutrition services.	
C7	Use of the modified 5Ps validated screening tool to identify, refer (if indicated) or prescribe subsequent follow-up of patients.	
C8	Laboratory testing for the presence of drugs is not recommended universally. If risk indicators are identified, the process must include assurance of confidentiality and an informed written consent shall be obtained.	
C9	Identification, follow-up and referral as indicated for pregnant and postpartum patients who are experiencing interpersonal violence. The minimum standard for identification is the use of three recommended ACOG screening questions administered at the first prenatal contact, each trimester and postpartum.	
C10	Universal prenatal screening for vaginal and rectal Group B Streptococcal colonization of all pregnant patients at 36-38 weeks gestation to include documentation unless already diagnosed with positive GBS bacteriuria and transfer of results to delivering hospital. All prenatal clinics providing prenatal care through 36-38 weeks are required to have this policy.	
C11	Provision of Rubella and/or Varicella vaccine post-delivery if patient is not immune.	
C12	Fetal fibronectin testing for asymptomatic patients at high-risk for preterm delivery due to a previous preterm or a multifetal gestation and for patients with symptoms suggestive of preterm labor. There is no requirement that the fetal fibronectin testing be utilized in the clinic, but agencies may elect to do so in consultation with their Medical Directors. It is not appropriate to utilize this test routine screening asymptomatic low risk patients, nor should it be utilized in any event before 24 weeks 0 days; no later than 34 weeks 6 days of gestation; in the presence of ruptured membranes; cervical dilation is greater than or equal to 3 cm.	
C13	Regular communication and follow-up for prenatal patients co-managed by the HRMC and another provider. Follow-up reports are required to be sent to the referring source of care.	
C14	Documentation of services for persons receiving continuing care (in HRMC or current low risk prenatal care medical record). These requirements reflect minimum expectations. The actual content of care, beyond these minimal standards, provided to any individual patient must be governed by appropriate clinical practice and the specific needs of the patient.	
C15	Completed the following validated screening tools (1) PHQ-9 or EPDS at the initial prenatal visit and as indicated in the 2nd and 3rd trimester, and (2) PHQ-9 or EPDS at the postpartum visit. Policy should include referral and follow-up processes.	

		Yes/No
C16	Assessment of all clients for tobacco and/or electronic nicotine delivery system (ENDS) use and provision of 5As counseling for tobacco/ENDS cessation for all patients who use tobacco or ENDS. Facilitate referral to QuitlineNC (1-877-QUIT- NOW) or a community resource.	
C17	All standing orders or protocols developed for nurses in support of this program must be written in the NC Board of Nursing format. All Local Health Departments shall have a policy in place that supports nurses working under standing orders. https://www.ncbon.com/vdownloads/position-statements-decision-trees/standing-orders.pdf .	

Staff Requirements and Training

Agencies providing or assuring prenatal services must meet the following requirements or have the following policies:

		Yes/No
J1	<p>Breastfeeding Promotion and Support Training</p> <p>Recommend maternal health staff receive task appropriate breastfeeding promotion and support training from Breastfeeding Coordinators in health departments. This training includes information on the clinic environment, goals and philosophies regarding breastfeeding, as well as task appropriate breastfeeding information, such as anticipatory guidance for the breastfeeding infant, the benefits of and the risks of not breastfeeding, anticipatory guidance related to breastfeeding and birth spacing/family planning, contraindications to breastfeeding, and information for referring patients for additional breastfeeding support services. Initial training for all maternal health staff is encouraged; on-going training as needed is recommended. Training certificates per person or per agency are available.</p>	