



Patient Education Checklist Steps Ahead Maternity Care Program

Billing Consult: _____ **Name:** _____

Nutrition Consult: _____ **Date:** _____ **Age:** _____ **G:** _____ **P:** _____

Health Education Consult: _____ **LMP:** _____ **EDC:** _____

Records Sent to Hospital: _____ **Hospital for Delivery:** _____

Health and Nutrition Issues

Check appropriate trimester column as discussed

	Trimester				Trimester		
	0-14	15-26	27-40		0-14	15-26	27-40
Overview of care				Vaginal discharge			
Warning signs				Fatigue			
Vaginal Bleeding				Leaking breasts			
Abdominal Pain				Increased secretions			
Edema				Trouble sleeping			
Headaches				Bleeding gums			
Visual Disturbances				Ligament pain			
Dizzy, fainting				Stretch marks			
High temperature				Emotional changes			
Rupture of membranes				Fetal G & D			
Decreased movement				Lamaze referral			
Other illness				Breastfeeding class			
Body changes				Financial issues			
Minor discomforts				Food Stamps			
Frequent urination				WIC			
Heartburn				Medicaid/TANF			
Nausea				General hygiene			
Backache				Activity/Work			
Dyspnea				Rest, relax, sleep			
Varicose veins				Exercise			
Hemorrhoids				Travel			
Cramps				Care of skin, breast			
Constipation				Douches			
Edema				Sexual relations			

Continued on back

	Trimester				Trimester		
	0-14	15-26	27-40		0-14	15-26	27-40
General hygiene continued				Circumcision pros/cons			
Dental care				Circumcision care			
Smoking				WCC plans/2 week appt.			
Caffeine				PKU			
Drugs				Labor and delivery			
Alcohol				Lightening			
Attitude toward:				Contract/false labor			
Pregnancy				Blood show/Mucus plug			
Labor				Rupture of membranes			
Newborn				How to participate			
General prenatal nutrition				Partner's interest			
Anemia				Analgesia/Anesthesia			
Pica				Breathing, relaxation			
Weight gain				Phases of labor			
Dietary status assessment				Expulsion			
Caffeine				Hospital procedures			
Drinking water				Postpartum			
Infant nutrition				Exercise			
Infant preparations				Blues			
Parenting				Afterpains			
Equipment/care seat				Breast care			
Home preparations				Episiotomy care			
Sibling preparations				Family planning			
Family relations				6 week check-up/appointment			
Infant care				9 months to get ready			
Infant G & D				Handouts			

Key: TANF: Temporary Aid for Ready Families; EDC: Expected Date of Confinement; G: Gravida; G & D: Growth and Development; LMP: Last Menstrual Period; P: Primigravida; PKU: Phenylketonuria, WCC: Women, Infants, & Children Program

Source: *How to Establish Perinatal Services in Community Health Centers*. U.S. Department of Health and Human Services. Public Service August 1985.