

# Suffolk Health Plan

## PCAP (State DOH) Prenatal Care Requirements – Please Do & Document

---

- Document missed appointments.
- Document any attempts to reschedule missed appointments.
- Perform and document a comprehensive risk assessment including the following at the initial visit: Health history, Physical exam, OB history, Nutritional assessment, Psychosocial assessment, Genetic risk factors assessment, Environmental assessment, Smoking, Alcohol use, & Drug use.
- Develop a care plan & address any identified problems in the care plan
- Follow up on all identified problems.
- Conduct the following lab tests at the initial assessment: hemoglobin electrophoresis, syphilis (VDRL), GC screen, chlamydia, urinalysis/urine culture, cervical-vaginal cytology, & hepatitis B surface antigen. Please note that hemoglobin electrophoresis (not a sickle cell prep) is the recommended test.
- Conduct additional lab tests at other dates including: maternal serum AFP (14-18 weeks), glucose challenge (26-28 weeks), hemoglobin/hematocrit (3<sup>rd</sup> trimester), syphilis screen (3<sup>rd</sup> trimester), GC screen (3<sup>rd</sup> trimester), chlamydia (3<sup>rd</sup> trimester).
- Follow up on all abnormal lab results.
- Offer HIV testing, document if refused or done
- Discuss all the following education topics: basic nutrition, signs of complications, avoidance of harmful substances, HIV infection/risk reduction behavior, signs of labor, labor and delivery process, relaxation techniques in labor, OB anesthesia and analgesia, preparation for parenting, breast feeding, other infant feeding choices, family planning, pediatric care, & attendance at childbirth education classes.
- Promote the importance of a post partum visit between the 28<sup>th</sup> and 56<sup>th</sup> day after delivery & provide patients with a post partum appointment during the 9<sup>th</sup> month of pregnancy.

## PCAP (State DOH) Post Partum Requirements – Please Do & Document

---

- A complete post partum physical exam including blood pressure, weight, breast exam, abdominal exam & pelvic exam.
- Offering & discussion of family planning services.
- Preconception counseling emphasizing the importance of control of any chronic disease conditions such as diabetes and hypertension, smoking cessation, treatment of any alcohol or drug problems, and initiation of Folic Acid prior to a future pregnancy.
- Address the mother's needs including medical needs, psychosocial needs, nutritional needs, breast/care feeding needs, smoking cessation, alcohol treatment & drug treatment.