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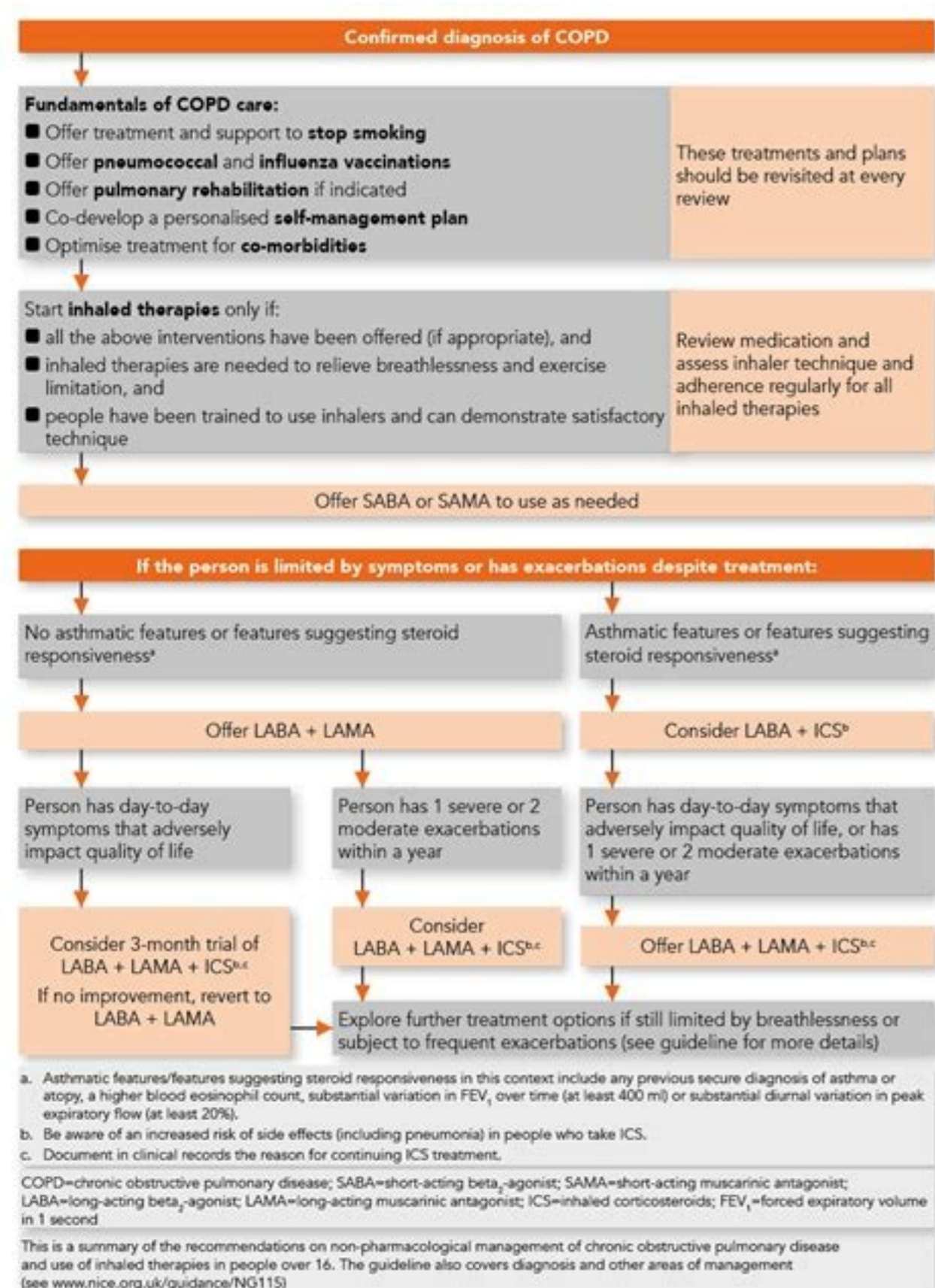


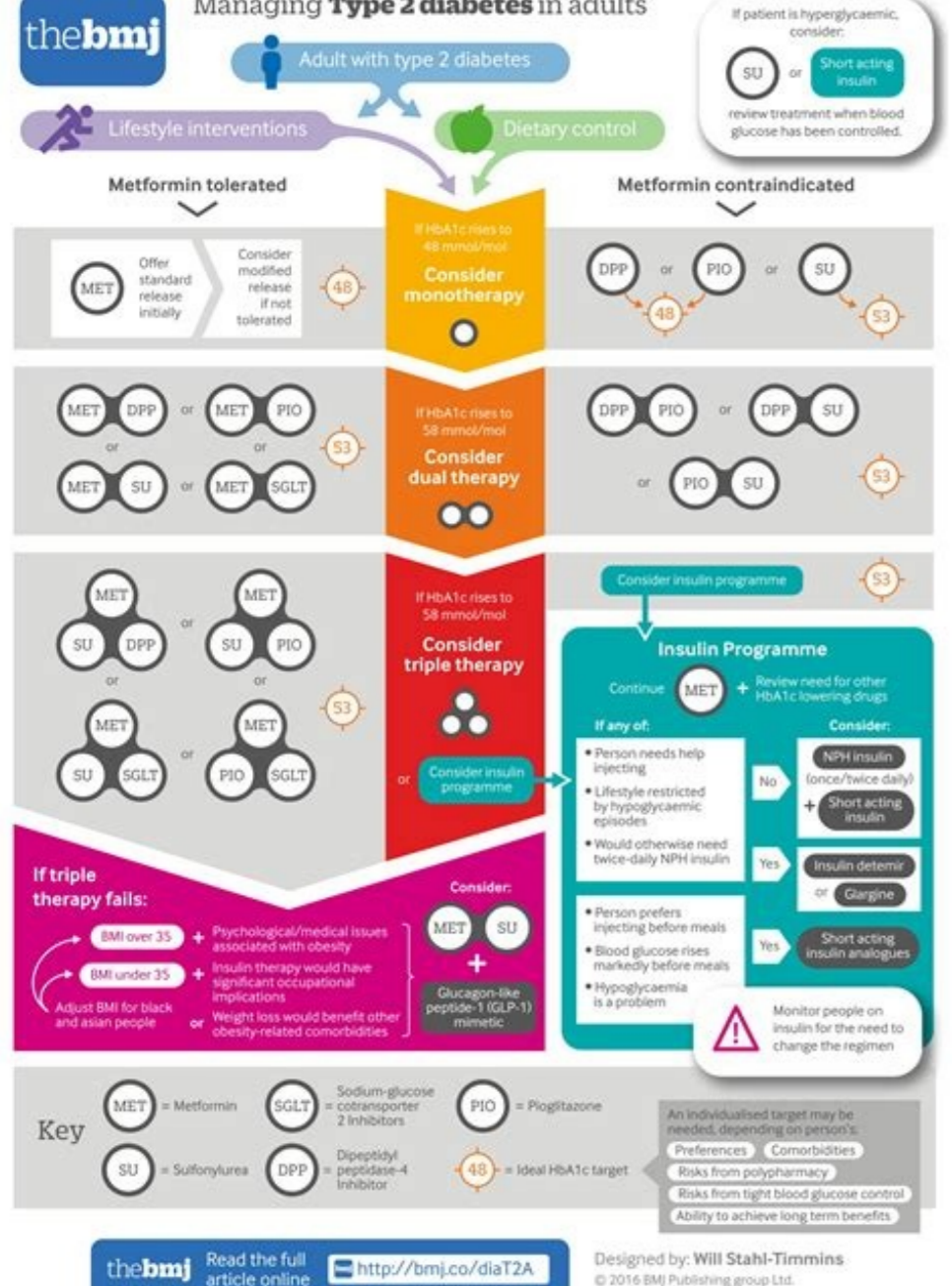
SUMMARY OF ACOG GUIDELINES FOR PERINATAL CARE

**Prenatal Care:**  
The current American Congress of Obstetricians and Gynecologists (ACOG) *Guidelines for Perinatal Care, Seventh Edition* October 2012 is available at [http://www.acog.org/resources\\_and\\_publications/](http://www.acog.org/resources_and_publications/)<sup>1</sup>  
The following reference is a summary of the key clinical indicators of the guideline.

- Office visits**
- **Frequency:**
    - o Advise office visit at 8-10 weeks of pregnancy (or earlier if the patient is at risk for ectopic pregnancy)
    - o Every 4 weeks for first 28 weeks.
    - o Every 2-3 weeks until 36 weeks gestation.
    - o Every week after 36 weeks gestation.
- Frequency of visits is determined by individual needs and assessed risk factors.  
Goal: Coordination of care for detected medical and psychosocial risk factors.

- First Prenatal Visit (8-10 weeks of pregnancy if first contact earlier)**
- **Assessment**
    - Initial history and physical.
    - Family medical history.
    - Genetic history.
    - General exam to confirm pregnancy.
    - Complete needs assessment.
    - Preterm labor risk, education and prevention.
    - Assess for tobacco, alcohol, drug use.
    - Domestic violence screening.
    - Screen for depression (current or historical) using a standardized screening tool.
    - Prescriptions: prenatal vitamins and iron supplementation as necessary.
  - **Education and counseling**
    - Scope of care provided in the office and anticipated schedule of visits.
    - Expected course of pregnancy.
    - Counseling regarding specific complications.
    - Discuss routine lab studies/testing.
    - Discuss genetic counseling and available prenatal diagnostic testing (invasive and non-invasive).
    - Discuss high risk conditions.
    - Education regarding: Labor and delivery, nutrition, exercise, working, air travel, routine dental care, tobacco use and smoke exposure, alcohol/drug consumption, over-the-counter medications, pets, etc.
    - Practices to promote health maintenance such as use of safety restraints including lap and shoulder belts.
    - Assess barriers to care (transportation, child care issues, work schedule).
    - Encourage maternity program enrollment and prenatal classes.
    - Encourage and provide influenza vaccination, regardless of the stage of pregnancy, during influenza season.
  - **Routine Laboratory/diagnostic studies**
    - Blood type and screen.
    - CBC for H&H,MCV.
    - Platelet Count





Nice guidelines for diabetes. Nice guidelines on gestational diabetes.

Park JS, Kim YJ, Choi Jy, et al. 2010; 362: 1563-1574. 26- 30. Balk EM, Lichtenstein Ah, Chung M, Kupelnick B, Chew P, Lau J. 2003; 361: 2024-2031. 2014; 129 (25 Suppl 2): à €

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