


Antepartum Clinical Pathway
Stage: Pre-Conception (as pre-conception visit or part of ongoing care)

ASSESSMENT	ACTION / RESOURCES (<i>RESOURCES IN BOLD</i>)
Medical history	Review history for factors that might influence pregnancy outcome or be adversely affected by pregnancy. "Guide to Pregnancy Assessment" - reverse side Antenatal 1  293-64 0503.pdf
Medication	Review appropriateness in pregnancy (discontinue or alternative) and optimal dosage. Motherisk (416) 813-6780 http://www.motherisk.org/
Familial or genetic	Review implications of maternal age and any familial/ethnic or genetic conditions and advice re: prenatal diagnosis. Dept. of Genetics CVH.
Past obstetric history	Review past obstetrical complications that could repeat in future pregnancies.
Lifestyle issues:	Advice / assist re: smoking, alcohol, illicit drugs, nutrition, physical fitness & pre-screening as required. Family –Centred Maternity and Newborn Care: National Guidelines-Chapter 3-Preconception Care http://www.phac-aspc.gc.ca/dca-dea/publications/pdf/fcmc03_e.pdf Healthy Beginnings: Guidelines for Care During Pregnancy & Childbirth. SOGC http://www.sogc.org Public Health Agency of Canada Companion Documents http://www.phac-aspc.gc.ca/dca-dea/publications/fcmc11_e.html Healthy Beginnings: Your handbook for pregnancy & birth, 3rd Edition SOGC, 2005. http://www.healthy-beginnings.com/ Baby's Best Chance: Parents' handbook of pregnancy & baby care, Sixth Edition Prov. of B.C., Ministry for Children & Families, 2005. Health Canada: Guide to a Healthy Pregnancy www.healthypregnancy.gc.ca Government of Canada Healthy Pregnancy for Professionals http://www.phac-aspc.gc.ca/hp-gs/prof_e.html Health Canada-Nutrition for a Healthy Pregnancy - National Guidelines for the Childbearing Years http://www.hc-sc.gc.ca/fn-an/nutrition/prenatal/national_guidelines-lignes_directrices_nationales-06b_e.html Guidelines for Nutrition referral @ CVH Smoking cessation www.pregnets.org

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Psychosocial: - stress - quality of relationships - abuse & violence	<p>Peel Committee Against Women Abuse (PCAWA) Best Practice Guidelines, 2001 http://www.peelregion.ca/health/professionals/ask/pdf/ask-final.pdf</p> <p>A Handbook for Health and Social Service Professionals Responding to Abuse During Pregnancy. Prepared by: Jamieson, Beals, Lalonde & Associates, Inc. for the Family Violence Prevention Unit, Health Canada. http://www.phac-aspc.gc.ca/nfv-cnivf/familyviolence/pdfs/pregnancy_e.pdf</p> <p>Antenatal Psychosocial Health Assessment Screening Tool (ALPHA). http://www.phac-aspc.gc.ca/rhs-ssg/factshts/abuseprg_e.html</p> <p>Intimate Partner Violence Consensus Statement, SOGC http://www.sogc.org/guidelines/index_e.asp</p> <p>Guidelines for Psychology and Social Work referral @ CVH. Family-Centred Maternity & Newborn Care: National Guidelines, Chapter 3. http://www.phac-aspc.gc.ca/dca-dea/publications/pdf/fcmc03_e.pdf</p> <p>Assess woman's perception of the quality and quantity of her social support. Counselling +/- referral where appropriate to Obstetrician / Internist / Geneticist / Perinatologist / Neonatologist / Nutritionist / Counsellor or other support agency.</p>
Rubella	Immunize susceptible woman pre-conception. http://www.phac-aspc.gc.ca/im/vpd-mev/rubella_e.html
Varicella (if status unknown)	Health Canada – Varicella http://www.hc-sc.gc.ca/iyh-vsv/med/chickenpox-varicelle_e.html Health Canada – Immunization http://www.phac-aspc.gc.ca/im/immvac_e.html
Syphilis	SOGC Clinical Practice Guidelines http://www.sogc.org/guidelines/index_e.asp
+/- HIV	Offer HIV testing (AZT effective in reducing vertical transmission). http://www.cvh-on.ca/pro/cpg.php HIV Testing in Pregnancy, SOGC Clinical Practice Guideline, http://www.sogc.org/guidelines/index_e.asp http://www.sogc.org/jogc/abstracts/200612_sogcclinicalpracticeguidelines_1.pdf
+/- HBsAg	SOGC Clinical Practice Guideline http://www.sogc.org/guidelines/index_e.asp
+/- Gonorrhea/Chlamydia +/- Toxoplasmosis titre	Immunize susceptible female at risk. Screen female at risk or routine screening. Counselling if antibody -ve especially for those with a new or outdoor cat.

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Glucose (in obese female or diabetic)	Strive for excellent control in periconceptual period www.rcp.gov.bc.ca/guidelines/Master.DibetesMellitus.October.pdf
Sickle Cell Thalassemia	<p>Screen female at risk: Parent or grandparent of African or West Indian descent.</p> <p>Screen female at risk: Ethnic background from African, Mediterranean, Middle East, Indian subcontinent, China and Southeast Asia, or MCV less than 80.</p> <hr/> <p style="text-align: center;">FOLIC ACID COUNSELLING</p> <p>0.4 - 1.0 mg pre-conception to 10 - 12 week gestation. 4 mg if previously affected conception or infant.</p> <p>1-4 mg for IDDM, epilepsy treated with valproic acid or carbamazepine or affected 1st degree relative. (beware of interaction of folic acid and antiepileptic medications)</p> <p>SOGC Policy Statement-Folic Acid http://www.sogc.org/guidelines/public/138e%2Dcpg%2Dnovember2003.pdf</p> <p>SOGC Clinical Practice Guideline – Use of Folic Acid for the Prevention of Neural Tube Defects Http://www.sogc.org/guidelines/index_e.asp</p> <hr/> <p style="text-align: center;">COMPLETE PHYSICAL WITH PELVIC EXAMINATION</p> <p>Pap smear. Ensure health status clear</p>