



# PHYSICIANS AND MIDWIVES PREGNANCY PASSPORT CLASS

Topic	NOTE
<p><b>Welcome to P&amp;M</b></p> <ul style="list-style-type: none"><li>• What is a midwife?</li><li>• What does "collaborative practice" mean?</li><li>• Where will I deliver?</li><li>• Where will I come for my visits?</li></ul> <p>• <b>Introducing YoMingo: P&amp;M's Free Pregnancy App</b> YoMingo includes the tools and support you need at every stage of your healthcare journey and beyond Learn more about childbirth, newborn care, and more all from the convenience of your mobile device to register for YoMingo, visit <a href="http://www.physiciansandmidwives.com/pregnancy-app/">www.physiciansandmidwives.com/pregnancy-app/</a> and click the blue registration button to sign up After registering, download the YoMingo mobile app from your phone's app store and log in.</p> <p><b>"When should I come in for a visit?"</b> Visit schedule:</p> <ul style="list-style-type: none"><li>• 1st and 2nd trimesters - monthly visits</li><li>• 28-36 weeks - visits every 2 weeks</li><li>• 36 weeks to delivery - weekly visits</li></ul> <p><b>"Do I get a sono at every visit?"</b> Basic sono schedule 1st sono - 8 weeks Genetic testing sono - 12 weeks (optional) Anatomy ultrasound - 20 weeks Post Due Date BPP (Biophysical Profile) and Growth Scan - 40 weeks NST (Fetal Non-Stress Test) with MFM (Maternal Fetal Medicine) - 41 weeks Others as clinically indicated</p> <p><b>"Do I have to have my blood drawn at every visit?"</b> Basic lab work schedule:</p> <ul style="list-style-type: none"><li>• Majority of labs collected at first two visits</li><li>• Genetic testing at 12 weeks (optional)</li><li>• AFP (Alpha-Fetoprotein) - 15-22 weeks (optional)</li><li>• 28 week labs</li><li>• GBS (Group B strep) swab at 36 weeks</li><li>• Admission to Labor &amp; Delivery /labor - labs and IV placement</li></ul> <p><b>High Risk Pregnancy</b> Every woman deserves midwifery care P&amp;M uses a collaborative model - CNM can still deliver/do prenatal care Collaborate with MFM specialists Various locations and providers we work with Few exceptions...</p>	

## Healthy Habits for a Health Pregnancy

- Diet
- Exercise
- Hydration
- Vaccination

## Common Complaints of Early Pregnancy

- Nausea/vomiting/morning sickness •

Mild cramping

- Lower back pain •

Sciatica

- GI changes

## Safe Comfort Measures

- Tylenol - safe pain reliever •

Warm shower/bath

- Heating pad - back only! •

Ice packs

- Stretching, yoga

- Collaborating providers

## Safe OTC Medications

- Use P&M YoMingo app as a first resource; if unsure, send a patient portal message, or consider calling our Advice Nurse line during business hours
- Safe over-the-counter and prescription medications for many early pregnancy concerns
- We will always suggest conservative measures if medication not desired

## Genetic Testing Offerings

- Recommendations determined by risk level
  - High risk vs. low risk testing options for aneuploidy offered accordingly
  - Maternal Serum AFP •
- Carrier screens
- Invasive testing as a second step, done with MFM specialist

## Common Questions

- What is a safe sleeping position? •

Holy heartburn?!

- Cramping without bleeding •

Spotting without cramping

## Questions or Concerns?

Non-urgent

- Call nurse line during business hours
  - You can reach our Advice Nurse by calling (703) 370- 4300 and selecting menu option 4
- Send portal message to provider
- We will respond to messages within one business day



## Questions or Concerns? - Continued

### Urgent

- Call midwife on call - will guide with appropriate follow- up
  - Call our office at (703) 370-4300 and select menu option 8 to be transferred to midwife

### COVID-19 Precautions and Guidelines

- Mask Optional
- Pre- appointment COVID questionnaire
- Hand washing
- Telemedicine offered
- Limited visitors

### COVID-19 Visitor Policy

- Patients are allowed to bring one adult support person with them to any office appointment, including ultrasounds
- Effective May 1, 2023, children and babies may accompany you to your appointment.
- Masks are optional for patients and staff.

### COVID-19 Vaccination

- The American College of OB/GYN and the Society for Maternal Fetal Medicine have released statements strongly recommending the COVID vaccine in pregnant women.
- Pregnant women are at much higher risk for severity of disease with COVID and the vaccine does help you as well as provide some passive immunity to the baby.
- The Academy of Breastfeeding in Medicine supports vaccination while breastfeeding as well.
- P&M strongly encourages vaccination and would be happy to answer any questions you may have about the vaccine in our office or through our patient portal.