

ECHO IDAHO

Maternal Care

Creating Effective Labor and Postnatal Care Plans

4/9/25

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



University of Idaho
School of Health and Medical
Professions



Learning Objectives

Outline a framework for expectations in antenatal care, delivery, postpartum and newborn care

Encourage everyone to have early discussions about screenings and vaccines

Relationship



Obstetric care is
longitudinal

Honored to be part of
the journey

Mutual Respect

Developing Trust

Family Medicine

Prenatal Visits - 1

Anticipatory guidance

Medications during pregnancy, alternatives

- PNV, aspirin, prescriptions

Initial prenatal labs, when and why

Ultrasounds, when and why

Optional risk assessments

- Quad screen
- Cell-free DNA testing
- Rh status of baby

Later screenings and interventions

- GTT, Anemia, RhoGAM, Screening for STI, GBS
- Vaccines – RSV, Tdap, Influenza

Prenatal Visit Discussions

Mental health screening

Prevention of birth trauma

Physical activity, pelvic
floor therapy

Previous birthing
experiences



Effective Labor Plan

BIRTH PLAN

Effective Labor Plan

**BIRTH
PLAN**

EXPECTATIONS

Effective Labor Plan

**BIRTH
PLAN**

EXPECTATIONS

Things that happened in the last pregnancy that you would change

Effective Labor Plan

**BIRTH
PLAN**

EXPECTATIONS

Things that happened in the last pregnancy that you would change

“if provided the opportunity, I would like...”

Effective Labor Plan – Setting expectations

Hospital screening for admission (e.g. COVID-19 screen)

Nutrition, eating, iv fluids

Who will be present (family, Doula, support)

Labor augmentation and reasons for intervention

- FHR monitoring
- AROM
- Oxytocin

Cesarean section

Labor Analgesia

Cord clamping, deliver to chest

Vitamin K, antibiotic ointment, HBV

Hearing screen/CHD/bili check/newborn screen

Breastfeeding

Circumcision (timing and cost)

Prenatal Visits – 2

Anticipatory guidance

Later screenings and interventions

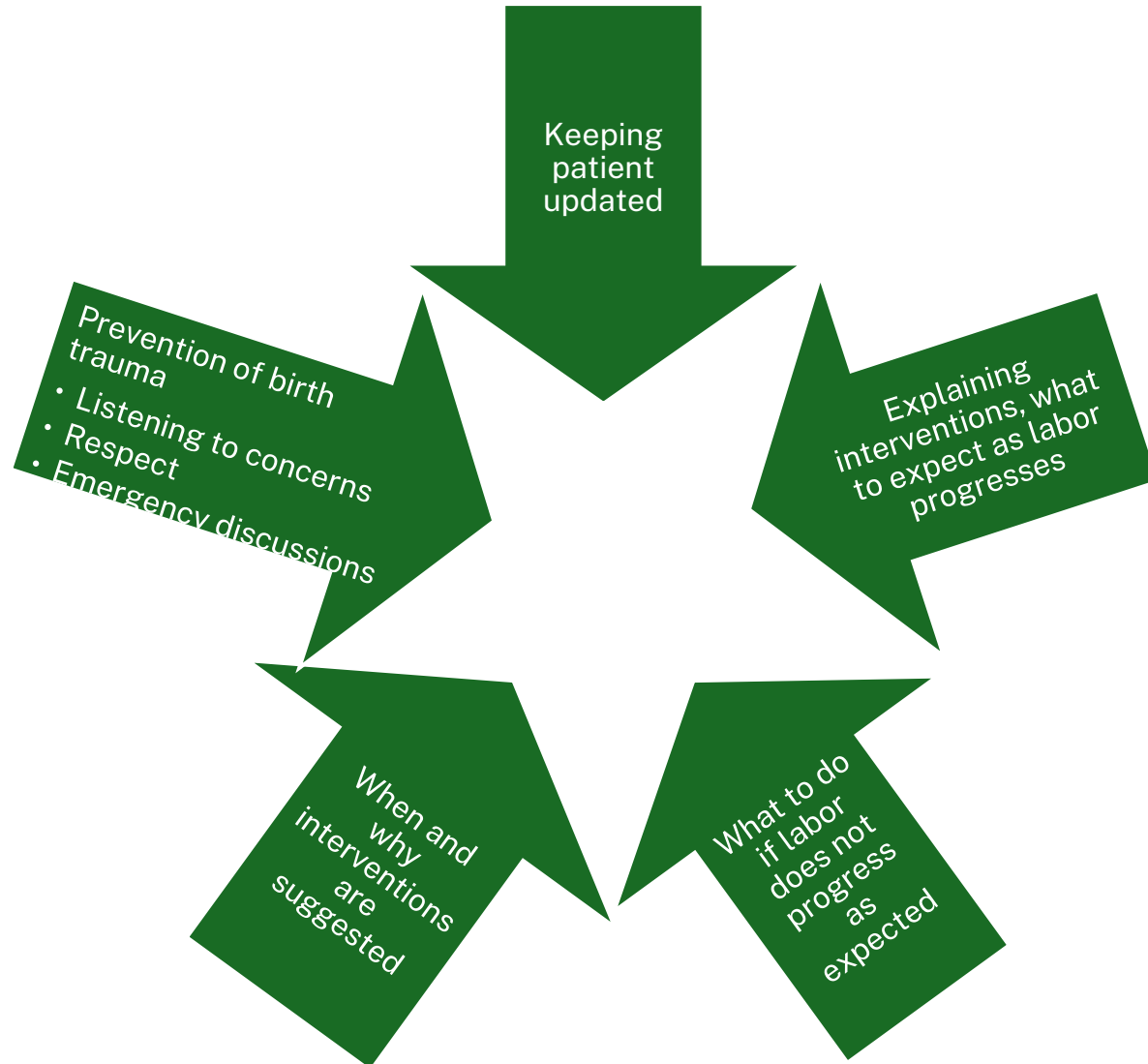
- Mental health
- GTT, Anemia, RhoGAM, Screening for STI, GBS
- Vaccines – RSV, Tdap, Influenza

Expectations, document

- Labor Analgesia
- Routine screenings and treatments
- Circumcision
- Post-partum birth control (early discussion if permanent)
- Breastfeeding/Lactation

Newborn vaccine schedule

Labor and Delivery Expectations



Postpartum/Newborn



Anticipatory Guidance!!!

- When to seek evaluation for mother or newborn

Birth control, future fertility planning

Breastfeeding/pumping

Schedule of well child checks

Newborn vaccines

Pelvic Therapy

Mental health

- Plan for screening/Edinburgh
- Options of treatment, intervention

Key Points

- Consider the continuum of care in maternal care, it's a package
 - Prenatal, delivery, postnatal, newborn
- Outline prenatal expectations in first visit(s)
- Answer questions as they arise, open communication
 - Trust, respect, understanding
- Discuss newborn screenings and childhood vaccines early
- The relationship you develop during pregnancy is invaluable

Case 1

- 36yoF G9P7
- Chronic hypertension
- History of preeclampsia in 3 of previous 7 pregnancies
- Had risk-reducing bilateral mastectomy since last pregnancy
- Regularly brings other children to appointments
- Husband is arrested midway through pregnancy
- Having a male child

Expectations, Case 1

- Mental health
- Cell-free DNA
- Controlling BP, monitor for preeclampsia, aspirin
- RSV, Tdap, influenza
- Birth control, permanent sterilization?
- Labor support, who will be present for birth
- Unable to breastfeed
- Circumcision
- Other?

Case 2

- 23yoF G1P0
- Presented to care when arrested for drug possession, estimated 34w
- Hospitalized for amphetamine and opiate withdrawal, discharged home on buprenorphine-naloxone
- Coming into clinic for abdominal pain after moving home with her parents yesterday

Expectations

Hospital screening for admission (e.g. COVID-19 screen)

Nutrition, eating, iv fluids

Who will be present (family, Doula, support)

Labor augmentation and reasons for intervention

- FHR monitoring
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- Oxytocin

Cesarean section

Labor Analgesia

Cord clamping, deliver to chest

Vitamin K, antibiotic ointment, HBV

Hearing screen/CHD/bili check/newborn screen

Breastfeeding

Circumcision (timing and cost)

Expectations, Case 2

- Mental health, preventing birth trauma
- Labor analgesia options
- Neonatal abstinence, withdrawal
- Labor support, who will be present for birth
- Adoption
- Breastfeeding
- Continue MAT
- Newborn screenings, interventions, childhood vaccines
- Birth control
- Other?

Key Points

- Consider the continuum of care in maternal care, it's a package
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- Answer questions as they arise, open communication
 - Trust, respect, understanding
- Discuss newborn screenings and childhood vaccines early
- The relationship you develop during pregnancy is invaluable