



Client Checklist

First Visit

- NA**
- Questions
 - Chart Alerts
 - Weight Gain | Discussion
 - Vitals
 - Review Each Registration Tab w/ Client
 - Birth Cottage Consents Received
 - Initial Consents Signed | Discussion
 - Partner Visits (**)
 - Healthy Pregnancy at Every Size | Discussion & IC
 - BMI 40+ Anesthesiology Consult
 - Due Date Established | Discussion
 - Qualifies for Nurse-Family Partnership, Open Arms, or Family Ways? | Discussion
 - What to Avoid in Pregnancy | Discuss & Template
 - Nitrous | Discussion
 - Occupation Exposures | Discussion
 - Physical Exam
 - Virtual Visits | Discussion
 - Initial Labwork
 - Fish & Mercury Message
 - Text Line | Send
 - MANA Entered

12-16 Weeks

- NA**
- Vitals
 - Questions
 - Weight Check
 - Chart Alerts
 - Rh Neg: Partner testing & CFDNA | Discussion
 - Review First Trimester Labwork | Discussion
 - Add PHQ9/GAD7 alert to next appointment in SquareSpace
 - ASA | Discussion & Handout - <https://shorturl.at/KzdA5>
 - Doula | IC
 - Cord Blood Banking | Discussion
 - Prepare for GAD7/PHQ9 at next visit | Discussion
 - Red Raspberry Leaf Tea | Handout
 - Fetal Survey | Schedule
 - Delayed Cord Clamping | Discussion
 - AMA Discussion & Consent PRN

16-20 Weeks

- NA**
- Weight Check
 - Questions
 - Vitals
 - Chart Alerts
 - TENS | Handout
 - Probiotics | Template
 - Homebirth: Birth Tub Options | Consent
 - Establish Primary Care | Discussion
 - Carseat | Template
 - CBE Referral | Template
 - GAD7/PHQ9 Form



Client Checklist

20-24 Weeks

NA

- Questions
- Vitals
- Weight Check
- Chart Alerts
- Review Fetal Survey | Discussion
- GDM Screening Options | Graphic
- Pre-Circumcision | Handout
- Rhogam (RH Negative) | Discussion
- Placenta Options | IC
- TDaP | Discussion
- Flu Vaccine | Discussion
- Homebirth: Birthkit & Related Supplies | Template
- RSV Vaccine | Discussion
- Birth Center: Packing List | Template
- Birth Attendants | Discussion
- ASA Checkin PRN & Add to Meds List PRN
- Send GDM Instructions Template

24-28 Weeks**

NA

- Questions
- Weight Check
- Vitals
- Chart Alerts
- Prepare for GAD7/PHQ9 at next visit | Discussion
- Blood Pressure Cuff Loan
- Early Labor Primips | Discussion
- **Circumcision | Discussion
- Pediatrician | Handout
- PROM Expectations | Discussion

28 Weeks**

NA

- Weight Gain
- Questions
- Chart Alerts
- Vitals
- PHQ9/GAD7 Form
- Rhogam (Rh Negative) | Administration
- GDM/CBC/CMP/B12/Ferritin/RPR/AB Screen | Lab
- **Erythromycin Eye Ointment | Discussion & IC
- **Vitamin K | Discussion & IC

30 Weeks

NA

- Chart Alerts
- Questions
- Weight Check
- Vitals
- Hearing Screen | Discussion
- Newborn Metabolic Screen | Discussion
- Review GDM & CBC Results | Discussion
- Newborn Heart Defect Screening | Discussion

32 Weeks

NA

- Vitals
- Questions
- Weight
- Chart Alerts
- Optimal Fetal Positioning
- Homebirth: Schedule 37 Week Home Visit
- When To Contact in Labor | Discussion
- How to Time Ctx/App | Template
- Breastpump | Template
- Gentle Birth/Polly Jean Formula | Template
- Postpartum Pain Management (Cramps/Primips) | Discussion & Template



Client Checklist

34 Weeks**

NA

- Vitals
- Questions
- Weight
- 36 Week Ultrasound | Discussion
- Chart Alerts
- Discontinue Fish Oil by 36 Weeks | Discussion
- Birth Plan | Worksheet
- Repeat CBC if previously moderate to severe
- GBS | Discussion

36 Weeks

NA

- Chart Alerts
- Weight Check
- Vitals
- Questions
- 36 Week Full-Term Folder
- GBS Screen
- 36 Week NST PRN
- Perform 36 week POCUS
- Homebirth: Give Birth Tub & Towel Service at 36 wks (confirm if paid)
- Practice Ctx Timer App
- Silhouette at next visit

37 Weeks

NA

- Weight Check
- Chart Alerts
- Questions
- Vitals
- GBS Results + Neonatal Handout PRN
- *Precipitous Labor | Discussion
- 37 Week NST PRN
- Silhouette
- Unassisted Waterbirth Protocol | Discussion

Homebirth: 37 Week Home Visit**

NA

- Vitals
- Weight
- Chart Alerts
- Questions
- Homebirth Home Visit: Birth Supplies Location
- Homebirth Home Visit: Midwife & Assistant Parking
- **Homebirth Home Visit: Turn Up Hot Water Tank
- Homebirth Home Visit: Picture of Home
- Homebirth Home Visit: Setting Up Birth Tub & Draining
- Homebirth Home Visit: WiFi
- Homebirth Home Visit: Birth Kit Received
- Homebirth Home Visit: Pets in Labor

38 Weeks

NA

- Vitals
- Chart Alerts
- Weight Check
- Questions
- Breastfeeding Slideshow/Class
- Vitamin K | IC Confirm Received
- Eye Ointment | IC Confirm Received
- Transfer expectations | Discussion + Template
- 38 Week NST PRN

39 Weeks**

NA

- Questions
- Vitals
- Chart Alerts
- Weight Check
- Resuscitation Equipment | Discussion
- Bag Ready
- Membrane Sweep Option After 40 Weeks
- 39 Week NST PRN
- **When MW Arrives in Labor | Discussion & Template



Client Checklist

40 Weeks

NA

- Chart Alerts
- Weight Check
- Questions
- Vitals
- Membrane Sweep
- IC Postdates
- 40 Week NST PRN
- Repeat GBS Testing 4 weeks from initial test

41+ Weeks

NA

- Vitals
- Questions
- Weight Check
- Chart Alerts
- IC Castor Oil
- Membrane Sweep
- 41 Week NST vs BPP
- 41-1/2 Week BPP vs NST

24-48 Hour

NA

- Maternal Vitals
- Chart Alerts
- Infant Weight
- Infant Vitals
- Questions
- Infant Stool/Void
- Lochia
- First NBS
- CCHD Screen
- Fundus

3-5 Day

NA

- Questions
- Infant Weight
- Chart Alerts
- Maternal Vitals
- Tx: Enter NB DOB, time of birth, weight, length, birth summary
- Mental Health
- Lochia
- Returned folder?
- CBC
- Feeding
- Footprints
- Fundus
- Infant Stool/Void
- Bilirubin PRN
- Dry Skin
- Umbilicus



Client Checklist

7-14 Days

NA

- Questions
- Infant Weight
- Chart Alerts
- Maternal Vitals
- Lochia
- Infant Stool/Void
- Mental Health
- Feeding
- Postpartum Supplements
- Preparing for a gassy baby 2-6 weeks
- Scheduling with Pediatrician
- Umbilicus
- Fundus
- Preparing for Introducing a Bottle at 4 Weeks
- Hearing Screen
- Second NBS
- Oral Vitamin K PRN

3-5 Weeks

NA

- Questions
- Maternal Vitals
- Chart Alerts
- Infant Weight
- Pregnancy Prevention Options
- Reminder to Return Doppler/BP Cuff Loan/Books
- SSN Received?
- Feeding
- Lochia
- Discuss Pap Smear
- Oral Vitamin K PRN
- Resuming Intimacy
- Discuss GDM retest PRN
- Review NBS Results w/ Client
- Hearing screen repeat PRN
- Questions about bottle introduction?
- Fundus

Final Postpartum Visit

NA

- Questions
- Chart Alerts
- Maternal Vitals
- Review NBS Results w/ Client/Contact DOH if not back
- Mental Health
- Infant Weight
- Statistics: Resumed Intimacy
- Statistics: Feeding method (breast, formula, combo)
- Statistics: Reason for placenta encapsulation
- Statistics: Newborn Sleeping Location
- Statistics: Edinburgh Scale
- Statistics: Pregnancy Planning Method
- Labwork PRN
- Pediatric Care Established?
- Diastasis
- Pelvic Floor Health
- Fundus
- Pap Smear
- Retest GDM PRN