PAPER CLIP—PRENATAL CARE

Description: Prenatal care is the health care a woman receives when she becomes pregnant. It includes checkups and prenatal testing.

Possible Cause: Pregnancy

Diagnostic Tests: Pregnancy test, ultrasounds to check on fetus, blood sugar testing, tests to determine if the patient is immune to rubella, German measles, chickenpox, and other tests for complications to the mother or baby.

Conversation with Member:

• General opening such as: “How are you feeling? Is everything going well with your pregnancy or have there been complications?”

• Offer information: If the member indicates she has lost the baby or had other complication you may ask if she has support or if there is in need of support. If this is the case, encourage her to see her Provider. If the pregnancy is going well, ask her if you can offer some additional information.

• Get more specific: “Have you scheduled your next prenatal visit? These visits can help keep you and your baby healthy. Women who do not schedule visits are more likely to have a baby with low birth weight and put themselves and the baby at some risk. These visits with your Provider can help detect and treat problems that could occur. Your Provider will also provide you with good information for the care of your baby.”

• Lifestyle impacts: There are some things we would like to recommend that impact you daily:
  • Take a multivitamin or prenatal vitamin every day; these vitamins should have folic acid in them.
  • Be sure to review with your Provider any medications, over-the-counter medications or supplements you may be taking.
  • Discuss with your Provider about getting a flu shot; pregnant women can get very sick from the flu.
  • Eat a variety of healthy foods. Be sure to wash fruit and vegetables well and limit the intake of fish that may contain lots of mercury in them (swordfish, mackerel).
  • Get plenty of sleep
  • Discuss an exercise plan with your Provider.
  • If you smoke, consume alcohol or use other drugs, try and stop during pregnancy as it is harmful to your baby. Your provider can help you find ways to stop.
  • Consider taking childbirth education classes with yourself and partner. Your Provider can recommend where to take these classes.

• Review the member's plan of action: “Can we help you make your appointment with your Provider or offer any other help for this exciting time?”

• National Standard: Priority Gap for HEDIS

References:

• American College of Obstetricians and Gynecologist Guidelines
• March of Dimes

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