

## SUMMARY OF ACOG GUIDELINES FOR PERINATAL CARE

### Prenatal Care:

The current American Congress of Obstetricians and Gynecologists (ACOG) *Guidelines for Perinatal Care, Seventh Edition* October 2012 is available at [http://www.acog.org/resources\\_and\\_publications/](http://www.acog.org/resources_and_publications/)<sup>1</sup>

The following reference is a summary of the key clinical indicators of the guideline.

### Office visits

#### • Frequency:

- o Advise office visit at 8-10 weeks of pregnancy (or earlier if the patient is at risk for ectopic pregnancy)
- o Every 4 weeks for first 28 weeks.
- o Every 2 – 3 weeks until 36 weeks gestation.
- o Every week after 36 weeks gestation.

Frequency of visits is determined by individual needs and assessed risk factors.

Goal: Coordination of care for detected medical and psychosocial risk factors.

### First Prenatal Visit (8-10 weeks of pregnancy if first contact earlier)

#### • Assessment

- Initial history and physical.
- Family medical history.
- Genetic history.
- General exam to confirm pregnancy.
- Complete needs assessment.
- Preterm labor risk, education and prevention.
- Assess for tobacco, alcohol, drug use.
- Domestic violence screening.
- Screen for depression (current or historical) using a standardized screening tool.
- Prescriptions: prenatal vitamins and iron supplementation as necessary.

#### • Education and counseling

- Scope of care provided in the office and anticipated schedule of visits.
- Expected course of pregnancy.
- Counseling regarding specific complications.
- Discuss routine lab studies/testing.
- Discuss genetic counseling and available prenatal diagnostic testing (invasive and non-invasive).
- Discuss high risk conditions.
- Education regarding: Labor and delivery, nutrition, exercise, working, air travel, routine dental care, tobacco use and smoke exposure, alcohol/drug consumption, over-the-counter medications, pets, etc.
- Practices to promote health maintenance such as use of safety restraints including lap and shoulder belts.
- Assess barriers to care (transportation, child care issues, work schedule).
- Encourage maternity program enrollment and prenatal classes.
- Encourage and provide influenza vaccination, regardless of the stage of pregnancy, during influenza season.

#### • Routine Laboratory/diagnostic studies

- Blood type and screen.
- CBC for H&H/MCV.
- Platelet Count

# Acog Guidelines For Perinatal Care

**Rachel S Tattersall**



**Acog Guidelines For Perinatal Care:**

## The Enigmatic Realm of **Acog Guidelines For Perinatal Care**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Acog Guidelines For Perinatal Care** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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### **Table of Contents Acog Guidelines For Perinatal Care**

1. Understanding the eBook Acog Guidelines For Perinatal Care
  - The Rise of Digital Reading Acog Guidelines For Perinatal Care
  - Advantages of eBooks Over Traditional Books
2. Identifying Acog Guidelines For Perinatal Care
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Acog Guidelines For Perinatal Care
  - User-Friendly Interface
4. Exploring eBook Recommendations from Acog Guidelines For Perinatal Care
  - Personalized Recommendations
  - Acog Guidelines For Perinatal Care User Reviews and Ratings
  - Acog Guidelines For Perinatal Care and Bestseller Lists

5. Accessing Acog Guidelines For Perinatal Care Free and Paid eBooks
  - Acog Guidelines For Perinatal Care Public Domain eBooks
  - Acog Guidelines For Perinatal Care eBook Subscription Services
  - Acog Guidelines For Perinatal Care Budget-Friendly Options
6. Navigating Acog Guidelines For Perinatal Care eBook Formats
  - ePub, PDF, MOBI, and More
  - Acog Guidelines For Perinatal Care Compatibility with Devices
  - Acog Guidelines For Perinatal Care Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Acog Guidelines For Perinatal Care
  - Highlighting and Note-Taking Acog Guidelines For Perinatal Care
  - Interactive Elements Acog Guidelines For Perinatal Care
8. Staying Engaged with Acog Guidelines For Perinatal Care
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Acog Guidelines For Perinatal Care
9. Balancing eBooks and Physical Books Acog Guidelines For Perinatal Care
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Acog Guidelines For Perinatal Care
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Acog Guidelines For Perinatal Care
  - Setting Reading Goals Acog Guidelines For Perinatal Care
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Acog Guidelines For Perinatal Care
  - Fact-Checking eBook Content of Acog Guidelines For Perinatal Care
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
- Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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