

Rosehip Midwifery Schedule of Care

Interview:

A time to meet, share concerns, your vision of prenatal care and birth, our expectations, our practice and style, answer questions and decide whether or not to work together

Initial Visit:

- ◆ Full physical exam offered
- ◆ Health and family history taken
 - Blood drawn for complete prenatal panel workup
- ◆ Information given on health habits, nutrition, and exercise
- ◆ Packet of hiring and legal/fees paperwork given including diet diary
- ◆ **Prenatal exam:**
 - blood pressure
 - pulse
 - urine dipstick to test for protein and glucose
 - fetal heart rate (after 12 weeks with Doppler, after 20 weeks with fetascope)
 - weight
 - fundal height (height of uterus)
 - position of baby determined
 - discussion about diet
 - time to talk, ask questions, voice concerns, get to know each other!

Monthly Visit until 28 weeks:

- ◆ **Prenatal exam:**
 - blood pressure
 - pulse
 - urine dipstick to test for protein and glucose
 - fetal heart rate (after 12 weeks with Doppler, after 20 weeks with fetascope)
 - weight
 - fundal height (height of uterus)
 - position of baby determined
 - discussion about diet
 - time to talk, ask questions, voice concerns, get to know each other!

28 Week Visit:

- ◆ recheck hematocrit and hemoglobin
- ◆ glucose screen (if chosen)
- ◆ prenatal RhoGAM (if chosen)
- ◆ **Prenatal exam:**
 - blood pressure
 - pulse
 - urine dipstick to test for protein and glucose
 - fetal heart rate (after 12 weeks with Doppler, after 20 weeks with fetascope)
 - weight
 - fundal height (height of uterus)
 - position of baby determined
 - discussion about diet

time to talk, ask questions, voice concerns, get to know each other!

28 -35 Week Visits:

- ◆ childbirth classes planned
- ◆ gathering birth supplies, purchasing birth kit
- ◆ **Prenatal exam:**
 - blood pressure
 - pulse
 - urine dipstick to test for protein and glucose
 - fetal heart rate (after 12 weeks with Doppler, after 20 weeks with fetascope)
 - weight
 - fundal height (height of uterus)
 - position of baby determined
 - discussion about diet
 - time to talk, ask questions, voice concerns, get to know each other!

36 Week Home Visit:

- ◆ midwives visit your home, birth tub brought to your home
- ◆ payments should be completed
- ◆ supplies should be ready
- ◆ **Prenatal exam:**
 - blood pressure
 - pulse
 - urine dipstick to test for protein and glucose
 - fetal heart rate (after 12 weeks with Doppler, after 20 weeks with fetascope)
 - weight
 - fundal height (height of uterus)
 - position of baby determined
 - discussion about diet
 - time to talk, ask questions, voice concerns, get to know each other!

Weekly visits until the birth:

- ◆ signs and symptoms of labor starting
- ◆ **Prenatal exam:**
 - blood pressure
 - pulse
 - urine dipstick to test for protein and glucose
 - fetal heart rate (after 12 weeks with Doppler, after 20 weeks with fetascope)
 - weight
 - fundal height (height of uterus)
 - position of baby determined
 - discussion about diet
 - time to talk, ask questions, voice concerns, get to know each other!

Birth:

- ◆ Monitoring mother's and baby's well-being
- ◆ Labor support
- ◆ Newborn exam
- ◆ Breastfeeding support

- ◆ Postpartum instructions given

1 Day after Birth:

- ◆ **Home Postpartum visit:**
- ◆ vitals on mom and baby taken
- ◆ bleeding assessed
- ◆ questions answered,
- ◆ breastfeeding support
- ◆ birth certificate filed
- ◆ footprints offered

2-3 Days after Birth:

- ◆ **Home Postpartum visit:**
- ◆ vitals on mom and baby taken
- ◆ bleeding assessed
- ◆ questions answered,
- ◆ breastfeeding support
- ◆ weigh the baby
- ◆ first newborn screen offered
- ◆ RhoGAM to mother if needed

1 Week after Birth:

- ◆ **Home Postpartum visit:**
- ◆ vitals on mom and baby taken
- ◆ bleeding assessed
- ◆ questions answered,
- ◆ breastfeeding support
- ◆ weigh the baby

2 Weeks Postpartum:

- ◆ **Home Postpartum visit:**
- ◆ vitals on mom and baby taken
- ◆ bleeding assessed
- ◆ questions answered,
- ◆ breastfeeding support
- ◆ weigh the baby

4 Weeks Postpartum:

- ◆ **Office Postpartum visit**
- ◆ weigh the baby
- ◆ questions answered

6-8 Weeks Postpartum:

- ◆ **Office Postpartum visit**
- ◆ weigh the baby
- ◆ questions answered

- ◆ pap smear offered
- ◆ birth control plan made