



# PHYSICIANS AND MIDWIVES PREGNANCY PASSPORT CLASS

## TOPIC

## NOTES

### Welcome to P&M

- What is a midwife?
- What does "collaborative practice" mean?
- Where will I deliver?
- Where will I come for my visits?

### Introducing YoMingo: P&M's Free Pregnancy App

- YoMingo includes the tools and support you need at every stage of your healthcare journey and beyond
- Learn more about childbirth, newborn care, and more all from the convenience of your mobile device
- To register for YoMingo, visit [www.physiciansandmidwives.com/pregnancy-app/](http://www.physiciansandmidwives.com/pregnancy-app/) and click the orange registration button to sign up
- After registering, download the YoMingo mobile app from your phone's app store and log in.

### "When should I come in for a visit?"

Visit schedule:

- 1st and 2nd trimesters - monthly visits
- 28-36 weeks - visits every 2 weeks
- 36 weeks to delivery - weekly visits

### "Do I get a sono at every visit?"

Basic sono schedule

- 1st sono - 8 weeks
- Genetic testing sono - 12 weeks (optional)
- Anatomy ultrasound - 20 weeks
- Post Due Date BPP (Biophysical Profile) and Growth Scan - 40 weeks
- NST (Fetal Non-Stress Test) with MFM (Maternal Fetal Medicine) - 41 weeks
- Others as clinically indicated

### "Do I have to have my blood drawn at every visit?"

Basic lab work schedule:

- Majority of labs collected at first two visits
- Genetic testing at 12 weeks (optional)
- AFP (Alpha-Fetoprotein) - 15-22 weeks (optional)
- 28 week labs
- GBS (Group B strep) swab at 36 weeks
- Admission to Labor & Delivery /labor - labs and IV placement

### High Risk Pregnancy

- Every woman deserves midwifery care
  - P&M uses a collaborative model - CNM can still deliver/do prenatal care
- Collaborate with MFM specialists
  - Various locations and providers we work with
- Few exceptions...

### Healthy Habits for a Health Pregnancy

- Diet
- Exercise
- Hydration
- Vaccination

### Common Complaints of Early Pregnancy

- Nausea/vomiting/morning sickness
- Mild cramping
- Lower back pain
- Sciatica
- GI changes

### Safe Comfort Measures

- Tylenol - safe pain reliever
- Warm shower/bath
- Heating pad - back only!
- Ice packs
- Stretching, yoga
- Collaborating providers

### Safe OTC Medications

- Use P&M YoMingo app as a first resource; if unsure, send a patient portal message, or consider calling our Advice Nurse line during business hours
- Safe over-the-counter and prescription medications for many early pregnancy concerns
- We will always suggest conservative measures if medication not desired

### Genetic Testing Offerings

- Recommendations determined by risk level
- High risk vs. low risk testing options for aneuploidy offered accordingly
- Maternal Serum AFP
- Carrier screens
- Invasive testing as a second step, done with MFM specialist

### Common Questions

- What is a safe sleeping position?
- Holy heartburn?!
- Cramping without bleeding
- Spotting without cramping

### Questions or Concerns?

#### Non-urgent

- Call nurse line during business hours
  - You can reach our Advice Nurse by calling (703) 370-4300 and selecting menu option 4
- Send portal message to provider
- We will respond to messages within one business day



## Questions or Concerns? - Continued

### Urgent

- Call midwife on call - will guide with appropriate follow-up
  - Call our office at (703) 370-4300 and select menu option 8 to be transferred to midwife

## COVID-19 Precautions and Guidelines

- Masks to be worn at all appointments
- Temperature checks at check-in
- No visitors (FaceTime allowed)
- Pre-appointment COVID questionnaire
- Telemedicine offered
- Handwashing

## COVID-19 Vaccination

- The American College of OB/GYN and the Society for Maternal Fetal Medicine have released statements strongly recommending the COVID vaccine in pregnant women.
- Pregnant women are at much higher risk for severity of disease with COVID and the vaccine does help you as well as provide some passive immunity to the baby.
- The Academy of Breastfeeding in Medicine supports vaccination while breastfeeding as well.
- P&M strongly encourages vaccination and would be happy to answer any questions you may have about the vaccine in our office or through our patient portal.