

CAMROSE PRENATAL CLINIC – Patient Care Plan

<https://www.healthyparentshealthychildren.ca/>

<https://camrosepcn.com/prenatal>

Week of Pregnancy	Tasks to completed	Education
6-12	<ul style="list-style-type: none"> Routine Bloodwork, Urine Sample and Screening for Sexually Transmitted Infections Dating Ultrasound (10-12 weeks) Optional First Trimester Genetic Screening (11w1-13w6d) Health Link – 811 PCN Prenatal Clinic 780-608-4927 St. Mary's Hospital 780-679-6151 Dynalife Lab 1-877-702-4486 or www.dynalifedx.com Veritas Imaging (ultrasound) 780-608-5883 	<ul style="list-style-type: none"> Monthly prenatal check-ups including weight, blood pressure and urine sample 1st Trimester Pregnancy Discomforts (pg 96-101) Nutrition, Exercise and Weight (pg 26-48) Dental Care in Pregnancy (pg 53) Being Healthy and Preventing Injuries (pg 75-84) Medications and Herbal Supplements (pg 72-73) Smoking, Alcohol and Drug Use (pg 67-74) Routine Bloodwork and Urine Samples (pg 103-106) Genetic Screening (pg 106-107) WARNING SIGNS TO SEEK HELP (pg 108-110) Mental Health Concerns (pg 244-250) AHS Prenatal Classes – register at 1.855.554.4774
12-14	<ul style="list-style-type: none"> PAP (if required) Optional breast exam 	<ul style="list-style-type: none"> Kegel Exercises (pg 49-50) AHS Prenatal Classes – register at 1.855.554.4774
14-18	<ul style="list-style-type: none"> Optional Genetic Second Trimester Screening (15weeks 1day-20weeks 6days) 	<ul style="list-style-type: none"> 2nd Trimester Pregnancy Discomforts (pg 118-121) Baby's heartrate added to prenatal check-up
18-24	<ul style="list-style-type: none"> Anatomy Ultrasound (18-22 weeks) 	<ul style="list-style-type: none"> WARNING SIGNS TO SEEK HELP (pg 137-142) AHS Prenatal Classes – register at 1.855.554.4774
24-28	<ul style="list-style-type: none"> Gestational Diabetic Screen (26-28 weeks) Kick Count Record at 28 weeks Rhogam Injection* at 28 weeks Pertussis Vaccination 	<ul style="list-style-type: none"> Gestational Diabetic Screen (pg 124) 3rd Trimester Pregnancy Discomforts (pg 150-151) Kick Count Record (pg 155) *If negative blood type, Rhogam injection (pg 104) Tummy Measurement added to prenatal visit @ 28wks AHS Prenatal Classes – register at 1.855.554.4774
28-30	<ul style="list-style-type: none"> Edinburgh Depression Screen Birth Wish/Plan 	<ul style="list-style-type: none"> Prenatal check-ups every two weeks including baby's position Birth Wish/Plan (pg 127-128)
30-36	<ul style="list-style-type: none"> Feeding Baby Group Strep B Swab 36 week bloodwork 	<ul style="list-style-type: none"> Breastfeeding (pg 85, 135, 274-320) and 2nd Book Early Years (pg 146-186) Formula Feeding 2nd Book Early Years (pg 187-204) Optional Circumcision (pg 129) Group Strep B (pg 154)
37-40	<ul style="list-style-type: none"> Pre-register at hospital Call Unit 4 @ 780-679-6151 while on route to hospital Public Health will follow-up in your home after delivery Health Link 811 if any concerns 	<ul style="list-style-type: none"> Weekly prenatal check-up WHEN TO GO TO THE HOSPITAL (pg 145) Discuss Labor and Delivery (pg 164-204) Public Health Visit (pg 225) Postpartum blues and postpartum depression/anxiety (pg 244-250)