



CAMROSE PRENATAL CLINIC – Patient Care Plan

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

<https://firstdroplets.com>

<https://camrosepcn.com/prenatal>

<https://www.birthishandbabies.com/>

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 • Alberta Precision Lab 1-877-702-4486 or www.albertaprecisionlabs.ca • Guardian (ultrasound) 780-672-8220 	<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)
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