Comprehensive Perinatal Services Program Prenatal Assessment/Reassessment and Individualized Care Plan

Initial:/ 2 nd Trimester: _	
Date Weeks (14-27 Weeks)	Date Weeks (28 Weeks – Delivery) Date Weeks
Client Name:	
Health Plan:	
Provider:	
Case Coordinator:	
Dx. OB High Risk Condition:	Gravida: Para:
Personal Information	Individualized Care Plan
Client age:	Intervention/Referral: □ Reviewed/discussed □ STT FS: Approaching Clients of Different Ages □ STT PSY: Teen Pregnancy and Parenting □ Child Abuse Report filed (if younger than 18 and abuse suspected)/date: □ Discussed importance of genetic counseling (if over 35) □ Signed up for Text4Baby by texting BABY or (BEBE for Spanish) to 511411 □ Referred to Adolescent Family Life Program/date: □ Referred to home visitation program/date: □ Referred to/date:
2. Are you: □ Married □ Living with partner □ In a relationship □ Other □ Other	Intervention/Referral: □ Referred to/date:
3. How long have you lived at your current home? □ Over one year □ Under one year, previously lived: □ Familiar with local area □ Not familiar with local area Place of birth:	Intervention/Referral: □ Reviewed/discussed STT FS: □ Cultural Considerations □ Cross Cultural Communication □ Communication □ Client's with Alternative Health Care Experiences □ STT PSY: New Immigrant □ Provided additional orientation about:
4. Do you plan to stay in this area for the rest of your pregnancy? ☐ Yes ☐ No, explain: ☐ Unsure, explain:	Intervention/Referral: □ Provided assistance in transferring her care □ Referred to/date:
5. How many years of school have you completed? □ 0-8 years □ 9-11 years □ 12-16 years □ 16+ years	Intervention/Referral: Referred to school program for pregnant/parenting teens/date: Referred to adult school/GED Program/date: Referred to English as a Second Language (ESL) Program/date: Referred to/date:
6. What language do you prefer to prefer to speak? read? □ English □ English □ Spanish □ Spanish □ Other: □ Other: □	Intervention/Referral: □ Reviewed/discussed STT FS: □ Cross Cultural Communication □ Dealing with Language Barriers □ Guidelines for Using Interpreters □ Provided education in preferred language □ Interpretation services requested from:
7. Which of the following bests describes how you read: Like to read and read often Can read, but don't read very often Can't read	Intervention/Referral: □ Provided verbal/visual/written information appropriate for client's ability □ Reviewed STT FS: Low Literacy Skills □ Referred to Public Library or Adult Literacy Program/date: □ Referred to/date:
8. Father of baby: Name: Language: Education: Age:	Intervention/Referral: □ Referred to legal assistance/date: □ Provided information on declaring paternity (per STT PSY: Teen Pregnancy and Parenting – even if client is not a teen) □ Reviewed/discussed STT PSY: □ Child Abuse and Neglect □ Legal/Advocacy Concerns □ Child Abuse Report filed (based on client/partner ages or suspected abuse)/date: □ Referred to/date:

					Client Name			
□ No □ Yes, explain:				-				
b) In the past 12 months, did you experience bought just didn't last and you didn't had more?	ce that the food	you	□ Referred	to food bank/	date:	Easy Meals and Snacks		
16. a) In the past 12 months, have you worried would run out before you got money to □ No □ Yes, explain:	buy more?		Food Sho	d/discussed S'	u Can Buy He	Getting Healthy Foods Tips for Healthy Tips for Healthy Tips for Healthy		
Other:								
Pregnancy disability benefits								
Emergency Food Assistance								
Medi-Cal								
CalFresh (Food Stamps)								
WIC CalFresh (Food Stamps)								
Yes	s No	Ye	es No	Yes	Weeks No	Referral & Date		
)-13 Weeks		14-27 Weeks	D.O. 110-				
15. Are you receiving any of the following?				· ·				
Other sources of financial help:		□ Reviewed/discussed STT PSY: Legal/Advocacy Concerns □ Referred to LA County Child Support Services: 1-866-901-3212/date: □ Referred to/date:						
14. Will the father of the baby provide financia the baby? ☐ Yes ☐ No ☐ Unsure	al support for yo	ou and	Intervention/Referral: □ Reviewed/discussed STT PSY: Financial Concerns for information on the father's requirement to pay child support					
□ Yes □ No	-							
 b) Do you plan to work or go to school whi □ Yes □ No c) Do you plan to return to work/school after 		STT PSY: □ Financial Concerns, □ Legal/Advocacy Concerns □ Reviewed/discussed pumping/storing breastmilk per STT NUTR: Breastfeeding □ Referred to childcare/date:						
Hours per week:			□ Reviewed/	discussed ST	T HE: □ Work	th School Proficiency Exam/date: place Safety, □ Keep Safe at Work		
□ No □ Yes, Type of school/work:			□ Referred to	school prog		nt/parenting teens (if under 18 and has not		
Economic Resources 13. a) Are you currently working or going to so	chool?		Intervention/R	eferral:				
Economia Passassass								
Your friends?				discussed ST vocacy Conc		al: Financial Concerns and		
Your family?			Parenting -	even if clien	t is not a teen)			
			□ Referred to□ Provided in	home visitation on	ion program/da	ate:ernity (per STT PSY: Teen Pregnancy and		
Explain:		?	Intervention/Re	eferral:				
	roubled							
Explain:			Concerns					
14-27 Weeks: □ Good □ Unsure □ T	roubled		□ Referred to□ Reviewed/o	home visitati discussed ST	ion program/da ΓPSY: □ <i>Fina</i>	ate: ncial Concerns 🗆 Legal/Advocacy		
0-13 Weeks: □ Good □ Unsure □ T Explain:	roubled		□ Referred to	mental healt	h clinic/date: _			
11. How do you feel about being pregnant no			Intervention/Re	eferral:				
			□ Referred to□ Referred to		er/date:			
□ No □ Yes: □ Adoption □ Abortion			□ Referred to	provider for	/date:			
10. Are you thinking about abortion or adoptio	n?							
□ No, descri	ibe:		☐ Provided in	nformation ab	out Safe Surre	nder program/date:		
☐ Yes ☐ Yes ☐ Unsure			□ Reviewed/	discussed ST in About Pres	ΓPSY: □ Unw ?nancv?	anted Pregnancy □ Choices		
	nted pregnancy	?	Intervention/Referral: □ Reviewed/discussed STT PSY: □ Unwanted Pregnancy					

Housing 17. What type of housing do you currently live in? Intervention/Referral: □ House □ Hotel/Motel ☐ Reviewed/discussed STT PSY: Financial Concerns □ Apartment ☐ Farm Worker Camp Referred to LA County Housing Resource Center: 1-877-428-8844/date: Trailer Park □ Emergency Shelter Referred to emergency housing/homeless shelter/date:_____ □ Public Housing ☐ Referred to LA County Lead Poisoning Prevention Hotline: □ Other:_ 1-800-LA-4-LEAD/date: □ Referred to/date:__ Any changes in housing? 14-27 Weeks: □ No □ Yes, explain:_ 28-40 Weeks: □ No □ Yes, explain:_ 18. Members of household (not including client): Number of adults: Relationship to client: Number of children: Relationship to client:____ 19. Was your house or apartment built before 1978? ☐ Unsure □ Yes □ No Is there chipping or peeling paint inside or outside the home? □ Unsure 20. Is your current housing safe and adequate for you and your children)? 0-13 Weeks: ☐ Yes ☐ No, explain:_____ 14-27 Weeks: ☐ Yes ☐ No, explain:_____ 28-40 Weeks: ☐ Yes ☐ No, explain:____ 21. Do any of your children or your partner's children live with Intervention/Referral: someone else? □ Reviewed/discussed STT PSY: □ Parenting Stress □ New Immigrant \square N/A □ Legal/Advocacy Concerns □ No Referred to National Parent Helpline: 1-855-427-2736/date:_ ☐ Yes, explain:_____ Referred to family support/counseling or child abuse prevention program/date:_ Referred to/date: _ 22. Do you have the following where you live? Intervention/Referral: 0-13 Wks 14-27 Wks 28-40 Wks ☐ Reviewed/discussed STT NUTR: ☐ Cooking and Food Storage_ □ Food Safety □ When You Cannot Refrigerate: Choose These Foods □ Tips for Cooking and Storing Food □ Yes No Yes No Yes No Toilet □ Don't Get Sick From the Foods You Eat__ Stove/place to cook Referred to LA County Housing Resource Center 1-877-428-8844/date: Tub/shower Referred to HUD 1-213-894-8000/date: Electricity Referred to Housing Rights Center 1-800-477-5977/date: R

Refrigerator			ш	Ш	Referred to Housing Rights Center 1 000 477 3777 date.		
Hot/cold water					□ Referred to local fire department/date:		
Phone					☐ Referred to social worker/date:		
Smoke detectors							
Windows that open/close							
23. Do you have a gun in y No Yes, how is it sto					Intervention/Referral: □ Provided information about safe gun storage □ Educated client that unwanted guns may be turned in to most local law enforcement agencies/date: □ Referred to/date:		

Transportation				
24. Will you have any problems coming to your appointments or attending classes due to transportation, childcare, work, school, or another reason? 0-13 Weeks: □ No □ Yes: 14-27 Weeks: □ No □ Yes: 28-40 Weeks: □ No □ Yes:	Intervention/Referral: Referred to childcare/date: Referred to transportation services/date: Referred to/date: Provided bus tokens or taxi vouchers/date:			
25. a) When you ride in a car, do you use seatbelts? seat belt when pregnant? Always Yes Sometimes No	Intervention/Referral: □ Reviewed/discussed STT HE Handout: <i>Pregnant? Steps for a Healthy Baby</i>			
26. Do you have a car seat for the new baby? 14-27 Weeks: □ Yes □ No 28-40 Weeks: □ Yes □ No 27. How will you get to the hospital?	Intervention/Referral: □ Reviewed/discussed to STT HE: □ Infant Safety and Health □ Keep Your Baby Safe and Healthy □ Give referral to free or low-cost car seat program/date: □ Delivery hospital provides car seat prior to discharge Intervention/Referral:			
14-27 Weeks: Unsure No transportation available 28-40 Weeks: Unsure No transportation available	□ Reviewed/discussed STT HE: □ Preterm Labor □ Hospital Orientation □ If Your Labor Starts Too Early □ □ Assist client in scheduling tour of delivery hospital/date: □ □ Provided bus tokens or taxi vouchers/date: □ □ Referred to childcare/date: □ □ Referred to transportation services/date: □			
Current Health Practices 28. Do you have a primary care doctor for you and your family? ☐ Yes ☐ No	Intervention/Referral: □ Reviewed/discussed to STT Appendix: Introduction to Managed Care □ Referred to/date:			
29. Do you have a doctor for your baby? 14-27 Weeks: □ No □ Yes, who? 28-40 Weeks: □ No □ Yes, who?	Intervention/Referral: □ Reviewed/discussed STT HE: □ Infant Safety and Health □ When Your Newborn Baby is Ill □ Your Baby Needs to be Immunized □ Referred to CHDP provider/date: □			
30. a) Have you been to a dentist in the last 6 months? \[\text{Yes} \text{No} \] b) Do you have any problems with your teeth, gums or mouth such as toothaches, bleeding gums, or a bad taste or smell? \[\frac{0-13 \text{Weeks:}}{14-27 \text{Weeks:}} \text{No} \text{Yes:} \] 28-40 \text{Weeks:} \text{No} \text{Yes:} \]	Intervention/Referral: □ Reviewed/discussed STT HE □ Oral Health During Pregnancy □ Prevent Gum Problems When You Are Pregnant □ Keep Your Teeth and Mouth Healthy! Protect Your Baby Too □ Referred to registered dietitian/date: □ Referred to dentist/date:			
31. How many total hours do you sleep at night? How many total min/hours do you nap during the day? 0-13 Weeks: 0-13 Weeks: 14-27 Weeks: 14-27 Weeks: 28-40 Weeks:	Intervention/Referral: □ Discuss using extra pillows for joint or back discomfort. To improve relaxation, offer deep breathing, visualization and relaxation techniques/date: □ Reviewed/discussed STT PSY: □ Emotional or Mental Health Concerns □ □ Depression □ □ How Bad are Your Blues? □ □ □ Referred to/date: □			
32. Do you exercise? 0-13 Weeks: □ No □ Yes, type/frequency: 14-27 Weeks: □ No □ Yes, type/frequency: 28-40 Weeks: □ No □ Yes, type/frequency:	Intervention/Referral: □ Reviewed/discussed STT HE: □ Safe Exercise and Lifting □ Exercises To Do When You Are Pregnant □ Stay Active When You Are Pregnant □ Keep Safe When You Exercise □ Referred to provider for discussion of vigorous exercise (lifting heavy weights, running, etc.) during pregnancy/date: □ Referred to exercise or fitness resources that are low-cost/date:			
	Client Name/ID:			

33. Are you currently smoking or using any tobacco products	Intervention/Referral:
(including hookah or vaping)?	□ Reviewed/discussed STT HE: □ Tobacco Use □ You Can Quit
	Smoking Secondhand Tobacco Smoke
	Referred to California Smokers' Helpline for free counseling or information
	about secondhand smoke: 1-800-NO-BUTTS or 1-800-45-NO-FUME
Have you tried to quit? ☐ Yes ☐ No	(Spanish)/date:
14-27 Weeks: No Yes, how much per day?	Referred to smoking cessation program/date:
Have you tried to quit? Yes No	☐ Referred to provider for additional counseling on smoking cessation/date:
28-40 Weeks: No See See See See See See See See See Se	
34. Are you often around other people who smoke cigarettes or any	
other tobacco products? □ Yes □ No	
35. Do you use or have exposure to any of the following at	Intervention/Referral:
home, work, or doing any hobbies?	□ Reviewed/discussed STT HE: □ Cautions While Pregnant
0-13 14-27 28-40	□ Workplace Safety □ Pregnant? Steps for a Healthy
Weeks Weeks Weeks	Baby Reep Safe at Work
Products like bleach, ammonia or oven cleaners	Baby □ Keep Safe at Work □ Referred to provider to discuss any harmful exposure to chemicals at home or
Pesticides or chemicals	work/date: Referred to MotherToBaby: www.mothertobaby.org or 1-866-626-6847/date:
Cooking with clay pottery	кетентей to infomer 1 овару: www.mothertopapy.org or 1-866-626-684 //date:
Jewelry making	
Glue	
Fertilizers	
Cat litter box	
Pet turtles or reptiles	
Rodents \square \square	
Douching	
Hot baths or saunas	
X-Rays	
Other:	
None \square	
36. At home, where do you store the following?:	Intervention/Referral:
Vitamins	☐ Reviewed/discussed STT HE Handout: <i>Keep Your New Baby Safe</i>
Vitamins Medications	☐ Reviewed/discussed STT HE Handout: <i>Keep Your New Baby Safe</i>
Vitamins Medications Cleaning Supplies	☐ Reviewed/discussed STT HE Handout: <i>Keep Your New Baby Safe</i>
Medications Cleaning Supplies	Reviewed/discussed STT HE Handout: <i>Keep Your New Baby Safe</i>
Medications Cleaning Supplies Are these things kept out of the reach of children?	□ Reviewed/discussed STT HE Handout: <i>Keep Your New Baby Safe</i>
Medications Cleaning Supplies Are these things kept out of the reach of children?	
Medications Cleaning Supplies Are these things kept out of the reach of children? Yes No 37. Have either of your parents had a drug or alcohol problem?	Intervention/Referral:
Medications Cleaning Supplies Are these things kept out of the reach of children?	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use
Medications Cleaning Supplies Are these things kept out of the reach of children? Yes □ No No No No Yes, describe:	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use □ You Can Quit Using Drugs or Alcohol STT PSY: □ Perinatal
Medications Cleaning Supplies Are these things kept out of the reach of children? Yes □ No 37. Have either of your parents had a drug or alcohol problem? No □ Yes, describe: Does your partner have a problem with drugs or alcohol?	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use □ You Can Quit Using Drugs or Alcohol STT PSY: □ Perinatal Substance Use/Abuse □ Your Baby Can't Say "No,"
Medications Cleaning Supplies Are these things kept out of the reach of children? □ Yes □ No 37. Have either of your parents had a drug or alcohol problem? □No □Yes, describe: Does your partner have a problem with drugs or alcohol? □No □Yes, describe:	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use □ You Can Quit Using Drugs or Alcohol STT PSY: □ Perinatal Substance Use/Abuse □ Your Baby Can't Say "No," □ Drugs and Alcohol, When You Want to STOP Using
Medications	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use □ You Can Quit Using Drugs or Alcohol STT PSY: □ Perinatal Substance Use/Abuse □ Your Baby Can't Say "No," □ Drugs and Alcohol, When You Want to STOP Using □ Notified provider of client's drug/alcohol use/date:
Medications Cleaning Supplies Are these things kept out of the reach of children? □ Yes □ No 37. Have either of your parents had a drug or alcohol problem? □No □Yes, describe: Does your partner have a problem with drugs or alcohol? □No □Yes, describe: Have you had a problem with drugs or alcohol in the past? □No □Yes, describe:	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use □ You Can Quit Using Drugs or Alcohol STT PSY: □ Perinatal Substance Use/Abuse □ Your Baby Can't Say "No," □ Drugs and Alcohol, When You Want to STOP Using □ Notified provider of client's drug/alcohol use/date: □ Referred to Alcoholics Anonymous (AA)/date:
Medications	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use STT PSY: □ Perinatal Substance Use/Abuse □ Your Baby Can't Say "No," Drugs and Alcohol, When You Want to STOP Using Notified provider of client's drug/alcohol use/date: Referred to Alcoholics Anonymous (AA)/date: Referred to Narcotics Anonymous (NA)/date:
Medications	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use STT PSY: □ Perinatal Substance Use/Abuse □ Your Baby Can't Say "No," Drugs and Alcohol, When You Want to STOP Using Notified provider of client's drug/alcohol use/date: Referred to Alcoholics Anonymous (AA)/date: Referred to Narcotics Anonymous (NA)/date: Referred client to Medi-Cal drug treatment facility/date:
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Medications	Intervention/Referral: □ Reviewed/discussed STT HE: □ Drug and Alcohol Use □ You Can Quit Using Drugs or Alcohol STT PSY: □ Perinatal Substance Use/Abuse □ Your Baby Can't Say "No," □ Drugs and Alcohol, When You Want to STOP Using □ Notified provider of client's drug/alcohol use/date: □ Referred to Alcoholics Anonymous (AA)/date: □ Referred to Narcotics Anonymous (NA)/date: □ Referred client to Medi-Cal drug treatment facility/date: □ Referred to social worker/date: □ Referred to Adult Children of Alcoholics, Al-Anon, or Alateen/ date:
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39. Are you taking a prenatal vitamin every day?	Intervention/Referral:
$0-13$ Weeks: \Box Yes \Box No:	☐ Prenatal vitamins prescribed by provider/date:
<u>14-27 Weeks:</u> □ Yes □ No	☐ Encouraged client to continue taking prenatal vitamins (and any other
$28-40 \text{ Weeks:} \qquad \Box \text{ Yes} \qquad \Box \text{ No}$	supplements recommended by provider)/date:
40. Are you taking any prescription, over-the-counter, or herbal	□ Notified provider of any medication/supplement use to ensure safety during
medications? Examples: iron, pain medication, antidepressants,	pregnancy/date:
antacids, allergy medication, laxatives, or herbal remedies like	☐ Reviewed/discussed STT NUTR: ☐ Prenatal Supplements: Vitamins, Minerals,
yerba buena, ginseng, or manzanilla?	and Other Supplements \[\tag{Take Prenatal Vitamins and} \]
	Minerals □ If You Need Iron Pills □ You May Need
0-13 Weeks: □ No □ Yes:	Extra Calcium
14-27 Weeks: No Yes:	☐ Referred to MotherToBaby: www.mothertobaby.org or 1-866-626-6847/date:
28-40 Weeks: □ No □ Yes:	- D.C. 1./1.
	□ Referred to/date:
Pregnancy Care	
41. Besides having a healthy baby, what are your goals for this	Intervention/Referral:
pregnancy?	□ Referred to/for:
42. Do you plan to have someone with you:	Intervention/Referral:
During labor?	□ Refer to childbirth classes/date:
14-27 Weeks: □ No □ Yes:	□ Refer to home visitation program/date:
28-40 Weeks: No Yes:	□ Referred to/date:
When you first come home with the baby?	
14-27 Weeks: No Yes:	
28-40 Weeks: □ No □ Yes:	
43. If you had a baby before, where was it delivered?	Intervention/Referral:
N/A Clinic	□ Notified provider of prior complications:
□ Hospital □ Home	☐ Provided information about the delivery hospital, including tours, registration,
□ Other:	parking, and how to get there from her home
Did you or the baby have any problems?	
□ No □ Yes, explain:	
44. Have you ever lost any children? (miscarriage, stillbirth, SIDS,	Intervention/Referral:
immigration, custody, etc.)	☐ Reviewed/discussed STT PSY: ☐ Perinatal Loss ☐ Loss of Your Baby
□ <u>No</u>	□ Ways to Remember Your Baby
☐ Yes, please explain:	☐ Referred to grief and loss resources
	□ Referred to grief support line at: 1-800-221-7437
	☐ Referred to social worker/date:
	□ Referred to/date:
45. Do you have any questions about any prenatal tests or	Intervention/Referral:
procedures?	☐ Reviewed/discussed STT Appendix: Prenatal Laboratory and Diagnostic
0-13 Weeks: □ No □ Yes:	Tests
14-27 Weeks:	☐ Answered questions/concerns:
28-40 Weeks:	☐ Referred to provider for/date:
46. Have you experienced any of these discomforts during your	Intervention/Referral:
pregnancy? 0-13 14-27 28-40	Referred to/for:
Weeks Weeks Weeks	Reviewed/discussed STT HE: Preterm Labor
Edema (Swelling in hands/feet)	Starts Too Early Safe Exercise & Lifting
Diarrhea	□ Exercises To Do When You Are Pregnant STT NUTR: □ Heartburn □ Heartburn: What You Can
Constipation	Do \(\text{Heartourn} \) Heartburn: What You Can Do \(\text{Heartourn} \) Heartburn: Should You Use Antacids?
Nausea/Vomiting	□ Nausea & Vomiting □ Nausea: Tips that Help □
Leg cramps	□ Nausea: What To Do When You Vomit □ Nausea: Choose
	These Foods \(\text{Constipation} \) \(\text{Constipation} \) \(\text{Constipation} \)
	You Can Do Constipation: What Products You Can and
	Cannot Use \[\sqrt{Lactose Intolerance} \sqrt{Do You Have} \]
	Trouble with Milk Foods? □ Foods Rich in Calcium
	Additional education (describe in progress note if more space
7 118-11-11	needed):
	/
None \square	
	Client Name/ID:

47. Does the doctor say there are any problems with this pregnancy? 0-13 Weeks: □ No □ Yes: 14-27 Weeks: □ No □ Yes: 28-40 Weeks: □ No □ Yes:	Intervention/Referral: □ Reviewed/discussed as needed: STT HE: □ Preterm Labor □ If Your Labor Starts Too Early □ Kick Counts □ Count Your Baby's Kicks □ Labor Induction □ What You Need to Know About Labor Induction □ Multiple Births - Twins and More □ Getting Ready for Multiples □ Referred to Prenatal Diagnostic Center (PDC)/date: □ Referred to/date: □ Referred to/date: □ Referred to/date: □ □
48. Compared to your previous pregnancies, is there anything you would like to change about the care you receive this time? □ N/A □ No □ Yes, explain:	Intervention/Referral: Notified provider of the client's requests or concerns Referred to/date:
49. Who has given you the most advice about your pregnancy? Mother	Intervention/Referral: Notified provider regarding any harmful advice Encouraged client to have support person participate in prenatal education/classes Referred to/date:
Describe: 51. Do you have any traditions, customs or religious beliefs about pregnancy? □ No □ Yes: Please explain: If yes, Conflicts with medical recommendations? □ No □ Yes	Intervention/Referral: □ Reviewed/discussed STT First Steps: □ Cultural Considerations □ Cross-Cultural Communication □ Clients with Alternative Health Care Experiences □ Refer to provider for: □
S2. Would you like to become pregnant in the next 18 months? 14-27 Weeks: Yes No 28-40 Weeks: Yes No	Intervention/Referral: Discussed the importance of spacing 18 months between pregnancies/date: Reviewed/discussed STT HE: Family Planning Choices
Less effective methods (higher failure rate) □ Condoms □ Diaphragm □ Abstinence □ Spermicides □ Cervical cap □ Withdrawal □ Fertility awareness methods □ Other:	Client Name/ID:

55. These questions help us identify chlamydia, gonorrhea, herpes, he	patitis C,			ases]		risky sexual behaviors or symptoms of	
Have you or your partner recently had with anybody else?	l sex	Yes	□ Uns	ure	□ No	STIs/date:	T HE: □ STIs (Sexually Transmitted
Have you or any partners ever had an	STD?	Yes	□ Uns	ure	□ No	$Infections)$ \Box \Box I	HIV and Pregnancy □ What You Should □ What You Should Know About HIV
Have you ever had sex while using all or drugs?	cohol	Yes	□ Uns	ure	□ No	□ You Can Protect You	rself and Your Baby from STDs
Have you or any partners exchanged s	sex			_			s County STD Program Hotline for more s to STD clinics and HIV test sites in Los Angeles
for drugs, money, or shelter?		Yes	□ Uns	ure	□ No		1: 1-800-758-0880/date:
Have you or any partners ever shared needles?		Yes	□ Uns	ure	□ No		/anonymous STD testing location/date:
56. Any change in HIV/STI risk star							
14-27 Weeks: ☐ Yes 28-40 Weeks: ☐ Yes	1 🗆 1 🗆						
Educational Interests							
57. How do you like to learn new thi					Intervention/Referral:		
2 11	One-on-o Videos	ne edi	ucation			☐ Signed up for Text4Bab 511411	y by texting BABY or (BEBE for Spanish) to
	Other:						lient's preferred learning methods
58. Will someone be able to attend p						Intervention/Referral:	1 0
□ No			J				share prenatal education materials with a support
☐ Unsure☐ Yes, who?						person like the father of	the baby, friend, parent, or close relative
59. Do you have any physical, menta	l or emot	ional	conditio	ns si	uch as	Intervention/Referral:	
learning disabilities, Attention-D							lth Plan or visit Medi-Cal's website for more
depression, hearing or vision pro	blems that	may	affect th	e wa	ıy you		ng and/or vision services and eligibility
learn?						☐ Referred to/date:	
□ No □ Yes:							
				_			
60. Do you have experience with pre					&	Intervention/referral:	ov texting RARV or (RERE for Spanish) to 511411
60. Do you have experience with pre delivery, postpartum self-care, an □ Yes □ No					&	☐ Enrolled in Text4Baby b	by texting BABY or (BEBE for Spanish) to 511411 Γ HE Handouts: □ <i>Pregnant? Steps for a Healthy</i>
delivery, postpartum self-care, ar					&	 □ Enrolled in Text4Baby b □ Reviewed/discussed STI Baby □ Keep Your Ne 	Γ HE Handouts: □ Pregnant? Steps for a Healthy w Baby Safe and Healthy
delivery, postpartum self-care, ar					&	 □ Enrolled in Text4Baby b □ Reviewed/discussed STI Baby □ Keep Your Ne □ Referred to home visitati 	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy on program/date:
delivery, postpartum self-care, ar □ Yes □ <mark>No</mark>	nd infant c	are an	nd safety			□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, ar		are an		?	& 28-40 Weeks	 □ Enrolled in Text4Baby b □ Reviewed/discussed STI Baby □ Keep Your Ne □ Referred to home visitati 	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy on program/date:
delivery, postpartum self-care, ar Yes No 61. Would you like information about the following topics? How your baby grows (fetal	0-13 Weeks	are an	nd safety 14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, ar Yes No 61. Would you like information about the following topics? How your baby grows (fetal development)	0-13	are an	nd safety	?	28-40	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, ar Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, ar Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, ar Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby What happens during labor/delivery	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, an Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby What happens during labor/delivery Preparing for the delivery hospital	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, an	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, an Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby What happens during labor/delivery Preparing for the delivery hospital Helping your child(ren) get ready for	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, an	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, an	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, ar Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby What happens during labor/delivery Preparing for the delivery hospital Helping your child(ren) get ready for a new baby How to take care of yourself after the baby comes Breastfeeding How to take care of your baby (infant	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, ar Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby What happens during labor/delivery Preparing for the delivery hospital Helping your child(ren) get ready for a new baby How to take care of yourself after the baby comes Breastfeeding How to take care of your baby (infant health & safety)	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, an Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby What happens during labor/delivery Preparing for the delivery hospital Helping your child(ren) get ready for a new baby How to take care of yourself after the baby comes Breastfeeding How to take care of your baby (infant health & safety) Infant development Circumcision Immunizations needed during	O-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:
delivery, postpartum self-care, an Yes No 61. Would you like information about the following topics? How your baby grows (fetal development) How your body changes during pregnancy Habits for a healthy pregnancy/baby What happens during labor/delivery Preparing for the delivery hospital Helping your child(ren) get ready for a new baby How to take care of yourself after the baby comes Breastfeeding How to take care of your baby (infant health & safety) Infant development Circumcision	0-13 Weeks	are an	14-27 Weeks	?	28-40 Weeks	□ Enrolled in Text4Baby b □ Reviewed/discussed STT Baby □ Keep Your Ne □ Referred to home visitati □ Referred to group educat	HE Handouts: Pregnant? Steps for a Healthy Baby Safe and Healthy ion program/date: tion classes/date:

62. Do you plan on receiving Tdap vaccine in your 3 rd trimester	2
	Intervention/Referral:
14-27 Weeks: □ Yes □ No □ Unsure	□ Provided education on the benefits of Tdap in the 3 rd trimester
28-40 Weeks: □ Yes □ No □ Unsure	Intervention/Referral:
28-40 Weeks. I ies I io Ullsuie	☐ Provided additional education on the benefits of Tdap in the 3 rd trimester
	□ Referred for Tdap/date:
	☐ Tdap administered/date:
	☐ Client plans to receive Tdap after delivery
	☐ Client declines Tdap
63. Is there anything else that you would like to learn?	Intervention/Referral:
	□ Provided education on:
Nutrition: Anthropometric	
64. Weight gain in last pregnancy:	Intervention/Referral:
lbs. □ Unknown □ N/A	☐ Refer to STT NUTR: Weight Gain During Pregnancy- Section: "How to
IOS. 🗆 UIIKIIOWII 🗆 IV/A	Determine Gestational Weight Gain Goals and Assess Weight Gain"
65. Pre-pregnant weight:lbs.	☐ Review/discussed STT NUTR Handout: <i>MyPlate for Moms</i>
	Underweight:
Height:	☐ Reviewed/discussed STT NUTR: Weight Gain During Pregnancy – Section: "Underweight"
Recommended weight gain goal for this pregnancy:	☐ Recommended regular meals and larger portions
Single Pregnancy	\Box Discussed weight gain goal per month = 3-4 lbs for single pregnancy
Underweight: 28-40 lbs	Overweight:
□ Normal weight: 25-35 lbs □ Overweight: 15-25 lbs	□ Reviewed/discussed STT NUTR: Weight Gain During Pregnancy – Section:
☐ Overweight: 15-25 lbs ☐ Obese: 11-20 lbs	"Overweight"
000sc. 11-20 ibs	☐ Recommended smaller portions, more fruits and vegetables, and low/nonfat
Twin Pregnancy	foods
□ Normal: 37-54 lbs	\Box Discussed weight gain goal per month = 2-3 lbs after 16 th week for single
□ Overweight: 31-50 lbs	pregnancy
□ Obese: 25-42 lbs	Obese:
	☐ Reviewed/discussed STT NUTR: Weight Gain During Pregnancy – Section: "Obese"
	☐ Recommended smaller portions, more fruits and vegetables, and low/nonfat
	foods
	☐ Discussed weight gain goal per month = 2.5 lbs after 16 th week for single
Mat Waint Cain	pregnancy
66. Net Weight Gain	Intervention/Referral □ Determined client's recommended net weight gain per STT NUTR: Weight
<u>0-13 Weeks:</u> lbs.	Gain During Pregnancy
□ Adequate □ Inadequate	□ Provided education about age-related nutritional needs/date:
□ Excessive □ Weight Loss	☐ If excessive weight gain, reviewed/discussed STT NUTR: <i>Tips to Slow Weight</i>
	Gain
<u>14-27 Weeks:</u> lbs.	☐ Recommended low fat foods, more water, and less sugary drinks like soda and
□ Adequate □ Inadequate	juice
□ Excessive □ Weight Loss	☐ If inadequate weight gain (or if weight loss), reviewed/discussed STT NUTR: Tips to Gain Weight
<u>28-40 Weeks:</u> lbs.	☐ Recommended more frequent, calorie-dense meals
□ Adequate □ Inadequate_	□ Notified provider/date: □ Referred to registered dietitian for/date:
□ Excessive □ Weight Loss	☐ Discussed risks associated with weight gain/loss:

57.	nemical			Intervention/Referral:
0-13 Weeks:	Date blood drawn:			☐ Consult with provider on abnormal lab values and education
•	(<11g/L)	Hct:	(<33%)	interventions/date: Anemia, iron prescribed/date:
Glucose:		MCV:		Referred to/date:
	Date blood drawn			
Hgb:	(<10.5g/L)	Hct:	(<32%)	
Glucose: _		MCV:		
28-40 Weeks:	Date blood drawn	:		
Hgb:	(<11g/L)	Hct:	(<33%)	
Glucose: _		MCV:		
GTT				
	Visit (if applicable)			
Date:		2.11		
Fasting:	1 Hr:	2 Hr:		
□ 1 \ //1				
24-28 weeks				
Date :	1 II	2 11		
rasting:	1 Hr:	_ 2 пг	_	
Nutrition: Clini	cal			
	nfections? (Ex: Kidn	ey infection, HI	V, TB, etc.)	Intervention/Referral:
0-13 Weeks:		:		□ Referred to registered dietitian/date:
14-27 Weeks:		:		□ Referred to provider/date:
28-40 Weeks:	□ No □ Yes	<u></u>		□ Referred to/date:
9. Anemia	- N V	L		Intervention/Referral: □ Reviewed/discussed STT NUTR: Iron Deficiency and Other
0-13 Weeks:		:		Anemias
14-27 Weeks: 28-40 Weeks:		: :		☐ For Iron Deficiency Anemia, reviewed/discussed STT NUTR: ☐ Get the
20-40 WCCRS.		•		Iron You Need □ Iron Tips □ Iron Tips – Take
				Two! D My Action Plan for Iron
				☐ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR:
				☐ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: ☐ Get the Folic Acid You Need ☐ Folic Acid: Every Woman,
				 □ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B₁₂ Deficiency Anemia: reviewed/discussed STT NUTR:
				 □ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need
				 □ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B₁₂ is Important
				 □ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B₁₂ is Important □ Referred to registered dietitian/date:
0. Diabetes				 □ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B₁₂ is Important □ Referred to registered dietitian/date: □ Referred to provider/date:
0. Diabetes Pre-pregnan	cv: □ No	□ V ec		 □ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B₁₂ is Important □ Referred to registered dietitian/date:
Pre-pregnan		□ Yes		□ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B ₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B ₁₂ is Important □ Referred to registered dietitian/date: □ Referred to provider/date: □ Intervention/Referral: □ Discussed importance of keeping all prenatal appointments and labs, as well as maintaining a healthy diet and moderate exercise/date:
		□ Yes		□ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B ₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B ₁₂ is Important □ Referred to registered dietitian/date: □ Referred to provider/date: □ Intervention/Referral: □ Discussed importance of keeping all prenatal appointments and labs, as well as maintaining a healthy diet and moderate exercise/date: □ Reviewed/discussed STT GDM: □ Gestational Diabetes Mellitus (GDM)
Pre-pregnan Past pregnar Current preg	ncy: \square No gnancy:	□ Yes		□ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B ₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B ₁₂ is Important □ Referred to registered dietitian/date: □ Referred to provider/date: □ Intervention/Referral: □ Discussed importance of keeping all prenatal appointments and labs, as well as maintaining a healthy diet and moderate exercise/date: □ Reviewed/discussed STT GDM: □ Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes □ If You Have
Pre-pregnan Past pregnar Current preg 0-13 Weeks:	nancy:	□ Yes		□ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B ₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B ₁₂ is Important □ □ Referred to registered dietitian/date: □ Referred to provider/date: □ Intervention/Referral: □ Discussed importance of keeping all prenatal appointments and labs, as well as maintaining a healthy diet and moderate exercise/date: □ Reviewed/discussed STT GDM: □ Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes □ If You Have Diabetes While You Are Pregnant: Questions You May Have
Pre-pregnan Past pregnar Current preg 0-13 Weeks: 14-27 Week	nancy: ☐ No nancy: ☐ No ss: ☐ No	□ Yes □ Yes □ Yes		□ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B ₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B ₁₂ is Important □ Referred to registered dietitian/date: □ Referred to provider/date: □ Intervention/Referral: □ Discussed importance of keeping all prenatal appointments and labs, as well as maintaining a healthy diet and moderate exercise/date: □ Reviewed/discussed STT GDM: □ Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes You May Have Diabetes While You Are Pregnant: Questions You May Have □ If You Have Diabetes While You Are Pregnant: Ways to Lower Your Stress
Pre-pregnan Past pregnar Current preg 0-13 Weeks:	nancy: ☐ No nancy: ☐ No ss: ☐ No	□ Yes		□ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B ₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B ₁₂ is Important □ □ Referred to registered dietitian/date: □ Referred to provider/date: □ Intervention/Referral: □ Discussed importance of keeping all prenatal appointments and labs, as well as maintaining a healthy diet and moderate exercise/date: □ Reviewed/discussed STT GDM: □ Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes You May Have □ □ If You Have Diabetes While You Are Pregnant: Ways to Lower Your Stress □ Referred to diabetes specialist or California Diabetes and Pregnancy
Pre-pregnan Past pregnar Current preg 0-13 Weeks: 14-27 Week	nancy: ☐ No nancy: ☐ No ss: ☐ No	□ Yes □ Yes □ Yes		□ For Folic Acid Deficiency Anemia, reviewed/discussed: STT NUTR: □ Get the Folic Acid You Need □ Folic Acid: Every Woman, Every Day □ For Vitamin B ₁₂ Deficiency Anemia: reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are Vegetarian: What You Need to Know □ Vitamin B ₁₂ is Important □ Referred to registered dietitian/date: □ Referred to provider/date: □ Intervention/Referral: □ Discussed importance of keeping all prenatal appointments and labs, as well as maintaining a healthy diet and moderate exercise/date: □ Reviewed/discussed STT GDM: □ Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes Mellitus (GDM) □ MyPlate for Moms for Gestational Diabetes You May Have Diabetes While You Are Pregnant: Questions You May Have □ If You Have Diabetes While You Are Pregnant: Ways to Lower Your Stress

Client Name/ID:

71. Hypertension	Intervention/Referral:
Pre-pregnancy: \square No \square Yes	☐ Discussed importance of keeping all health care provider appointments/date:
Past pregnancy: \square No \square Yes	□ Reviewed/Discussed STT HE: Signs and Symptoms of Heart Disease
Comment	During Pregnancy and Postpartum
Current pregnancy: 0-13 Weeks: □ No □ Yes	☐ Referred to MotherToBaby for information on medications and maternal
$ \begin{array}{c cccc} \underline{0-13 \text{ Weeks.}} & \Box \text{ No} & \Box \text{ Tes} \\ \underline{14-27 \text{ Weeks.}} & \Box \text{ No} & \Box \text{ Yes} \end{array} $	medical conditions. The client or provider can call 1-866-626-6847 or visit
$\frac{14-27 \text{ Weeks:}}{28-40 \text{ Weeks:}} \qquad \Box \text{ No} \qquad \Box \text{ Yes}$	www.mothertobaby.org /date:
	□ Referred to registered dietitian/date:
72. History of poor pregnancy outcome (low birth weight, preterm	□ Referred to provider/date:
labor/delivery, large for gest. age)	
□ No □ Yes:	
73. Other medical/OB problems? (Ex: thyroid, cancer, lupus, etc.)	
0-13 Weeks: □ No □ Yes:	
14-27 Weeks: □ No □ Yes:	
28-40 Weeks: No Yes:	
74. Pregnancy interval < 18 months?	Intervention/Referral:
, in Freguency Interval (15 monato) = 2.00	☐ Discussed the importance of a healthy diet to get the nutrients and calories
75. High parity? (≥ 4 births) \Box Yes \Box No	she needs
	☐ Discussed the importance of taking prenatal vitamins every day
	☐ Discussed increased risk of low birth weight, preterm delivery and the
	pregnancy interval recommended by her healthcare provider
76. Multiple gestation? □ Yes □ No	Intervention/Referral:
	□ Reviewed/discussed STT HE: □ Multiple Births—Twins and More,
	☐ Getting Ready for Multiples ☐ Baby Products: Discounts and Coupons
	☐ If Your Labor Starts Too Early ☐ Referred to reciptored distition/dates
	□ Referred to registered dietitian/date:
77. Are you currently breastfeeding? □ Yes □ No	Intervention/Referral:
	☐ Referred to provider due to history of miscarriage or preterm labor
	☐ Discussed the importance of adequate food intake and meeting weight gain goals each month
	□ Referred to registered dietitian/date:
	Terefred to registered dioditian/date.
Nutrition: Dietary	
78. Have your eating habits changed since you've been pregnant?	Intervention/Referral:
<u>0-13 Weeks:</u> □ No □ Yes:	□ Reviewed/discussed STT NUTR: MyPlate for Moms
14-27 Weeks: □ No □ Yes:	□ Referred to/date:
28-40 Weeks: □ No □ Yes:	
79. Do you ever crave/eat any of the following:	Intervention/Referral:
☐ Yes: Ice, freezer frost, corn starch, dirt, paint chips,	□ Reviewed/discussed STT NUTR: □ Pica, □ MyPlate for Moms
plaster, clay, pottery, paste, other:	□ Referred to provider/date:
	□ Referred to registered dietitian/date:
No 80. a) Number of meals/day:	Intervention/Referral:
· · · · · · · · · · · · · · · · · · ·	Reviewed/discussed STT NUTR Handout: <i>MyPlate for Moms</i> and discussed
b) Meals often skipped?	importance of eating foods from all of the different food groups, and the need
□ Yes □ No	to eat meals and snacks at regular times throughout the day
	□ Referred to provider/date:
c) Number of snacks/day:	☐ Referred to registered dietitian/date:
81. Who does the following in your home?	Intervention/Referral:
a) Buys food:	☐ Reviewed/discussed STT NUTR: ☐ Getting Healthy Foods, ☐ Tips for
	Healthy Food Shopping D You Can Buy Healthy Food on a Budget
b) Cooks/prepares food:	□ You Can Stretch Your Dollars: Choose These Easy Meals
	☐ Reviewed/discussed STT NUTR: ☐ Cooking & Food Storage ☐ Food Safety
	☐ Tips for Cooking and Storing Food ☐ Don't Get Sick From the Foods You
	Eat
	Chances of Eating Food with Unsafe Chemicals in Them Tips for
	Keeping Foods Safe

Client Name/ID:

82. Are you on any special diet (medical diet, personal diet, etc.)? 0-13 Weeks:	Intervention/Referral: Reviewed/discussed STT NUTR: Weight Gain During Pregnancy and discussed her specific weight gain goals Reviewed/discussed STT NUTR: MyPlate for Moms Referred to provider/date: Referred to registered dietitian/date:
83. Any food allergies? No Yes: Any foods/beverages you avoid? No Yes: 84. Are you vegetarian or vegan? No Yes: Do you eat:	Intervention/Referral: □ Reviewed/discussed STT NUTR: □ Lactose Intolerance □ Do You Have Trouble with Milk Foods? □ Foods Rich in Calcium □ Referred to provider/date: □ Referred to registered dietitian/date: □ Intervention/Referral: □ Notified provider client is Vegan/date: □ Reviewed/discussed STT NUTR: □ Vegetarian Eating □ When You Are a
☐ Milk Products ☐ Eggs ☐ Nuts ☐ Beans ☐ Chicken/Fish	Vegetarian: What You Need to Know □ Vitamin B12 is Important □ Referred to/date: Intervention/Referral:
O-13 Weeks: a) How do you plan to feed your baby? □ Breastfeed □ Formula □ Breastfeed + Formula □ Undecided b) Have you ever breastfed or tried to breastfeed? □ If yes, for how long? □ No □ N/A c) Did you breastfeed for as long as you wanted? □ Yes □ No, explain: □ N/A	 □ Discussed benefits of breastfeeding and risks of formula feeding and supplementation/date: □ Reviewed/discussed STT NUTR: □ Breastfeeding □ Tips for Addressing Breastfeeding Concerns □ My Birth Plan □ WIC Handout: □ How Does Formula Compare to Breastmilk? □ Referred to WIC/date: □ Referred to breastfeeding education classes/date: □ Referred to/date: □ Ref
14-27 Weeks: a) What do you think about breastfeeding your new baby? Not interested Thinking about it Wants to Definitely will Other: b) What questions do you have about feeding your baby?	Intervention/Referral: □ Answered breastfeeding questions/concerns □ Reviewed/discussed STT NUTR: □ Breastfeeding □ Tips for Addressing Breastfeeding Concerns □ My Birth Plan □ □ My Action Plan for Breastfeeding □ Referred to WIC/date: □ Referred to breastfeeding education classes: □ Referred to/date: □ Referred to/date:
28-40 Weeks: a) How do you plan to feed your baby during the first month? Breastfeed Formula Breastfeed + Formula b) If you are going to breastfeed, who can you go to for breastfeeding help? c) What questions do you have about feeding your baby?	Intervention/Referral: □ Reviewed/discussed STT NUTR: □ Breastfeeding □ Tips for Addressing Breastfeeding Concerns □ What to Expect While Breastfeeding: Birth to Six Weeks □ My Action Plan for Breastfeeding □ My Birth Plan □ Nutrition and Breastfeeding: Common Questions and Answers □ Provided education on safe formula preparation and feeding □ Discussed how supplementing with formula can decrease milk production □ Referred to WIC/date: □ Referred to breastfeeding education classes/date: □ Referred to/date:

OC Distings	.1_4_ J.	
86. Diet intake assessment comp	pleted:	Intervention/Referral:
O-13 Weeks: ☐ Perinatal Food Group ☐ 24-hour Perinatal Dio ☐ Perinatal Food Frequ Diet adequate as assessed?:	etary Recall ency Questionnaire (PFFQ)	Reviewed/discussed STT NUTR: Reviewed/discussed STT NUTR: MyPlate for Moms My Nutrition Plan for Moms Referred to CalFresh Referred to WIC Referred to food bank Referred to registered dietitian/date: Notified provider/date:
Diet adequate as assessed?: 28-40 Weeks: Perinatal Food Group 24-hour Perinatal Die Perinatal Food Freque	etary Recall ency Questionnaire (PFFQ) Yes No Recall (PFGR) etary Recall ency Questionnaire (PFFQ)	Intervention/Referral - Update: Reviewed/discussed STT NUTR: MyPlate for Moms Referred to CalFresh Referred to WIC Referred to food bank Referred to registered dietitian/date: Notified provider/date: Intervention/Referral - Update: Reviewed/discussed STT NUTR: MyPlate for Moms Referred to CalFresh Referred to CalFresh Referred to WIC
Diet adequate as assessed?:	□ Yes □ No	☐ Referred to food bank
Coping Skills		
87. Are you currently having provided with any of the following? Divorce/separation Recent death Illness (cancer, abnormal Papsmear, etc.) Unemployment Immigration Legal Probation/parole Child Protective Services/DCFS Other: None	0-13 14-27 28-40 Weeks	Intervention/Referral: Reviewed/discussed: STT PSY: Financial Concerns Legal/Advocacy Concerns New Immigrant Emotional or Mental Health Concerns Referred to legal assistance (free or low cost): Referred to social worker/date: Referred to home visitation program/date: Referred to/date:
88. What things in your life do you feel good about?		Intervention/Referral:
Other:91. What do you do when you are	onal support? nily member	Referred to provider/date:
92. What do you do when you an	d your partner have disagreements?	
		Client Name/ID:

93. Patient Health Questionnaire 9 (PHQ-9)	
0-13 Weeks:	Intervention/Referral:
Total Score:	□ Notified provider of PHQ-9 score of 10 or higher
□ 0-4 (None – Minimal)	☐ Reviewed/discussed STT PSY: ☐ Emotional/Mental Health Concerns
	□ Depression □ □ How Bad Are Your Blues? □
	Reviewed the "Speak Up When You're Down" brochure
□ 10-14 (Moderate)	☐ Encouraged client to inform provider if symptoms worsen
□ 15-19 (Moderate Severe)	□ Referred to Postpartum Support International at: 1-800-944-4773 □ Referred to home visitation program/date:
□ 20-27 (Severe)	□ Referred to nome visitation program/date. □ Referred to mental health clinic/date: □ □
	□ Referred to social worker/date:
	Referred to mental health urgent care clinic/date:
	☐ Contacted psychiatric mobile response services at: 1-800-854-
	7771/date: Contacted 911 or local law enforcement agency/date:
14-27 Weeks:	Intervention/Referral:
Total Score:	□ Notified provider of PHQ-9 score of 10 or higher
□ 0-4 (None – Minimal)	☐ Reviewed/discussed STT PSY: ☐ Emotional/Mental Health Concerns
	□ Depression □ How Bad Are Your Blues?
	☐ Reviewed the "Speak Up When You're Down" brochure
□ 10-14 (Moderate)	☐ Encouraged client to inform provider if symptoms worsen
□ 15-19 (Moderate Severe)	☐ Referred to Postpartum Support International at: 1-800-944-4773
\square 20-27 (Severe)	□ Referred to home visitation program/date:
	□ Referred to incital health elime date:
	Referred to mental health urgent care clinic/date:
	□ Contacted psychiatric mobile response services at: 1-800-854-
	7771/date:
	☐ Contacted 911 or local law enforcement agency/date:
28-40 Weeks:	Intervention/Referral:
Total Score:	□ Notified provider of PHQ-9 score of 10 or higher
\Box 0-4 (None – Minimal)	□ Reviewed/discussed STT PSY: □ Emotional/Mental Health Concerns
□ 5-9 (Mild)	□ Depression □ □ How Bad Are Your Blues? □ □
$\square 10-14 (Moderate)$	□ Reviewed the "Speak Up When You're Down" brochure □ Encouraged client to inform provider if symptoms worsen
☐ 15-19 (Moderate Severe)	□ Referred to Postpartum Support International at: 1-800-944-4773
	□ Referred to Fostpartain Support international at: 1-000-944-4773
\square 20-27 (Severe)	□ Referred to mental health clinic/date:
	□ Referred to social worker/date:
	□ Referred to mental health urgent care clinic/date:
	☐ Contacted psychiatric mobile response services at: 1-800-854-7771/date:
	□ Contacted 911 or local law enforcement agency/date:
94. Are you currently receiving services from a local agency such as	Intervention/referral:
case management, home visiting, counseling, etc.?	☐ Obtained client's signed consent to contact agency and coordinate
□ No □ Yes, please explain:	services using an authorization to release information form
	☐ Agency information: ☐ Client declined case coordination
95. Have you ever attended individual or group counseling or therapy?	Intervention/referral:
□ No □ If Yes, when and why?	□ Reviewed/discussed STT PSY: □ Emotional or Mental Health Concerns
= 1.00 = 1.100, when the willy.	□ Depression.
Have you ever been prescribed medications for emotional	□ Notified provider of history:
problems (sadness, anger, nervousness, irritability, difficulty	☐ Referred to home visitation program/date:
sleeping, etc.)?	□ Referred to social worker /date:
□ No □ If Yes, when and why?	= D C 14 4.11 14 12 4.14
in rest, when and why:	Referred to mental health clinic/date:
<u> </u>	□ Referred to mental health clinic/date: Referred to/date:
Have you ever been hospitalized for emotional problems, or	
<u> </u>	

96. Have you ever been emotionally or physically abused by your partner or someone important to you? No Yes, please explain:	Intervention/referral: □ Informed client of mandatory reporting requirement if (1) she has current physical injuries from abuse, or (2) she is under the age of 18/date: □ Notified provider immediately: □ Danger Assessment form completed by provider/date: □ Contacted local law enforcement agency/date: □ Completed Suspicious Injury Report/date: □ Referred to domestic violence shelter/date: □ Referred to local law enforcement agency/date: □ Reviewed/discussed STT PSY: □ Spousal/Intimate Partner Abuse □ Cycle of Violence □ Safety When Preparing to Leave □ Child Abuse and Neglect (if under age of 18)/date: □ Referred to LA County Domestic Violence Hotline: 1-800-978-3600/date: or the National Domestic Violence Hotline: 1-800-978-3600/date: or the National Domestic Violence Hotline:		
How many times?	□ Reviewed/discussed STT HE: Family Planning Choices/date: □ Referred to family planning provider/date: □ Referred to social worker/date: □ Referred to/date:		
100. Within the last year, has anyone forced you to have sexual activities? O-13 Weeks: No Yes, by whom? How many times?			
14-27 Weeks: No Yes, by whom? How many times?			
28-40 Weeks: □ No □ Yes, by whom? How many times?			
101. Are your children, or have your children ever been, victims of physical abuse, sexual abuse, or neglect? □ N/A □ No □ Yes, please explain:	Intervention/referral: Notified provider: Contacted LA County Child Protection Hotline: 1-800-540-4000/date: Child Abuse Report filed/date: Reviewed/discussed STT PSY: Child Abuse and Neglect Referred to/date:		
Initial Assessment Completed By:	Date Minutes		
2 nd Trimester Reassessment Completed By:	Date Minutes		
3 rd Trimester Reassessment Completed By:	Date Minutes		
Page 15 of 17 Los Angeles County CPSP Prenatal Assessment/Reassessment and Individualized Care P	Client Name/ID: an 6/2017		

Provider Signature:			Date:	
Client	Strengths:			
Prena #	tal Individualized Care Plan St Problem/Risk/Concern	ummary Client Goal	Updates & Outcomes	
"	Troben/Alsa/Concern	CHER GOAL	2	
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CPSP Progress Note Each entry must include date, time (in minutes), staff signature and CPSP title