

Navigating Maternal Health Care For Expecting Birthing Families

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Objectives

- What are your prenatal and birth options
- Questions to Ask your provider at your 1st prenatal visit
- Common labs and ultrasounds during pregnancy
- Normal vs. high risk pregnancy complications
- Integrating cultural belief systems into your care



What are my birthing options in my community?



Hospital vs. Birth Center



Here are some
Clarifying
questions to ask
yourself to
make your
decision

- **Is your pregnancy considered high-risk?**
- **How will your care team handle complications when they arise?**
- **What are your pain management preferences?**
- **What kind of prenatal and birth experience do you want?**
- **The costs of care and what will your insurance cover?**

Questions to
ask your
provider at
your first
Prenatal visit.



Here are
some
questions you
could ask:

- What is your informed consent and refusal process?
- If I have a pregnancy related emergency, how do I get a hold of you after hours or on weekends?
- Will the lab results be called to me or when will I get a chance to discuss them with you?
- How many ultrasounds will I have during this pregnancy?
- Can I exercise during pregnancy?
- What medications are safe for me to take while I am pregnant?
- Can I still have sex and travel during pregnancy?
- Are vaccines safe for pregnancy?
- I work with chemicals at work, how do I let my work know what I can and can't do?



Common Labs during pregnancy

1st Trimester labs

- Urinalysis, with cultures and sensitivities
- Universal Drug screen (please ask them if they check this, some places don't tell you they are doing a drug test)
- Blood type
- Antibody screen
- Complete blood count
- Syphilis
- Rubella titer
- HbsAG screen- screening for hepatitis virus
- HIV antibody screen
- Thyroid Screening
- Hemoglobin A1c= checking for diabetes
- Hepatitis C
- Pap Smear offered - if you haven't had one during your recommended screening times.
- Chlamydia and Gonorrhea
- Genetic screening:

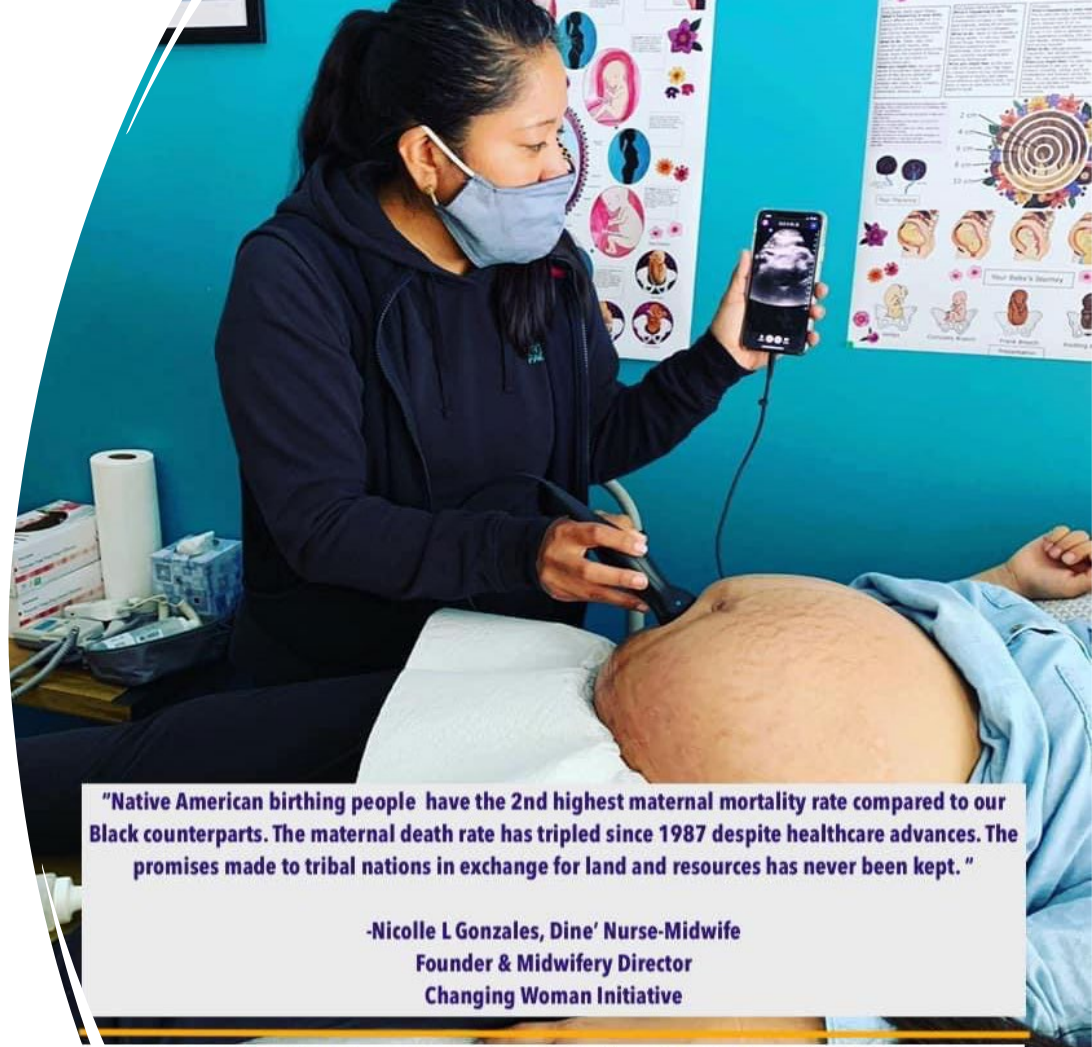


28 week and 36 week Labs

- 28 Week Labs
 - Hemoglobin and hematocrit
 - Gestational Diabetes screening
 - 1 hr GTT
- 36 Week Labs
 - Group B strep bacteria

Ultrasounds

- First Trimester ultrasound usually done between 6 and 13 weeks.
- Growth and anatomy ultrasound usually done around 20 weeks
- Additional ultrasounds done if there are concerns with babies growth, placenta placement, or you have other high risk issues that require more monitoring.

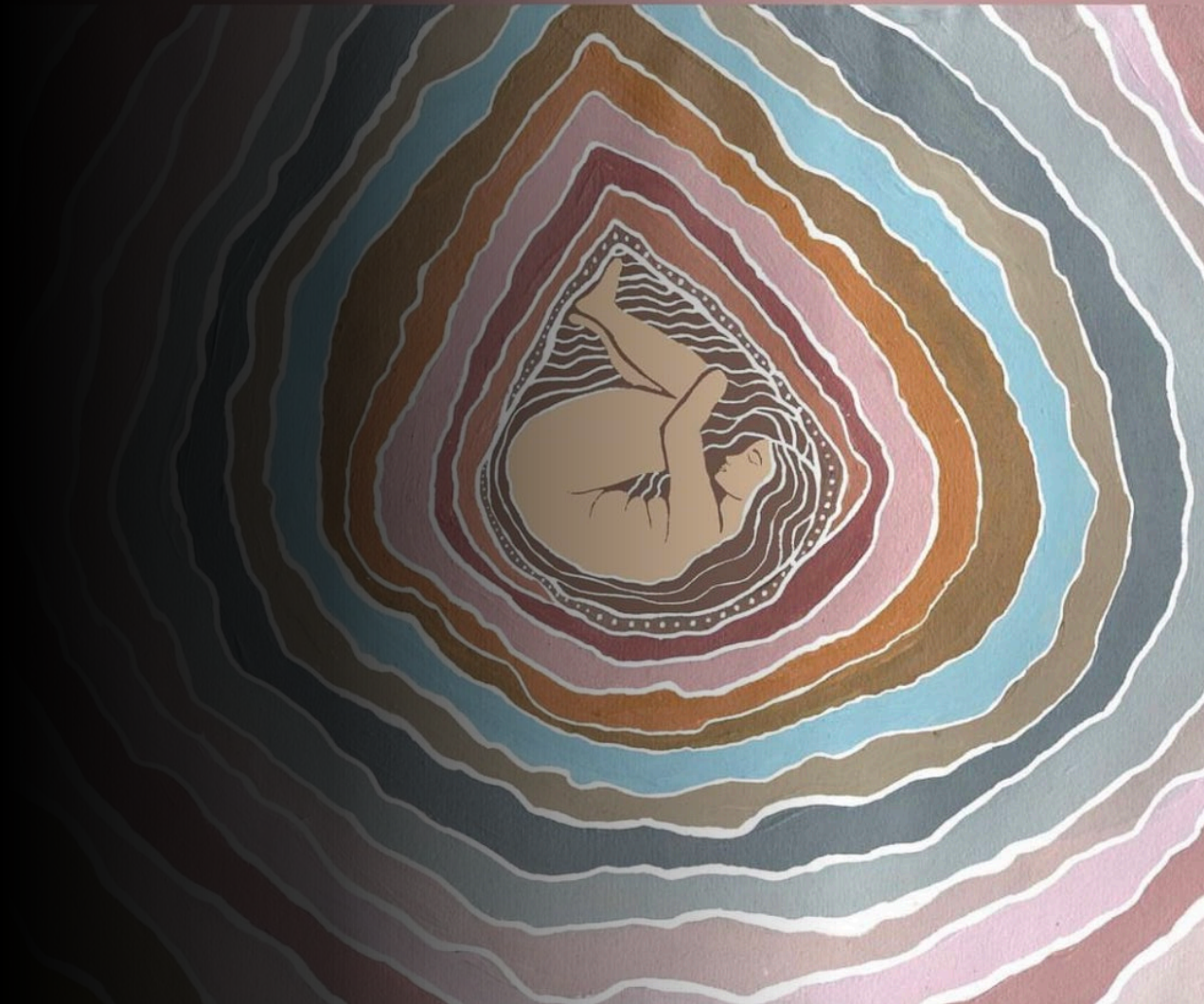


"Native American birthing people have the 2nd highest maternal mortality rate compared to our Black counterparts. The maternal death rate has tripled since 1987 despite healthcare advances. The promises made to tribal nations in exchange for land and resources has never been kept."

**-Nicolle L Gonzales, Dine' Nurse-Midwife
Founder & Midwifery Director
Changing Woman Initiative**

Normal discomforts of Pregnancy

- Constipation
- Heart burn
- Exhaustion
- Hemorrhoids
- Fatigue & sleep problems
- Acne
- Headaches during 1st trimester
- Leg cramps
- Frequent urination



Pregnancy complications

- What does high risk mean?
- What falls under high risk?
 - Advanced Maternal age >35
 - Twin pregnancy
 - Gestational Diabetes complicating pregnancy
 - Gestational High blood pressure complicating pregnancy
 - Maternal Drug addictions
 - Placenta Previa
 - Maternal blood clotting disorder
- Emerging complications
 - Pre-eclampsia
 - HELLP
 - Breech presentation
 - Baby is not growing
 - Low amniotic fluid <5cm

Integrating Your Cultural Belief Systems Into Care



What you can ask for at the hospital

- Request for limited nursing staff coming into your room.
- Ask that no one speaks before your baby hears their welcome in your traditional language
- You can create cedar water to cleanse the room.
- Seeing your medicine woman or man before birth.
- Medicine and healing prayers can be called into you for the labor.
- Traditional items can be placed with your baby.



The **Midwife** is In

• Questions?

