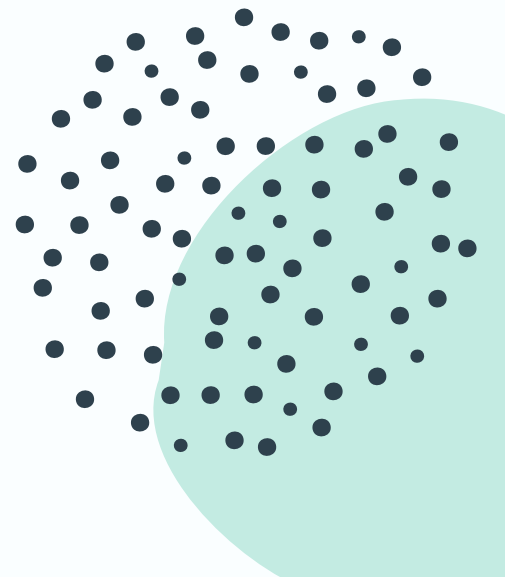
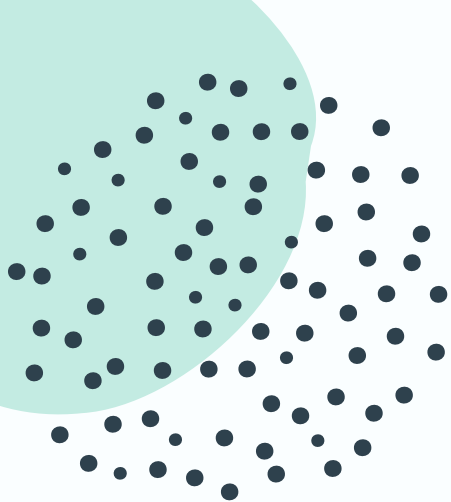


THE POWER OF PRENATAL CARE DURING PREGNANCY

Presentation by Jacqueline Badine





Dene woman, She/Her
Mom, Wife, Daughter, Aunty, Niece
and Cousin to many

Registered Dietitian Nutritionist
Indigenous Full Spectrum Doula
Indigenous Breastfeeding Counselor
Birth Assistant

Jacqueline Badine

BIRTHWORKER



Roots



EDUCATE

Applied knowledge is powerful when used in the right setting and situation



ADVOCATE

Give our people the agency and voice to get their needs met in a dignified manner



EMPOWER

Families can feel confident, prepared and committed to birth and nourish our generations



Learning Objectives

TELL US WHY PRENATAL CARE IS IMPORTANT

WHAT TO EXPECT DURING PRENATAL VISITS

WAYS YOU CAN ADVOCATE FOR YOUR PRENATAL NEEDS

Today's Journey

MILE POSTS

Overview of pregnancy and Benefits of prenatal care

How to choose a provider, and how that choice will decide where you will birth

What to expect at prenatal visits

Common prenatal tests

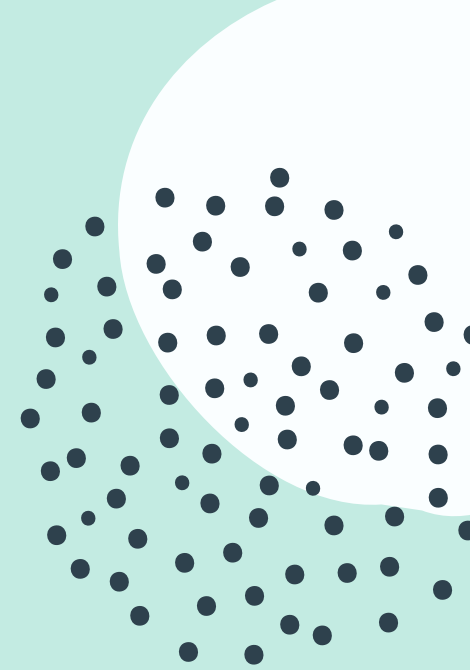
Support during prenatal care

Staying healthy

Complications

Prenatal advocacy and patient rights

The Power of
Prenatal Care
During Pregnancy



GESTATION: THE DEVELOPMENT OF SOMETHING OVER A PERIOD OF TIME



1ST

Trimester
0 - 13 weeks



2ND

Trimester
14 - 26 weeks

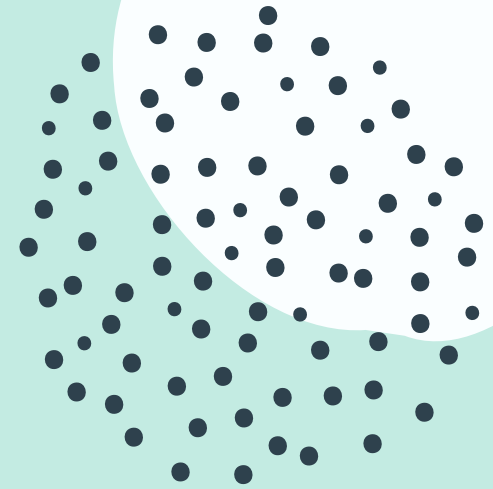


3RD

Trimester
27 - 40 weeks

280 days - 40 weeks - 3 trimesters

Why



Growing: tribal legacy, future generations, parents, families

Ceremony: time, planning, intention, thought, prayer, resources and energy

Birthing the health of a nation

Honoring that little spirit

Getting early and regular prenatal care improves the chances of a healthy pregnancy

Having a healthy pregnancy is one of the best ways to promote a healthy baby and birth



HOW YOUR PROVIDER MAY DETERMINE YOUR BIRTH LOCATION

Midwifery model of care
VS Medical model of care

Midwifery care
Obstetrical care



The Visits



0-28 WEEKS

Monthly visits



29 - 36 WEEKS

Bi-weekly visits (every 2 weeks)



36 WEEKS - BIRTH

Weekly visits



BMI / TEMPERATURE

Height and Weight,
Weight changes over time

BLOOD PRESSURE

Screen for high blood
pressure

HEART RATE / PULSE

Monitor moms heart
health

URINALYSIS / SAMPLE

Screen for infection,
proteins, and sugar
present in the urine

FETAL HEART TONES

Typically heard 10-12
weeks gestation with
doppler

ABDOMEN MEASURED

Measure fundal height, to
see how baby is growing,
position check

TYPE OF TESTS



**BLOOD DRAW
STD**

**RH STATUS
RUBELLA /
VARICELLA**

**ULTRASOUND
GENETIC
TESTING**

**BLOOD
GLUCOSE
GBS**

TYPE OF TESTS



NST

NON-STRESS
TEST

AFI

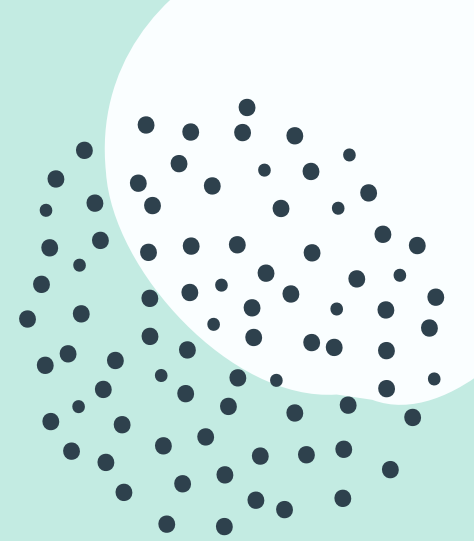
AMNIOTIC
FLUID INDEX

BPP

BIOPHYSICAL
PROFILE

BISHOP SCORE

CERVICAL
RIPENESS



Support during prenatal care

Its important to have your partner,
family and friends around to support
you



WEIGHT CHANGES

BMI & EXPECTED WEIGHT GAIN

MOVING YOUR BODY

EXERCISE, WORKING,
RECREATION

NUTRITION

HYDRATION AND FUELING YOUR
BODY



STAYING HEALTHY



HYDRATION

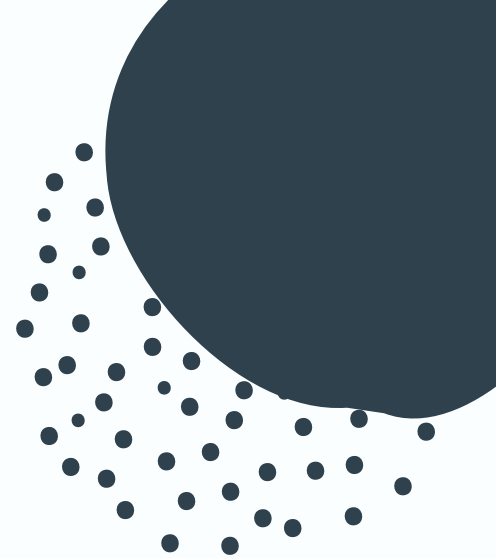
WATER

FUELING YOUR BODY

FRUITS, VEGETABLES, PROTEIN,
WHOLE GRAINS

FOOD SAFETY

FOOD BORNE ILLNESS



STAYING HEALTHY



ALCOHOL

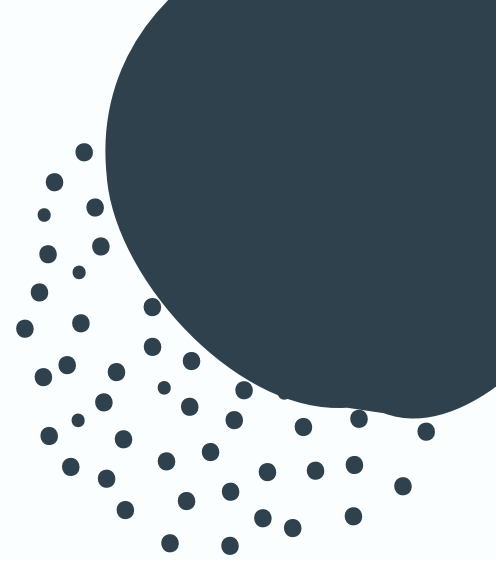
BEER, WINE, SPIRITS

CAFFEINE

SODA, COFFEE, TEA, ENERGY
DRINKS

SMOKING

TOBACCO USE



STAYING HEALTHY



MARIJUANA

SMOKING, EATING

STREET DRUGS

COCAINE, HEROIN, METH

PRESCRIPTION DRUGS

OTC, PRESCRIPTION

STAYING HEALTHY



FOOD CRAVINGS

Can be harmless unless they
interfere with nutrition

NON-FOOD CRAVINGS

Can signal a vitamin deficiency
or other underlying issue



HIGH NEEDS PREGNANCY

Can mean a wide variety of things. Can be due to a pre-existing condition, or something that has developed while you are pregnant. It doesn't always mean your pregnancy will be more challenging or difficult. Usually means a consult with a MFM doctor, or you may need more monitoring than someone that is deemed a low risk pregnancy.



The Power of Prenatal Care
During Pregnancy

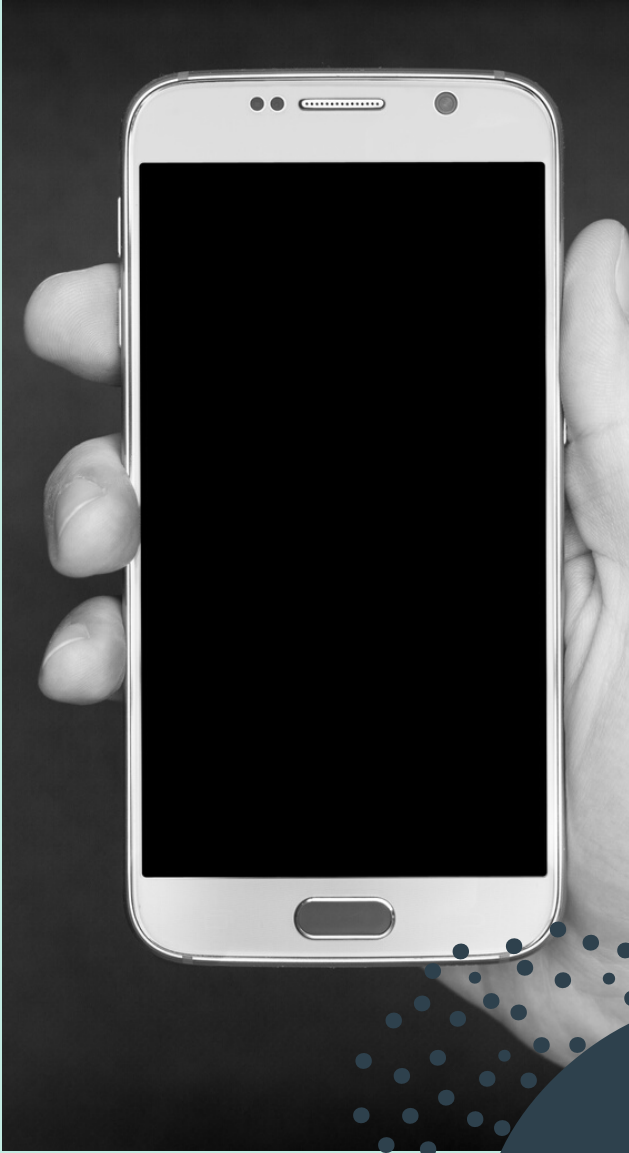


When to call your provider

**PAIN, LEAKING OR BLEEDING,
PERSISTENT NAUSEA OR VOMITING**

**SEVERE HEADACHES, DIZZINESS,
SWELLING OR VISION CHANGES**

**REDUCED FETAL MOVEMENT, FEVER,
CHANGES IN VAGINAL DISCHARGE,
INTRUSIVE THOUGHTS**





PATIENT RIGHTS

INFORMED CONSENT AND SHARED DECISION MAKING

Ask questions and use our B.R.A.I.N.

Right to: informed consent, refuse
treatment*, change providers*, leave
AMA*, obtain a second opinion*

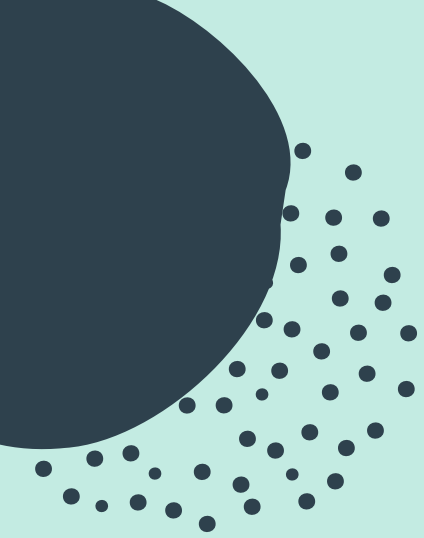


Learning Outcomes

TELL US WHY PRENATAL CARE IS IMPORTANT

WHAT TO EXPECT DURING PRENATAL VISITS

WAYS YOU CAN ADVOCATE FOR YOUR PRENATAL NEEDS

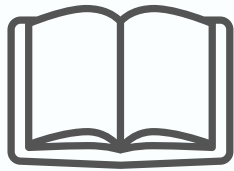
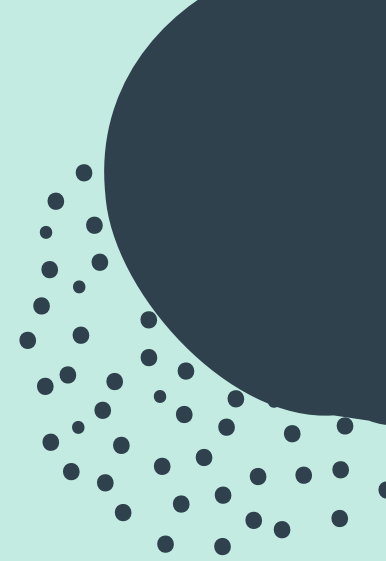


FINAL WORDS

**PRENATAL CARE IS NOT
JUST PHYSICAL WELL
BEING**

**ITS SOCIAL WELL BEING
EMOTIONAL WELL BEING
MENTAL WELL BEING
SPIRITUAL WEL BEING
FINANCIAL WELL BEING
ENVIRONMENTAL WELL
BEING**

Questions...?



Educate



Advocate



Empower



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