

Name of woman:

DOB:

NHI:

Name of provider:

Midwife:

Weeks pregnant:

Hapū Māmā Connecting: Time Sensitive Actions (1st Trimester)

This is an interim response to the COVID-19 lockdown*, supporting pregnant women yet to be connected to a midwife. **Conditions/actions highlighted in bold text are high priority.**

Print and complete assessment findings/actions (free text overleaf) – subject to change according to MOH updates

Current Condition	Care	Plan	Referral
Weeks pregnant ____	If unsure of dates discuss with specialist (dating USS service may be limited)	Call specialist if unsure	
Gravida ____ Para ____	Gravida (no. of times pregnant) Para (no. of times given birth to a fetus 24/40 or more)	Check maternity hx box below	
BP ____ / ____ mmHg	Arrange blood pressure recording if not yet done* If SBP >140mmHg or DBP >90mmHg refer	Refer if HTN	Specialist
Influenza vaccination Up to date / Required	Arrange for vaccination* - pregnant women and their babies remain at great risk of serious illness from Influenza	Vaccinate	-
1st trimester screens	A/N bloods (FBC, G&S, HBV, Rubella, Syphilis, HIV, <u>HbA1c</u>). <u>MSS1</u> * - best at 10 weeks (can be 9 weeks to 13 weeks + 6) <u>Nuchal Translucency USS</u> * - best at 12 weeks (can be 11 weeks + 2 days to 13 weeks + 6 days)	Screen NB: If MSS1 not available arrange MSS2	-
Smoker Yes / No	Support to be smokefree	Detail on Pg 2	Local service
COVID-19	Ask after signs & symptoms, if suspected <u>test</u>	Test	Healthline
Midwife Yes / No	Navigation to midwifery care is a priority Provide COVID-19 information sheet for hapū māmā	DHB if no LMC F/U appt in 4 weeks if no LMC	Find YourMidwife
Support & safety	Ask after the home/whare (warm, dry, stable), transport, food/kai, whānau employment/finances Screen for FV, compromised mental health, A&D addiction	Details on Pg 2	Social worker & local service

Maternity History	Care	Plan	Referral
Pre-eclampsia (PET)	Aspirin 100mg at night (if high risk need to start before 16/40) + Calcium 1000mg tablet	Script* Delivery of meds	Specialist
Still birth	NB: > 20/40 or >400g		Specialist
Gestational diabetes	Screen* (HbA1c part of booking bloods)	A/N bloods*	
Pre-term (<37/40)	For future discussion mid-pregnancy (risk of rpt pre-term)	HVS & STI screen*	Specialist
Low BW / SGA <3000g at term or <10th Percentile	Aspirin 100mg at night – start prior before 16/40	Script* Delivery of meds	Specialist
Large for dates (customised)	Check history, HbA1c or if high risk for GDM/type 2 do Oral Glucose Tolerance Test		Specialist
Congenital abnm'lities	For MSS1* and Nuchal Translucency USS*	MSS1* & USS*	Specialist

Medical History	Care	Plan	Referral
Chronic HTN	Aspirin 100mg at night + change from ACE inhibitors to alternative anti-hypertensive e.g. Labetalol, Nifedipine or Methyldopa	Script* Delivery of meds	Specialist
Cardiomyopathy, rheumatic disease etc.	Refer to specialist to plan care		Specialist
Previous VTE⁺	Telephone obstetric specialist – possible anti-coagulation (*excluding single event related to major surgery)	Plan from specialist over the phone	Specialist
Depression / Anxiety	<u>Risks and benefits of antidepressants should be discussed</u>	PHQ9 / GAD7	
Diabetes type 1 or 2	Refer to specialist to plan care		Specialist
Epilepsy	Folate high dose (5mgm) daily Refer to specialist	Script* Delivery of meds	Specialist
Chronic Kidney Disease	Request Creatinine level - call specialist if Cr >110	Creatinine	Specialist

*Arrange assessment-scripts-printouts-medications as able - services may be impacted so act as clinically relevant



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Hapū Māmā Connecting: Wraparound Safety & Support

Additional services and support may be accessible through social workers, Iwi and your local community (e.g. council or PHO mediated responses to COVID-19 lockdown)

*Some agencies are closed or have limited service during lockdown – refer to website for agency-specific info

<p><u>Māori Support Services</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Whānau Ora</u> – COVID-19 Support <input type="checkbox"/> <u>Whānau Ora providers</u> <input type="checkbox"/> <u>Mokopuna Ora</u> – A place for Aotearoa mums and dads to find trusted pregnancy information <input type="checkbox"/> <u>Well Child Tamariki Ora</u> – MOH service from birth to 5 <input type="checkbox"/> <u>Māori Women’s Welfare League*</u> – To inspire and enable wāhine Māori and their whanau <input type="checkbox"/> <u>MOH Māori health providers</u> – National directory 	<p><u>Early in Pregnancy</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Find your midwife</u> – Provides assistance with finding a midwife <input type="checkbox"/> <u>Voice for life</u> – Pregnancy support; counselling, mothering advice and Pregnancy Centres <input type="checkbox"/> <u>Pregnancy Counselling Services</u> – Support in pregnancy “We Care, Call Us” 0800 773 462 <input type="checkbox"/> <u>Family Planning*</u> – Clinics provide reproductive support; contraception and pregnancy options. <input type="checkbox"/> <u>Pregnancy Choice</u> – Supports pregnancy choices and offers confidential support 0800 773 424 <input type="checkbox"/> <u>Abortion Services in NZ</u> – Information on abortion procedures 	<p><u>Staying Well in Pregnancy</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Quit line Smoking & Pregnancy</u> – “If you’re ready to quit, they’re ready to help” 0800 778 778 TXT 4006 <input type="checkbox"/> <u>I Quit Smoking for Baby & Me Tool</u> – PDF of Quitline tool <input type="checkbox"/> <u>Antenatal Anxiety & Depression</u> – info sheet <input type="checkbox"/> <u>Thrive</u> – Teen parent support trust <input type="checkbox"/> <u>Weight Gain in pregnancy</u> – MOH information & tool for hapū māmā <input type="checkbox"/> <u>Alcohol & Pregnancy</u> – HPA resource <input type="checkbox"/> <u>Ministry of Health</u> – Pregnancy Support Services / COVID-19/Pregnancy Advice <input type="checkbox"/> <u>Health Line</u> – Advice 0800 611 116 <input type="checkbox"/> <u>Smart start</u> – Information to help you and your baby get the best start 	
<p><u>Safe From Hunger, Cold or Insecure Homes, Violence and Addiction</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>WINZ</u> – For financial and benefit support and advice <input type="checkbox"/> <u>Family Violence</u> – “It’s not ok” support line 0800 456 450 <input type="checkbox"/> <u>Women’s Refuge</u> – to support & help women and children experiencing family violence 0800 REFUGE <input type="checkbox"/> <u>Healthy Home Initiative*</u> – To support provision of warm, dry and healthy housing 	<p><u>Additional Services</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Pregnancy Help Inc</u> – Provides a long list of support services available <input type="checkbox"/> <u>BirthED</u> – Pregnancy support info <input type="checkbox"/> <u>Health Navigator N.Z</u> – Lists support services available <input type="checkbox"/> <u>Salvation Army services</u> – Welfare, food assistance, housing, alcohol and drug support <input type="checkbox"/> <u>Citizens Advice Bureau</u> – helping people to understand & know their rights 	<p><u>Specialist Care Info</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>NSU</u> – Discussion aid for health practitioners / NSU Screening Options <input type="checkbox"/> <u>Diabetes in Pregnancy</u> <input type="checkbox"/> <u>Specialist referral guidelines</u> <input type="checkbox"/> <u>Maternal Green Prescription Programme</u> - Free programme promoting the health & well-being of pregnant 	<p><u>Pregnancy & Baby Goods</u></p> <p>These stores have gone online. High demand– some free delivery</p> <ul style="list-style-type: none"> <input type="checkbox"/> <u>Baby Online</u> – everything from nappies to car seats <input type="checkbox"/> <u>The Baby Factory</u> – free delivery <input type="checkbox"/> <u>Tiny Fox</u> <input type="checkbox"/> <u>Babies.co.nz</u>

Assessment findings:

Actions, referrals or recommendations made: