



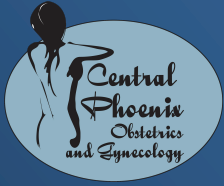
Central Phoenix Ob-Gyn  
welcomes you to

Supportive  
Pregnancy Care  
January 12, 2022



## Mindfulness Moment





Dr. Sharon Thompson



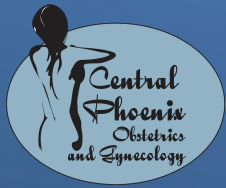
Lindsay McCall Long



Please scan  
the QR code  
and complete  
the  
Supportive  
Pregnancy  
Care pretest



[SPC Pretest](#)



# Today's Agenda

## January 12th, 2022

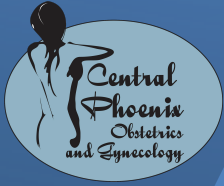
### Part I

- Check-in
- Welcome/Facilitator introductions
- Meditation
- Agenda Review
- Icebreaker
- Testing in pregnancy

*\*\*Break\*\**

### Part II

- Mindfulness exercise
- Vaccines in pregnancy
- Wrap up
- Closing affirmations



Your name



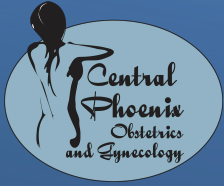
What is your most memorable childhood movie



How many weeks pregnant are you



What feelings do you get when you watch it as an adult

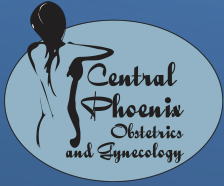


# Testing in Pregnancy



- Common tests in pregnancy
- Why do you need them?
- When are they done?





# First Trimester (7-14 weeks)

## Lab tests

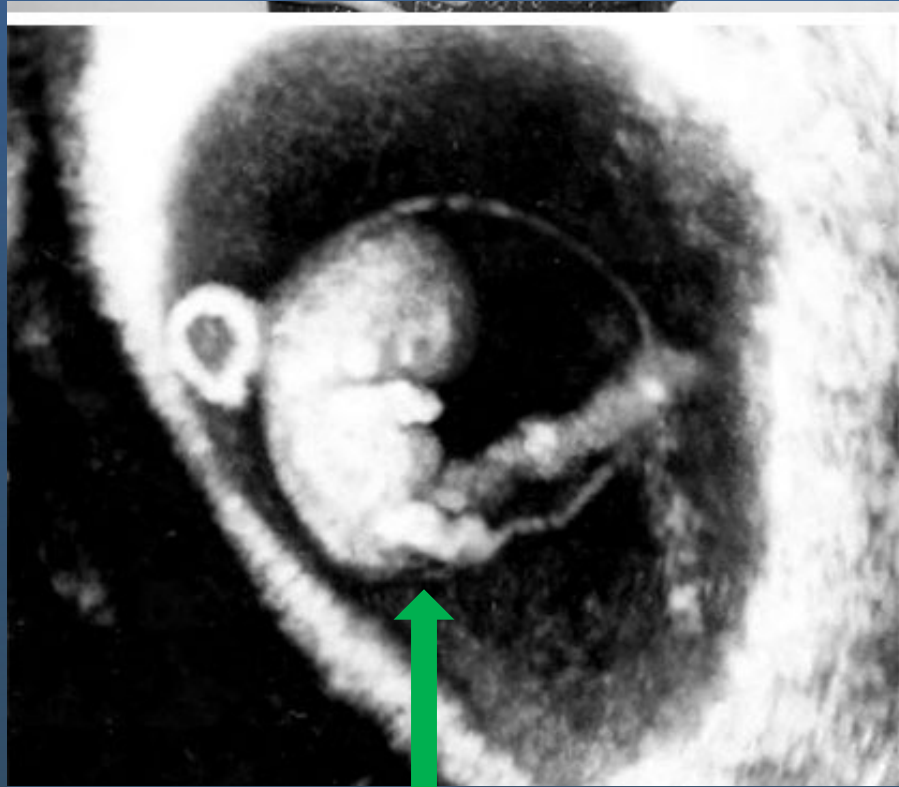
- Blood type
- Rh type
- Antibodies
- CBC
- HBsAg
- HIV
- Rubella
- Gonorrhea
- Chlamydia
- \*Glucose
- \*preeclampsia labs
- \*genetic tests

## Ultrasound

- Number of babies
- Location
- Gestational age



# Ultrasound Number of babies



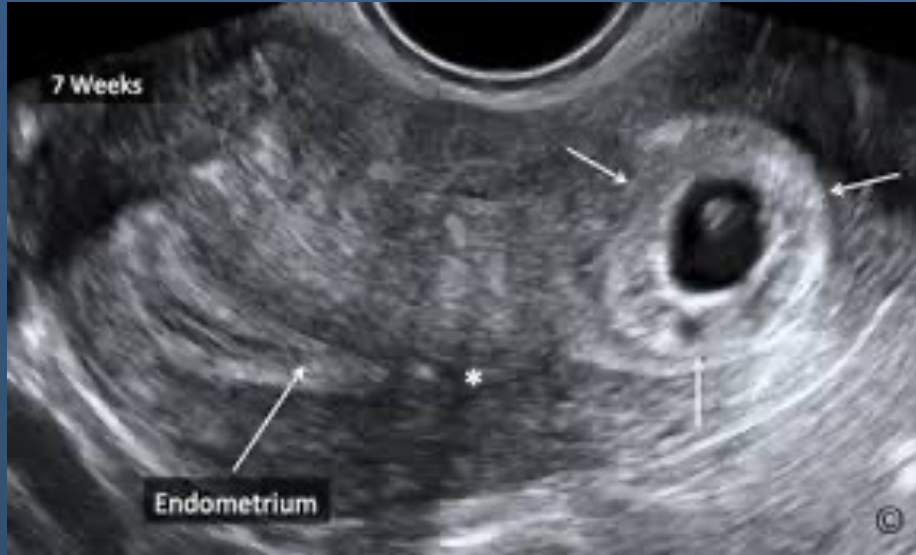
Singleton



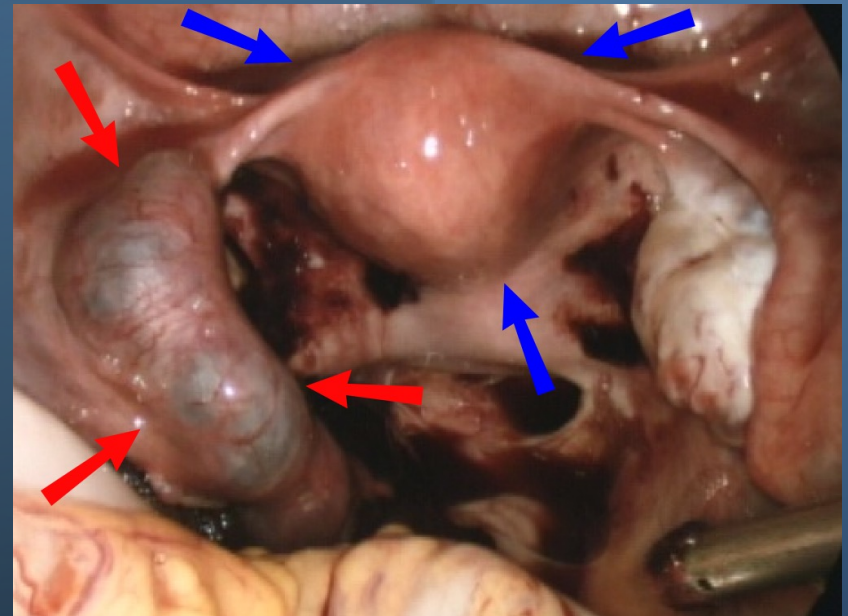
Triplet 

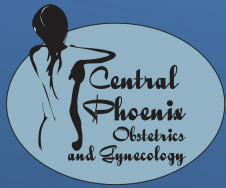


# Ultrasound Location



Ectopic

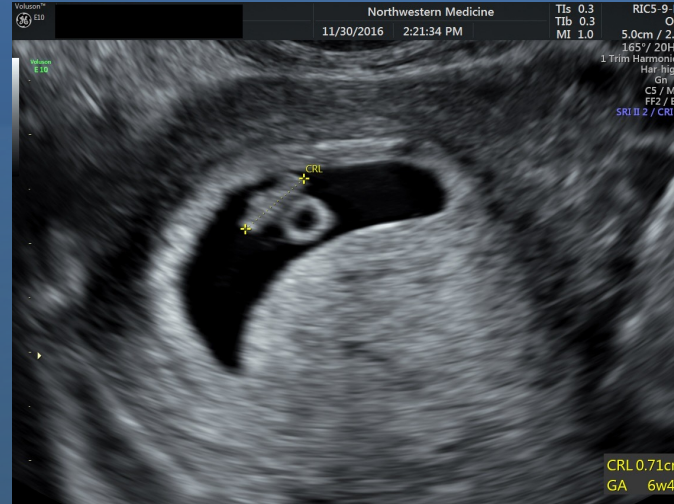




# Ultrasound Gestational age



5.5 weeks



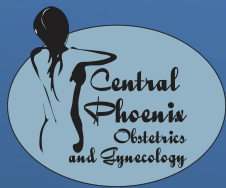
6 weeks  
6.5 wks heart  
beat seen



CRL—crown rump length  
Correlates with gestational age up to  
13 weeks



Femur length  
correlates  
better with  
gestational age  
as pregnancy  
advances



# First Trimester (7-14 weeks)

|  |  |
|--|--|
| Blood type/Rh type<br>Antibodies<br>CBC                      | Treatable factors in blood system that can lead to problems for mom or fetus |
| Rubella  | Checking for immunity; if not, vaccine given after birth                     |
| HBsAg<br>HIV<br>Syphilis--RPR/VDRL<br>Gonorrhea<br>Chlamydia | Treatable infectious diseases that can lead to problems for mom or fetus     |



# First Trimester (7-14 weeks)

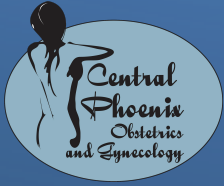
Glucose  
preeclampsia labs

Tests for preexisting conditions that have special monitoring in pregnancy

Genetic testing

Test to determine if baby has any chromosomal problems

- Trisomy (three) 21 (Down's syndrome)
- Trisomy 13
- Trisomy 18
- Turners syndrome XO



# Second Trimester (15-27 weeks)

## Lab tests

AFP test

Amniocentesis

## Ultrasound

### Anatomy survey

- Confirm the fetus is alive
- Measure the fetal size
- To detect multiple pregnancies
- Location of the placenta
- Amount of amniotic fluid
- Examine structures of the fetus
- Examine the maternal pelvic structures

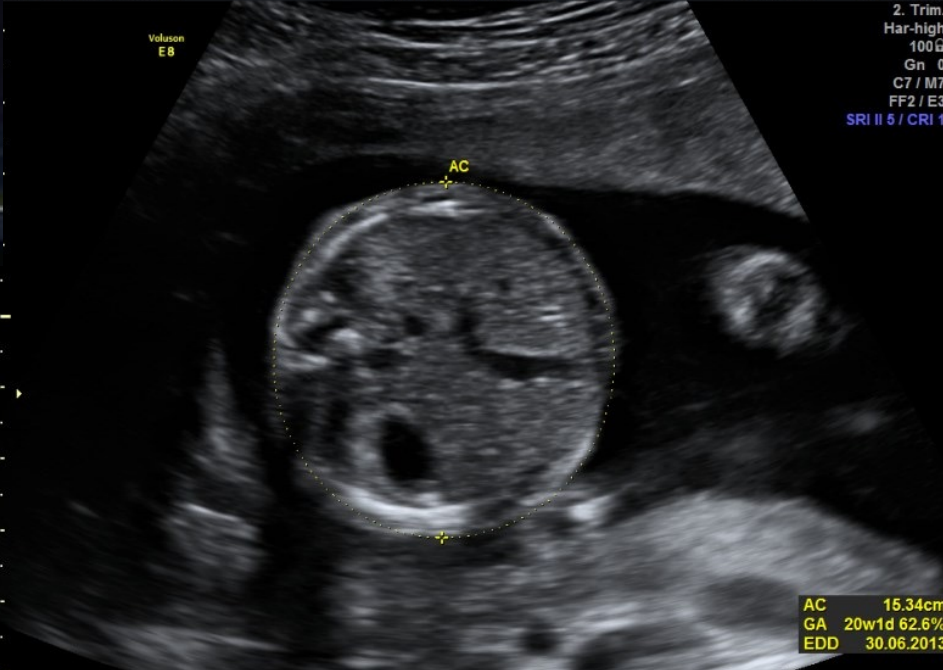
1984 RAB4-D-D/00 MI 1.1 Cr. Moroder ecofebal  
12w3d B.3cm/1.4/16Hz TIs 0.1 02.02.2012



PHILIPS 22120006 11 16 20AM TIME:3 WD 1.1  
ng Berme CS 2/088

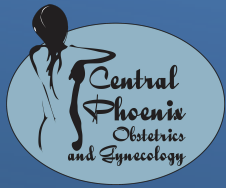


1014 GA=20w0d RAB6-D/OB MI 1.2 Perth Ob Gyn Ultrasound  
Exp 10.7cm / 1.6 / 24Hz Tib 0.8 11.02.2013 08:24:20AM



AC 15.34cm  
GA 20w1d 62.6%  
EDD 30.06.2013





# Third Trimester (28-41 weeks)

## Lab tests

CBC

RPR

Glucose loading test

\*Glucose tolerance test

GBS

\*antenatal testing

\*postdates testing

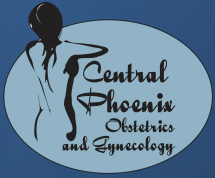
## Ultrasound

\*growth

\*presentation



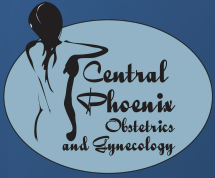
## Mindfulness Moment



# Recommended Vaccines in Pregnancy

Flu  
Covid 19  
TDAP

Rubella  
(postpartum if needed)



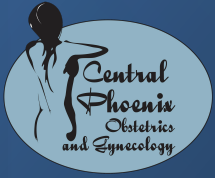
# Recommended Vaccines in Pregnancy

## Rationale

Immune system is decreased in pregnancy

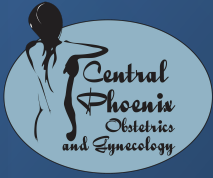
- Pregnant women more likely to become infected
- Pregnant women more likely to become very ill or develop complications

Changes in pregnancy make it more difficult to support pregnant women with complicated illnesses



# Recommended Vaccines in Pregnancy

| Vaccine  | Timing      |
|----------|-------------|
| Flu      | Anytime     |
| Covid 19 | Any time    |
| TDAP     | 28-36 weeks |
| Rubella  | Post partum |



Wrap up

*One Key Take  
away from today*

**Next SPC 4 weeks**  
Third Wednesday  
Next: February 9th



# Affirmations





I am  
surrounded  
by  
nurturing  
and  
support





I  
love  
myself  
unconditionally



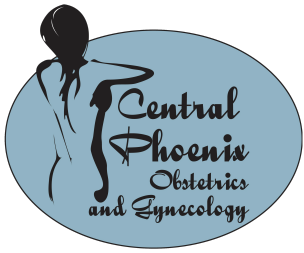


I am  
confident  
my body is  
capable





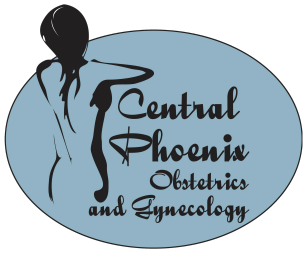
Happiness  
is  
always  
available  
to me



Please scan  
the QR code  
and complete  
the  
Supportive  
Pregnancy  
Care pretest



[SPC Pretest](#)



Please scan  
the QR code  
and complete  
the  
Supportive  
Pregnancy  
Care pretest



[SPC Pretest](#)

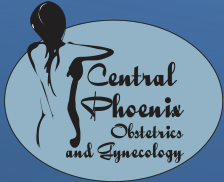


Complete the SPC pretest





## Mindfulness Moment

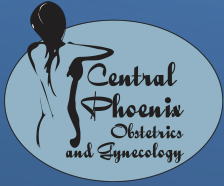


# How has your body changed this pregnancy?



Record your thoughts and feelings as you have this one-of-a-kind experience





# Breakout Rooms

Talk within your small group about one or more of the following

Make a list of – words  
that describe your body  
now.

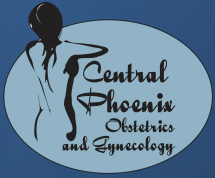
Why did you choose  
each word?

We will reconvene in about 10 minutes and share points from your  
discussion



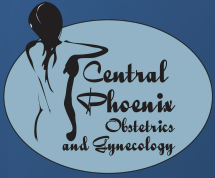
## Body Changes in Pregnancy

What changes have you noticed  
in your body that you hope will  
remain after birth?



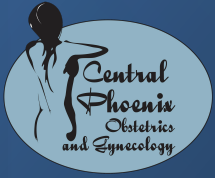
## Body Changes in Pregnancy

What changes have you noticed  
in your body that you hope will  
be gone when you deliver?



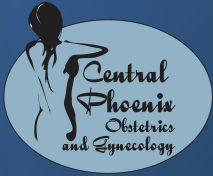
## Body Changes in Pregnancy

What changes have you noticed  
in your body that are  
weird/funny/suprising to you?



What are your hopes/thoughts about your pregnancy/birth/parenting

When I think about my own parent's 'parenting style', I feel...



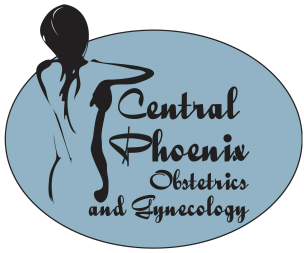
## Wrap up

*One Key Take away  
from today*

**Next SPC 4 weeks**  
Third Wednesday  
Next: January 12th

### **Schedule Orientation visit**

- 2 weeks orientation
- learn taking BP
- how to check urine
- recording vital signs
- Sign group agreements
- pick up SPC packet



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the QR code  
and complete  
the  
Supportive  
Pregnancy  
Care pretest



[SPC Pretest](#)



# What is Supportive Pregnancy Care



- Group cohort
- More time
- Participant driven discussion
- Active role in health monitoring





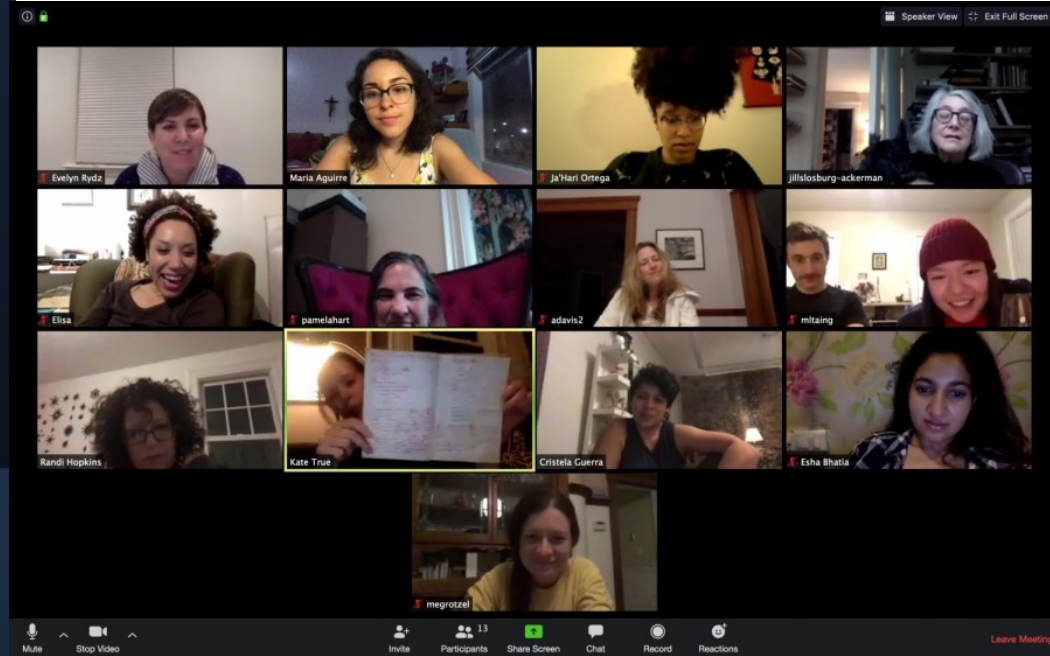
# Supportive Pregnancy Care Benefits

Group prenatal care has been associated with

- Decrease in preterm birth
- Decrease in neonatal intensive care unit (NICU) admissions
- Increase in birth weight for term and preterm infants
- Increased rates of breastfeeding initiation and continuation
- Fewer emergency department visits in the third trimester
- Improved pregnancy-related weight management
- Increase in women presenting in active labor and at greater cervical dilatation
- Improved knowledge of childbirth, family planning, postpartum depression, and early child rearing
- Lower rate of c/sections
- Fewer pregnancy and delivery complications
- More active engagement in pregnancy
- Better preparation for labor, delivery and infant care
- Networks of education and support
- Increased satisfied for women
- Increase in obstetrician and other obstetric care provider satisfaction



# More about Supportive Pregnancy Care Meetings





# SPC Visit Schedule

|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | PP 1     | PP 2 |
|--|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----------|------|
| <b>Traditional*<br/>Prenatal Care</b>                              |   |   |   |   |   |   |   |   |   |    |    |    |    |    | 6 weeks: |      |
| <b>Prenatal Care with<br/>Telemedicine</b>                         |   |   |   |   |   |   |   |   |   |    |    |    |    |    | 1 week:  |      |
|  |   |   |   |   |   |   |   |   |   |    |    |    |    |    | 6 weeks: |      |
| <p> = In-person visit</p> <p> = Virtual visit via telemedicine</p> |   |   |   |   |   |   |   |   |   |    |    |    |    |    |          |      |



# Anatomy of a Supportive Pregnancy Care Session

Sign-in—One on ones

Mindfulness exercise

Opening/ Icebreaker

Discussion Topic I

Break

Discussion Topic II

Wrap-up

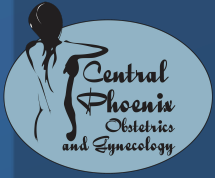
Closing Affirmations

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Parking lot Issues—*topics for future sessions*

Individual needs- *concerns for one on one follow up*

Questions for next time



# Group Agreements





# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

be curious and listen to  
understand



# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

show respect and suspend  
judgment



# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

note common ground as  
well as any differences  
during conversations





# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

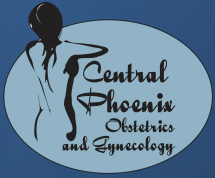
be your authentic self and  
accept others for who they  
are



# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

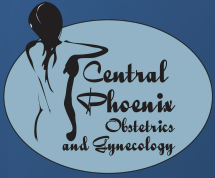
do your part to contribute  
to and guide the  
conversation



# Group Agreements Discussion

It is important to me that  
all group members agree  
to...

keep information shared  
in the group confidential



# Do you want others

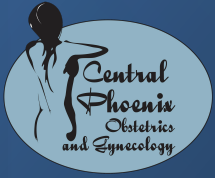
(partner, doula, children,  
support person etc.)

## present at group sessions?

All

None

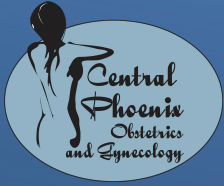
Some



# Group Agreements

All group members agree to...

- show respect and suspend judgment
- be curious and listen to understand
- note common ground as well as any differences during conversations
- be your authentic self and accept others for who they are
- do your part to contribute to and guide the conversation
- keep information shared in the group confidential



# Data Tracking



Apple Store



Google Play

# The Journey Pregnancy App