



Maternity Case Records

This record must always accompany the woman when transferred to another health facility.

This record must be filed at the facility discharging the woman after birth.

Failure to create and maintain a record or to remove a record is an offence in terms of section 17(2) of the National Health Act (61 of 2003)

This record book is valid for the duration of the pregnancy and puerperium and includes all patient encounters. The relevant ward/ clinic/ subsection must clearly print (stamp) the name of the section and the date the service was rendered

Level of care	
Antenatal clinic:	Delivery site:
Transport when in labour:	

Name of patient or place large patient sticker here

Name..... Surname

Address.....

Next to School/Shop.....

MomConnect Yes No

Date registered...../...../.....

Woman's name

Employed Unemployed

ID Number

Language

Institution file number

Record book number

Original

Duplicate

Consent for blood products Agrees to the use of blood products if needed

Disagrees to the use of blood products

Name of birth companion

Contact number of birth companion

Health Care Provider / Worker name

Contact detail of mandate
Name of person mandated to consent on behalf of woman when appropriate

Contact telephone number of mandate

Should I be unable to consent myself, I mandate the above in terms of the National Health Act to do so on my behalf.

Signed..... Date.....Witness.....

Danger signs in pregnancy

I have severe headache.
My hands feel stiff.
My rings are tight.
My feet are swollen.
PRE-ECLAMPSIA

I am unable to stop
worrying. I feel down,
depressed and hopeless. I
think about hurting myself.
DEPRESSION

I feel tired.
I feel weak.
I have no energy.
ANAEMIA

DECREASING
BABY KICKS OR
NO KICKS AT
ALL

My water has
broken and my baby
is not due yet.
PREMATURE
RUPTURE OF
MEMBRANES

I have pains in my
stomach and back but
my baby is not due
yet.
PREMATURE LABOUR

I have a vaginal
discharge that itches or
smells foul.
VAGINAL INFECTION

I want to pass urine
all the time and it
burns.
URINARY TRACT
INFECTION

I have bleeding
from the vagina.
ANTEPARTUM
HAEMORRHAGE

Go to your nearest clinic or hospital
immediately if you have any of these
problems.

SBAR clinical report on maternity situation

Complete in duplicate (use carbon paper)

S	<p>SITUATION</p> <p>I am calling about (name of woman) _____ Ward: _____ Hospital number _____</p> <p>The problem I am calling about is _____</p> <p>I just made an assessment of the patient:</p> <p>Vital signs:- BP ____/____ Pulse ____ resp rate ____ Oxygen saturation ____% Oxygen at ____l/min Temperature ____ C</p> <p>I am concerned about:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Blood pressure because:</p> <p>Systolic pressure greater than 160 mm Hg</p> <p>Diastolic pressure more than 100 mm Hg</p> <p>Systolic pressure less than 90</p> <p>Pulse because:</p> <p>Pulse rate more than 120</p> <p>Pulse rate less than 40</p> <p>Pulse rate greater than systolic BP</p> <p>Respiration rate because:</p> <p>Rate less than 10/min</p> <p>Rate more than 24/min</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Urine output:</p> <p>Output less than 100 ml over last 4 hours</p> <p>Significant proteinuria (++/+++)</p> <p>Haemorrhage</p> <p>Antepartum</p> <p>Postpartum</p> <p>Fetal well being</p> <p>CTG pathology</p> <p>Early obstetric warning scores:</p> </td> </tr> </table>	<p>Blood pressure because:</p> <p>Systolic pressure greater than 160 mm Hg</p> <p>Diastolic pressure more than 100 mm Hg</p> <p>Systolic pressure less than 90</p> <p>Pulse because:</p> <p>Pulse rate more than 120</p> <p>Pulse rate less than 40</p> <p>Pulse rate greater than systolic BP</p> <p>Respiration rate because:</p> <p>Rate less than 10/min</p> <p>Rate more than 24/min</p>	<p>Urine output:</p> <p>Output less than 100 ml over last 4 hours</p> <p>Significant proteinuria (++/+++)</p> <p>Haemorrhage</p> <p>Antepartum</p> <p>Postpartum</p> <p>Fetal well being</p> <p>CTG pathology</p> <p>Early obstetric warning scores:</p>
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B	<p>BACKGROUND (tick relevant sections)</p> <p><input type="checkbox"/> The woman is:-</p> <p>Parity [primiparous / multiparous/ grand multiparous] with gestation _____ weeks and a [singleton/ multiple] pregnancy</p> <p>She had _____ previous caesarean sections or episodes of uterine surgery</p> <p><input type="checkbox"/> The present fetal assessment is :</p> <p>Fundal height _____ cm Presentation _____ with _____ fifths head above brim: Fetal heart rate _____ bpm</p> <p>CTG : Not done / normal/ suspicious/ pathological</p> <p><input type="checkbox"/> Antenatal risks</p> <p>Risks identified on antenatal card _____</p> <p><input type="checkbox"/> Labour</p> <p>Not in labour / spontaneous onset of labour/ induced labour</p> <p>IUGR / Pre-eclampsia/ reduced fetal movements/ Diabetes/ Antepartum haemorrhage</p> <p>On oxytocin infusion (_____ IU/ _____ ml fluid given at _____ ml/hour)</p> <p>Most recent vaginal examination done at _____ h Dilated _____ cm with _____ above brim and position _____</p> <p>Membranes : Intact/ ruptured at _____ h with currently clear / meconium stained liquor/ Blood stained liquor</p> <p>Delivered _____ at _____ h with 3rd stage complete/ retained placenta</p> <p><input type="checkbox"/> Post Natal</p> <p>Delivery date _____ at _____ h Type of delivery _____ With/ without perineal trauma</p> <p>Blood loss _____ ml Oxytocin infusion _____ IU/ _____ ml at _____ ml/hour</p> <p>Fundal height: High / Atonic/ Tender/ Abdominal-/ perineal wound oozing</p> <p><input type="checkbox"/> Treatment given/ in progress</p> <p>Rx _____</p>		
A	<p>ASSESSMENT</p> <p>I think the problem is _____</p> <p>The problem may be related to: Cardiac/infection/ respiratory/haemorrhage/PET/HELLP/Embolism/ Pulm edema/Fetal distress</p> <p>I am not sure what the problem is, but the woman is deteriorating and we need to do something</p>		
R	<p>RECOMMENDATION</p> <p>Request</p> <p><input type="checkbox"/> Please come and see the woman immediately</p> <p><input type="checkbox"/> I think delivery need to be expedited</p> <p><input type="checkbox"/> I think the patient need to be transferred</p> <p><input type="checkbox"/> I would like advice on management of the patient</p> <p>Response</p> <p>_____</p>		

Person completing form: (name) _____ Rank _____ Date _____ Time _____

Person reported to (Name) _____ (Rank) _____ Inst _____

Tear this copy out and keep in the facility folder as a record of referral and advice.

Back page of SBAR

SBAR clinical report on maternity situation

Complete in duplicate (use carbon paper)

S	<p>SITUATION</p> <p>I am calling about (name of woman) _____ Ward: _____ Hosp. No _____</p> <p>The problem I am calling about is _____</p> <p>I just made an assessment of the patient:</p> <p>Vital signs:- BP ____/____ Pulse ____ resp rate ____ Oxygen saturation ____% Oxygen at ____l/min Temperature ____ C</p> <p>I am concerned about:</p> <table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Blood pressure because:</p> <p>Systolic pressure greater than 160 mm Hg</p> <p>Diastolic pressure more than 100 mm Hg</p> <p>Systolic pressure less than 90</p> <p>Pulse because:</p> <p>Pulse rate more than 120</p> <p>Pulse rate less than 40</p> <p>Pulse rate greater than systolic BP</p> <p>Respiration rate because:</p> <p>Rate less than 10/min</p> <p>Rate more than 24/min</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Urine output:</p> <p>Output less than 100 ml over last 4 hours</p> <p>Significant proteinuria (++/+++)</p> <p>Haemorrhage</p> <p>Antepartum</p> <p>Postpartum</p> <p>Fetal well being</p> <p>CTG pathology</p> <p>Early obstetric warning scores:</p> </td> </tr> </table>	<p>Blood pressure because:</p> <p>Systolic pressure greater than 160 mm Hg</p> <p>Diastolic pressure more than 100 mm Hg</p> <p>Systolic pressure less than 90</p> <p>Pulse because:</p> <p>Pulse rate more than 120</p> <p>Pulse rate less than 40</p> <p>Pulse rate greater than systolic BP</p> <p>Respiration rate because:</p> <p>Rate less than 10/min</p> <p>Rate more than 24/min</p>	<p>Urine output:</p> <p>Output less than 100 ml over last 4 hours</p> <p>Significant proteinuria (++/+++)</p> <p>Haemorrhage</p> <p>Antepartum</p> <p>Postpartum</p> <p>Fetal well being</p> <p>CTG pathology</p> <p>Early obstetric warning scores:</p>
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Person completing form: (name) _____ Rank _____ Date _____ Time _____

Person reported to (Name) _____ (Rank) _____ Inst _____

This copy remains in case record and accompanies the patient.

Vertical Transmission Prevention of Communicable Infections

Patient name and folder number _____
 Use carbon paper to complete; this page remains in the Maternity Case Record

HIV Testing (at booking and every four weeks- align with BANC+ visits)

HIV test at 1st ANC visit	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 20 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 26 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 30 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 34 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 38 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested during delivery admission	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
PreP offered	Yes <input type="checkbox"/>	Accepted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Date initiated: _____/_____/_____

Woman living with HIV

ARV regimen	TLD1 <input type="checkbox"/>	TLD2 <input type="checkbox"/>	Other: _____	Date started	_____/_____/_____
Viral load at first visit- if already on ARVs (C#Antenatal)	Date	_____/_____/_____	Result	_____/_____/_____	c/mL
VL at 3 months after ARV start - if new HIV diagnosis (C#Antenatal)	Date	_____/_____/_____	Result	_____/_____/_____	c/mL
Repeat VL - if any VL > 50c/mL (C#Antenatal)	Date	_____/_____/_____	Result	_____/_____/_____	c/mL
VL at delivery - all women LHIV (C#Delivery)	Date	_____/_____/_____	Result	_____/_____/_____	c/mL
CD4	Date: _____/_____/_____	CD4 result	_____/_____/_____	Cells/ul	CrAg: _____

Tuberculosis: screen for TB symptoms at every antenatal visit, regardless of HIV status

1st visit	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	20 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	26 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	30 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg
34 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	36 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	38 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	40 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg
Labour	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	TB NAAT test	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	Date	Urine LAM	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	Date	
Treatment	DS-TB <input type="checkbox"/>	Date started	_____/_____/_____	DR-TB <input type="checkbox"/>	Date started	_____/_____/_____	TPT offered	<input type="checkbox"/>	TPT deferred	<input type="checkbox"/>	

Syphilis (test at booking and every four weeks- align with BANC+ visits)

Syphilis test at 1st ANC visit	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 20 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 26 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 30 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 34 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 38 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested during delivery admission	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Laboratory syphilis confirmation:	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Syphilis titre:	_____				
1st dose Bicillin IMI administered on	Date: _____/_____/_____	Allergic to penicillin- referred for desensitisation			
2nd dose Bicillin IMI administered on	Date: _____/_____/_____	to _____ hospital			
3rd dose Bicillin IMI administered on	Date: _____/_____/_____				
Repeat laboratory syphilis test three months after treatment	Date: _____/_____/_____	Titre _____			

Hepatitis B (HBsAg)

HepBsAg at first ANC visit	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
HBsAg positive and not on ARVs or PreP:	Counselled on Tenofovir prophylaxis for VTC and referred to specialist for initiation <input type="checkbox"/>				
HBsAg positive and on ARVs	Refer to a High Risk clinic and inform them of HBsAg status <input type="checkbox"/>				

Vaccines

Influenza counselling:	Yes <input type="checkbox"/>	Accepted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Date given: _____/_____/_____
Tdap (26-34 weeks) counselling :	Yes <input type="checkbox"/>	Accepted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Date given: _____/_____/_____
RSVpreF (26-34 weeks) counselling	Yes <input type="checkbox"/>	Accepted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Date given: _____/_____/_____

Back page of VTP

Vertical Transmission Prevention of Communicable Infections

Patient name and folder number _____
 Use carbon paper to complete; this page can be torn out after delivery and attached to the discharge summary

HIV Testing (at booking and every four weeks- align with BANC+ visits)

HIV test at 1st ANC visit	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
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PreP offered	Yes <input type="checkbox"/>	Accepted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Date initiated: _____/_____/_____

Woman living with HIV

ARV regimen	TLD1 <input type="checkbox"/>	TLD2 <input type="checkbox"/>	Other: _____	Date started	_____/_____/_____
Viral load at first visit- if already on ARVs (C#Antenatal)	Date	_____/_____/_____	Result	_____/_____/_____	c/mL
VL at 3 months after ARV start - if new HIV diagnosis (C#Antenatal)	Date	_____/_____/_____	Result	_____/_____/_____	c/mL
Repeat VL - if any VL > 50c/mL (C#Antenatal)	Date	_____/_____/_____	Result	_____/_____/_____	c/mL
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Tuberculosis: screen for TB symptoms at every antenatal visit, regardless of HIV status

1st visit	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	20 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	26 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	30 weeks	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg
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Labour	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	TB NAAT test	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	Date	Urine LAM	<input type="checkbox"/> Pos	<input type="checkbox"/> Neg	Date	
Treatment	DS-TB <input type="checkbox"/>	Date started	_____/_____/_____	DR-TB <input type="checkbox"/>	Date started	_____/_____/_____	TPT offered	<input type="checkbox"/>	TPT deferred	<input type="checkbox"/>	

Syphilis (test at booking and every four weeks- align with BANC+ visits)

Syphilis test at 1st ANC visit	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 20 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 26 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 30 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 34 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested at 38 weeks	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Retested during delivery admission	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Laboratory syphilis confirmation:	Date: _____/_____/_____	Positive	<input type="checkbox"/>	Negative	<input type="checkbox"/>
Syphilis titre:	_____				
1st dose Bicillin IMI administered on	Date: _____/_____/_____	Allergic to penicillin- referred for desensitisation			
2nd dose Bicillin IMI administered on	Date: _____/_____/_____	to _____ hospital			
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Vaccines

Influenza counselling:	Yes <input type="checkbox"/>	Accepted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Date given: _____/_____/_____
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RSVpreF (26-34 weeks) counselling	Yes <input type="checkbox"/>	Accepted	Yes <input type="checkbox"/>	No <input type="checkbox"/>	Date given: _____/_____/_____

BANC Plus Clinic checklist – classifying (first) visit

Name of patient _____	Clinic record number							
Address _____								
INSTRUCTIONS: Answer all the following questions by placing a cross mark in the corresponding box								
Obstetric History	No	Yes						
1. Previous stillbirth or neonatal loss?	<input type="checkbox"/>	<input type="checkbox"/>						
2. History of 3 or more consecutive spontaneous abortions?	<input type="checkbox"/>	<input type="checkbox"/>						
3. Birth weight of last baby < 2500g?	<input type="checkbox"/>	<input type="checkbox"/>						
4. Birth weight of last baby >4500g?	<input type="checkbox"/>	<input type="checkbox"/>						
5. Last pregnancy: hospital admission for hypertension or pre-eclampsia/eclampsia?	<input type="checkbox"/>	<input type="checkbox"/>						
6. Previous surgery on reproductive tract (e.g. Caesarean section, myomectomy, cone biopsy, cervical cerclage)	<input type="checkbox"/>	<input type="checkbox"/>						
Current pregnancy								
7. Diagnosed or suspected multiple pregnancy	<input type="checkbox"/>	<input type="checkbox"/>						
8. Age < 16 years	<input type="checkbox"/>	<input type="checkbox"/>						
9. Age > 37 years	<input type="checkbox"/>	<input type="checkbox"/>						
10. Isoimmunisation [Rh (-) WITH ANTIBODIES] in current or previous pregnancy	<input type="checkbox"/>	<input type="checkbox"/>						
11. Vaginal bleeding	<input type="checkbox"/>	<input type="checkbox"/>						
12. Pelvic mass	<input type="checkbox"/>	<input type="checkbox"/>						
13. Systolic BP ≥140mmHg and/or diastolic BP ≥90 mmHg at booking, or known chronic hypertension	<input type="checkbox"/>	<input type="checkbox"/>						
General medical								
14. Diabetes mellitus on insulin or oral hypoglycaemic treatment	<input type="checkbox"/>	<input type="checkbox"/>						
15. Cardiac disease	<input type="checkbox"/>	<input type="checkbox"/>						
16. Renal disease	<input type="checkbox"/>	<input type="checkbox"/>						
17. Epilepsy	<input type="checkbox"/>	<input type="checkbox"/>						
18. Asthmatic on medication	<input type="checkbox"/>	<input type="checkbox"/>						
19. Tuberculosis (currently on treatment)	<input type="checkbox"/>	<input type="checkbox"/>						
20. Known 'substance' abuse (including heavy alcohol drinking)	<input type="checkbox"/>	<input type="checkbox"/>						
21. Any other severe medical disease or condition	<input type="checkbox"/>	<input type="checkbox"/>						
22. Mental health screen positive	<input type="checkbox"/>	<input type="checkbox"/>						
23. Any severe mental health condition: bipolar affective disorder, schizophrenia, severe depression	<input type="checkbox"/>	<input type="checkbox"/>						
Please specify _____								
A yes to any ONE of the above questions (i.e. ONE shaded box marked with a cross) means that the woman is not eligible for the basic component of antenatal care and needs appropriate referral.								
Is the woman eligible (circle)								
				No				Yes
If NO, she is referred to _____								
Date _____	Name _____				Signature _____			
(Staff responsible for antenatal care)								

Banc+ Checklist for Subsequent Antenatal Visits

First visit for all women at first contact with clinics, regardless of gestational age. If first visit later than recommended, carry out activities up to that time	VISITS							
	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
DATE:								
Approximate gestational age (weeks)	<14	20	26	30	34	36	38	40
Classifying form indicating eligibility for BANC								
History taken								
Full clinical examination								
Estimated date of delivery calculated								
Blood pressure taken								
Maternal height/weight/MUAC/BMI								
Haemoglobin test								
Rapid syphilis test performed		Retest monthly if syphilis negative						
Urine tested for protein, sugar								
Rapid Rh performed								
Screening for gestational diabetes (if indicated)								
Mental Health Screen		Screen in each trimester						
HIV counselling and testing		Retest monthly if HIV negative						
ART for HIV-infected women		Viral load monitoring as per guidelines						
Tdap given			Give a single dose of Tdap at any one of these visits					
Iron and folate supplementation provided								
Calcium supplementation provided								
Information for emergencies given								
Antenatal record completed and given to woman								
Prepare person for what to bring for labour and delivery (KMC wrap, woollen hat and booties)								
Link and arrange Ward Based Community Outreach Teams home visits								
Asked if fetal movements felt and normal	Do if 1 st visit was >20 weeks							
TB symptom screen								
Clinical examination for anaemia								
Urine tested for protein and sugar								
Uterus measured for growth - twins, IUGR	Do if 1 st visit was >20 weeks							
Instructions for delivery/transport to institution								
Recommendations for lactation and contraception								
Detection of breech presentation and referral								
Remind woman to bring MCR in labour								
Doctor or senior midwife to review gestational age								
Give hospital visit date at 41 weeks for induction								
Initials staff member responsible								

MENTAL HEALTH SCREEN

Conduct a mental health screen for all pregnant women.

Refer if needed to appropriate service, such as mental health nurse, social services, NGO, medical officer, counsellor, psychiatrists or other services.

Suggested words to use before screening.

“We would like to know about all the women who come here: how they are doing physically and emotionally. This helps us to understand the best sort of care we can offer. Please may I ask you three questions about how you are emotionally? Please answer ‘yes’ or ‘no’ to each question.”

	Booking visit		Second trimester		Third trimester	
In the last 2 weeks, have you on some or most days felt unable to stop worrying or thinking too much?	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]
In the last 2 weeks, have you on some or most days felt down, depressed or hopeless?	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]
In the last 2 weeks, have you on some or most days had thoughts and plans to harm yourself or commit suicide?*	<input type="checkbox"/> Yes [1] Refer	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1] Refer	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1] Refer	<input type="checkbox"/> No [0]
TOTAL SCORE	<input type="checkbox"/> 0 or 1 <input type="checkbox"/> 2 >>refer <input type="checkbox"/> 3 >>> refer		<input type="checkbox"/> 0 or 1 <input type="checkbox"/> 2 >> refer <input type="checkbox"/> 3 >>> refer		<input type="checkbox"/> 0 or 1 <input type="checkbox"/> 2 >> refer <input type="checkbox"/> 3 >>> refer	
Offered Counselling	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Accepted counselling	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No

**the self harm question will require urgent referral if there are both thoughts AND plans. If there is a history of previous attempt, referral is required even if there are thoughts alone.*

I, _____ (healthcare worker) have introduced myself by name to:

Name _____
 Folder number _____
 Date of birth _____

Age: _____ (yrs) G _____ P _____ M _____ E _____ ToP _____

PREVIOUS OBSTETRIC AND NEWBORN OUTCOME

*A=Alive; ID=Infant Death, NND=Neonatal Death, IUD=Intra-uterine death, FSB=Fresh Stillbirth MSB=Macerated Stillbirth M=Miscarriage E=ectopic

Year	Gestation	Delivery	Weight	Sex	Outcome*	Complications

Descriptions of complications: _____

MEDICAL AND GENERAL HISTORY

Hypertension Diabetes Cardiac Asthma TB
 Epilepsy Mental health HIV Other

If yes, give detail _____

Family history Twins Diabetes TB Congenital

Details Medication _____
 Operations _____
 Allergies _____

Use of herbal medicine: _____ Detail _____
 Tobacco Alcohol Substances Use of OTC drugs

Psychosocial risk factors _____

CLINIC _____
 d m y Y

EXAMINATION

BP _____ / _____ mmHg Urine _____
 Pulse _____ bpm
 Height _____ cm Weight _____ kg
 MUAC _____ cm BMI _____ kg/m²
 Thyroid _____ Breasts _____
 Heart _____
 Lungs _____
 Abdomen _____
 SF Measurement at booking _____ cm

VAGINAL EXAMINATION

Examination explained and permission obtained
 Vulva and vagina _____
 Cervix _____
 Uterus _____
 Pap smear done Date _____
 Result _____

INVESTIGATIONS other than VTP

Hb at booking _____ g/dl FBC result _____
Rhesus Pos Neg Antibodies Yes No
 Rh Antibody Titer _____ Referred to _____

Urine MCS: Date _____
 Result: _____
 Treatment: _____

Screening for diabetes (when indicated): At Booking (date) _____
 Fasting: _____ mmol/L 2 Hours _____ mmol/L
 Screening for diabetes (when indicated): At 26 weeks (date) _____
 Fasting: _____ mmol/L 2 Hours _____ mmol/L

BOOKING VISIT AND ASSESSMENT OF RISK DONE BY _____

LNMP _____ DD/MM/YYYY Gestational Age _____ Certain? Y N

SONAR _____ DD/MM/YYYY
 BPD _____ HC _____
 AC _____ FL _____
 Placenta _____ AFI _____
 Average gestation _____

Singleton Multiple pregnancy Intra-uterine pregnancy
ESTIMATED DATE OF DELIVERY _____ DD/MM/YYYY

Method used to calculate EDD Sonar SF LNMP

MENTAL HEALTH

Mental health screening: Y N Score _____
 Discussed and noted in case record Y
 Where referred for mental health? _____

BIRTH COMPANION

Birth companion discussed and noted on MCR Y

COUNSELLING

Topic	Date 1	Date 2
Fetal movements		
Parental preparedness		
Nutrition		
Danger signs		
HIV		
Mental health		
Alcohol		
Tobacco		
Substances		
Domestic violence		
Labour and birth preparedness		
Breast care		
Infant feeding		

FUTURE CONTRACEPTION (PROVIDE DUAL PROTECTION)

Implant Intra-uterine device Tubal ligation Oral

All management plans discussed with patient
 Educational material given on pregnancy and patient rights
 If tubal ligation selected, adequate counselling was given

MENTAL HEALTH SCREEN

Conduct a mental health screen for all pregnant women.

Refer if needed to appropriate service, such as mental health nurse, social services, NGO, medical officer, counsellor, psychiatrists or other services.

Suggested words to use before screening.

“We would like to know about all the women who come here: how they are doing physically and emotionally. This helps us to understand the best sort of care we can offer. Please may I ask you three questions about how you are emotionally? Please answer ‘yes’ or ‘no’ to each question.”

	Booking visit		Second trimester		Third trimester	
In the last 2 weeks, have you on some or most days felt unable to stop worrying or thinking too much?	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]
In the last 2 weeks, have you on some or most days felt down, depressed or hopeless?	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1]	<input type="checkbox"/> No [0]
In the last 2 weeks, have you on some or most days had thoughts and plans to harm yourself or commit suicide?*	<input type="checkbox"/> Yes [1] Refer	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1] Refer	<input type="checkbox"/> No [0]	<input type="checkbox"/> Yes [1] Refer	<input type="checkbox"/> No [0]
TOTAL SCORE	<input type="checkbox"/> 0 or 1 <input type="checkbox"/> 2 >>refer <input type="checkbox"/> 3 >>> refer		<input type="checkbox"/> 0 or 1 <input type="checkbox"/> 2 >> refer <input type="checkbox"/> 3 >>> refer		<input type="checkbox"/> 0 or 1 <input type="checkbox"/> 2 >> refer <input type="checkbox"/> 3 >>> refer	
Offered Counselling	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Accepted counselling	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Yes	<input type="checkbox"/> No

**the self harm question will require urgent referral if there are both thoughts AND plans. If there is a history of previous attempt, referral is required even if there are thoughts alone.*

I, _____ (healthcare worker) have introduced myself by name to:

Name _____
 Folder number _____
 Date of birth _____

Age: _____ (yrs) G _____ P _____ M _____ E _____ ToP _____

PREVIOUS OBSTETRIC AND NEWBORN OUTCOME

*A=Alive; ID=Infant Death, NND=Neonatal Death, IUD=Intra-uterine death, FSB=Fresh Stillbirth MSB=Macerated Stillbirth M=Miscarriage E=ectopic

Year	Gestation	Delivery	Weight	Sex	Outcome*	Complications

Descriptions of complications: _____

MEDICAL AND GENERAL HISTORY

Hypertension Diabetes Cardiac Asthma TB
 Epilepsy Mental health HIV Other

If yes, give detail _____

Family history Twins Diabetes TB Congenital

Details Medication _____
 Operations _____
 Allergies _____

Use of herbal medicine Detail _____
 Substances Use of OTC drugs

Tobacco Alcohol Psychosocial risk factors _____

d d m m y y

CLINIC _____

EXAMINATION

BP _____ / _____ mmHg Urine _____
 Pulse _____ bpm
 Height _____ cm Weight _____ kg
 MUAC _____ cm BMI _____ kg/m²
 Thyroid _____ Breasts _____
 Heart _____
 Lungs _____
 Abdomen _____
 SF Measurement at booking _____ cm

VAGINAL EXAMINATION

Examination explained and permission obtained
 Vulva and vagina _____
 Cervix _____
 Uterus _____
 Pap smear done Y N Date _____
 Result _____

INVESTIGATIONS other than VTP

Hb at booking _____ g/dl FBC result _____

Rhesus Pos Neg Antibodies Yes No
 Rh Antibody Titre _____ Referred to _____

Urine MCS: Date _____
 Result: _____
 Treatment: _____

Screening for diabetes (when indicated): At Booking (date) _____
 Fasting: _____ mmol/L 2 Hours _____ mmol/L
 Screening for diabetes (when indicated): At 26 weeks (date) _____
 Fasting: _____ mmol/L 2 Hours _____ mmol/L

BOOKING VISIT AND ASSESSMENT OF RISK DONE BY _____

GESTATIONAL AGE

LNMP DD/MM/YYYY Certain? Y N

SONAR DD/MM/YYYY
 BPD _____ HC _____
 AC _____ FL _____
 Placenta _____ AFI _____
 Average gestation _____

Singleton Multiple pregnancy Intra-uterine pregnancy

ESTIMATED DATE OF DELIVERY DD/MM/YYYY

Method used to calculate EDD Sonar SF LNMP

MENTAL HEALTH

Mental health screening: Y N Score
 Discussed and noted in case record Y N
 Where referred for mental health? _____

BIRTH COMPANION

Birth companion discussed and noted on MCR Y N

COUNSELLING

Topic	Date 1	Date 2
Fetal movements		
Parental preparedness		
Nutrition		
Danger signs		
HIV		
Mental health		
Alcohol		
Tobacco		
Substances		
Domestic violence		
Labour and birth preparedness		
Breast care		
Infant feeding		

FUTURE CONTRACEPTION (PROVIDE DUAL PROTECTION)

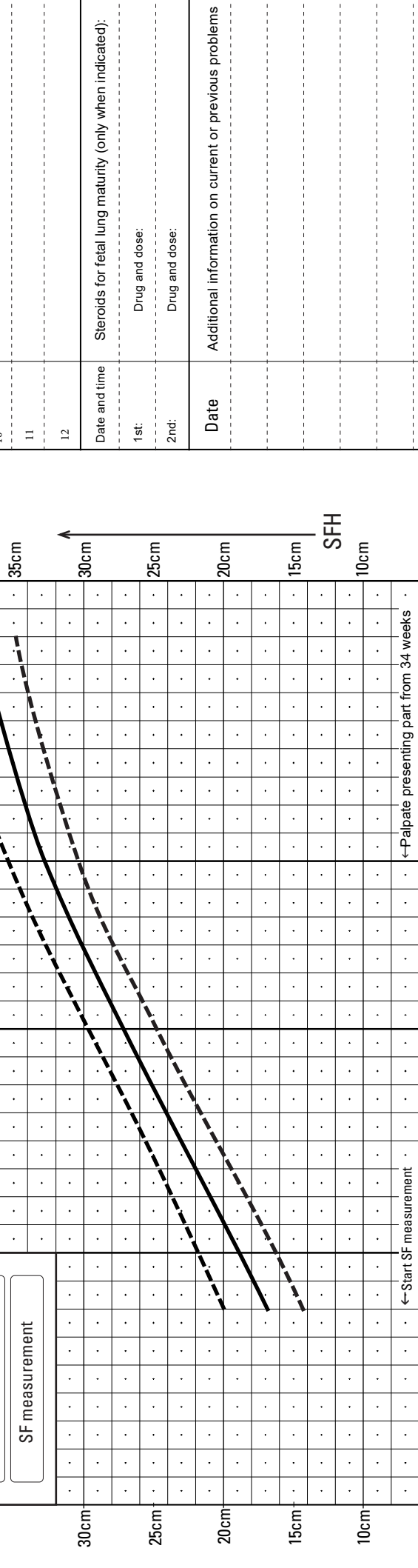
Implant Intra-uterine device Tubal ligation Oral

All management plans discussed with patient
 Educational material given on pregnancy and patient rights
 If tubal ligation selected, adequate counselling was given

EXAMINED BY:
(PRINT)

DATE:

GESTATION	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40
GESTATION ESTABLISHED BY:		Dates		Sonar		Both		SF measurement																					



INITIAL ASSESSMENT

DD/MM/YYYY

HH/MM

Name of health care worker:

I have introduced myself by name to this person

[Large empty box with horizontal dotted lines for notes]

Assessment findings	Differential diagnosis

Working diagnosis

Proposed management plan

[Empty box with horizontal dotted lines for notes]

All procedures have been explained and verbally consented by the person
I have checked with the person regarding her birth companion

If problem/ diagnosis is prior to delivery- continue clinical notes on page 19
If problem/diagnosis is during established labour- continue clinical notes in labour section page 30
If problem/diagnosis is after delivery- continue clinical notes in post natal section page 52

BASIC ULTRASOUND REPORT (attach copies of detailed reports or photos to this page)

Date

Performed by:

I have introduced myself by name to this person

Intrauterine	Yes	No	Number of fetuses		
Fetal movements	Yes	No	Heartbeat	Yes	No
Fetal lie	cephalic	breach	transverse		
Placenta	anterior	posterior	lateral		
	high	low	distance from os	mm	
Liquor	normal	reduced	increased	Deepest pool	cm

BIOMETRY- (attach hard copy if available)

Biparietal diameter (BPD)	mm	Weeks:	days:
Head circumference (HC)	mm	Weeks:	days:
Abdominal circumference (AC)	mm	Weeks:	days:
Femur length (FL)	mm	Weeks:	days:
Measurements concordant (8 days or less difference)		Measurements discordant (more than 8 days difference)	
Average gestation	WEEKS:	DAYS:	Estimated fetal weight (EFW):

EDD according to LNM _____ EDD according to ultrasound _____

Date

Performed by:

I have introduced myself by name to this person

Intrauterine	Yes	No	Number of fetuses		
Fetal movements	Yes	No	Heartbeat	Yes	No
Fetal lie	cephalic	breach	transverse		
Placenta	anterior	posterior	lateral		
	high	low	distance from os	mm	
Liquor	normal	reduced	increased	Deepest pool	cm

BIOMETRY- (attach hard copy if available)

Biparietal diameter (BPD)	mm	Weeks:	days:
Head circumference (HC)	mm	Weeks:	days:
Abdominal circumference (AC)	mm	Weeks:	days:
Femur length (FL)	mm	Weeks:	days:
Measurements concordant (8 days or less difference)		Measurements discordant (more than 8 days difference)	
Average gestation	WEEKS:	DAYS:	Estimated Fetal Weight:

EDD according to LNM _____ EDD according to ultrasound _____

OBSERVATION CHART when the diagnosis of labour is doubtful

Name:	Age:	G:	P:	Gestational age:
Facility:	Hb:	Presentation:		
Companion:				
Risk factors:				
Assessment 1: Date and time				
Mother	Blood Pressure			
	Pulse			
	Temperature			
	Urine dipstick			
	Fetal movement felt	Yes	No	
	Emergency signs (bleeding, seizures, etc)	No	Yes	
	Contractions per 10 minutes			
<20 sec 20-40 sec >40 sec				
Maternal emotional state				
Fetus	FHR: normal baseline, no decelerations	Yes	No	
PV	Head above brim			
	Dilatation			
	Cervical length			
	Membranes intact	Yes	No	
Checklist	Is the maternal condition reassuring?	Yes	No	
	Is the fetal condition reassuring?	Yes	No	
	Plan:			
	Initials and signature:			
Assessment 2: Date and time				
	Blood pressure			
	Pulse			
	Temperature			
	Urine dipstick			
	Fetal movement felt	Yes	No	
	Emergency signs (bleeding, seizures, etc)	No	Yes	
	Contractions per 10 minutes			
	<20 sec 20-40 sec >40 sec			
	Maternal emotional state			
	FHR: normal baseline, no decelerations	Yes	No	
	Head above brim			
	Dilatation			
	Cervical length			
	Membranes intact	Yes	No	
	Is the maternal condition reassuring?	Yes	No	
	Is the fetal condition reassuring?	Yes	No	
	Plan:			
	Initials and signature:			
Plan (if not discharged):				
Discharge checklist	Reassuring maternal condition?	Yes	No	
	Reassuring fetal condition?	Yes	No	
	Intact membranes?	Yes	No	
	No cervical changes since admission?	None	Changes	
	Warning signs have been explained?	Yes	No	
	The mother understands the danger signs?	Yes	No	
	Follow-up date:			
Initials and signature:				

EARLY WARNING OBSERVATION CHART FOR ANTENATAL ADMISSIONS

Date																					Date	
Time																					Time	
RESPIRATORY	>30																				>30	
	21-30																				21-30	
	11-20																				11-20	
	0-10																				0-10	
SATURATION	95-100%																				95-100%	
	<95%																				<95%	
TEMPERATURE	39°C																				39°C	
	38°C																				38°C	
	37°C																				37°C	
	36°C																				36°C	
	35°C																				35°C	
Hb (plot actual value)	≥ 8 g/dl																				≥ 8 g/dl	
	< 8 g/dl																				< 8 g/dl	
MATERNAL HEART RATE	140																				140	
	130																				130	
	120																				120	
	110																				110	
	100																				100	
	90																				90	
	80																				80	
	70																				70	
	60																				60	
	50																				50	
	40																				40	
SYSTEMIC BLOOD PRESSURE	170																				170	
	160																				160	
	150																				150	
	140																				140	
	130																				130	
	120																				120	
	110																				110	
	100																				100	
	90																				90	
	80																				80	
	70																				70	
60																				60		
50																				50		
40																				40		
DIASTOLIC BLOOD PRESSURE	120																				120	
	110																				110	
	100																				100	
	90																				90	
	80																				80	
	70																				70	
	60																				60	
	50																				50	
	40																				40	
	Urine (VOLUME in ml/hour)																					ml/hour
	Proteinuria	Clear (-)																				Clear (-)
+																					+	
++ to +++																					++ to +++	
Feat heart rate (bpm)																					Fetal heart rate	
Vaginal Bleeding	Spotting																				Spotting	
	Clots																				Clots	
	Bright red																				Bright red	
Neuro response	Alert																				Alert	
	Vocal																				Vocal	
	Pain																				Pain	
	Unresponsive																				Unresponsive	
Pain	None-mild																				None-mild	
	Severe																				Severe	
Looks unwell	No (✓)																				No (✓)	
	Yes (✓)																				Yes (✓)	
TOTAL YELLOW SCORE																					TOTAL	
TOTAL RED SCORE																					TOTAL	
DOCTOR CALLED (Y/N)																					TOTAL	
Signature																						

EARLY WARNING OBSERVATION CHART FOR ANTENATAL ADMISSIONS

Date																					Date	
Time																					Time	
RESPIRATORY	>30																				>30	
	21-30																				21-30	
	11-20																				11-20	
	0-10																				0-10	
SATURATION	95-100%																				95-100%	
	<95%																				<95%	
TEMPERATURE	39°C																				39°C	
	38°C																				38°C	
	37°C																				37°C	
	36°C																				36°C	
	35°C																				35°C	
Hb (plot actual value)	≥ 8 g/dl																				≥ 8 g/dl	
	< 8 g/dl																				< 8 g/dl	
MATERNAL HEART RATE	140																				140	
	130																				130	
	120																				120	
	110																				110	
	100																				100	
	90																				90	
	80																				80	
	70																				70	
	60																				60	
	50																				50	
	40																				40	
SYSTEMIC BLOOD PRESSURE	170																				170	
	160																				160	
	150																				150	
	140																				140	
	130																				130	
	120																				120	
	110																				110	
	100																				100	
	90																				90	
	80																				80	
	70																				70	
60																				60		
50																				50		
40																				40		
DIASTOLIC BLOOD PRESSURE	120																				120	
	110																				110	
	100																				100	
	90																				90	
	80																				80	
	70																				70	
	60																				60	
	50																				50	
	40																				40	
	Urine (VOLUME in ml/hour)																					ml/hour
	Proteinuria	Clear (-)																				Clear (-)
+																					+	
++ to +++																					++ to +++	
Feat heart rate (bpm)																					Fetal heart rate	
Vaginal Bleeding	Spotting																				Spotting	
	Clots																				Clots	
	Bright red																				Bright red	
Neuro response	Alert																				Alert	
	Vocal																				Vocal	
	Pain																				Pain	
	Unresponsive																				Unresponsive	
Pain	None-mild																				None-mild	
	Severe																				Severe	
Looks unwell	No (✓)																				No (✓)	
	Yes (✓)																				Yes (✓)	
TOTAL YELLOW SCORE																					TOTAL	
TOTAL RED SCORE																						TOTAL
DOCTOR CALLED (Y/N)																						TOTAL
Signature																						

LABOUR- INITIAL ASSESSMENT (use this chart when the diagnosis of labour is certain)

Date: _____ Time assessed: _____ Time of admission: _____
 Age: _____ Gravidity: _____ Parity: _____ Assessed by: _____
 I have introduced myself by name to this person Gestational age: _____ Nutritional status: _____
 If referred From: _____ Time of referral: _____
 Reasons for referral: _____

Date and time: Onset of labour _____ ROM: _____ Bleeding: _____
Booked: Yes No If not booked, reason: _____
 Name of clinic: _____ Gest. Age at 1st booking _____ No of visits _____
 Gestational age: _____ weeks and _____ days based on: Ultrasound Booking SF LNMP
 Labour companion is present OR Offered to call a person she trusts to be with her in labour
 Hb: _____ Rhesus: Pos Neg If Rh neg: antibodies _____ Syphilis results (if neg retest during labour): Pos Neg
 HIV results: Pos Neg If HIV neg, retest during labour: Pos Neg HBsAg: Pos Neg Treatment _____
 ART: Yes No Regimen: _____ TB: Pos Neg Treatment _____
 Problems at ANC _____

Main complaints						
Convulsions	Bleeding	Severe abd pain	Looks very ill	Headache/visual disturbances	Severe difficulty breathing	Fever

GENERAL EXAMINATION

General: Pulse: _____ BP: _____ Temp: _____ Appearance: _____
 Chest: _____ CVS: _____
 Other systems: _____ MUAC: _____
 Urinary analysis: _____

ABDOMINAL EXAMINATION

Lie: Longitudinal Transverse Oblique **Scars:** Transverse Vertical Other: _____
Presentation: Cephalic Breech SF height _____
Liquor: Normal Decreased Increased **EFW:** _____ gram
Level of head palpable above pelvic brim (in fifths)

5	4	3	2	1	0
---	---	---	---	---	---

Contractions mild moderate strong **Fetal heart rate:** Normal Abnormal Absent
 Type of FHR abnormality: _____

VAGINAL EXAMINATION

Speculum: Liquor _____ Blood _____ Cervix _____
Digital exam: cervix

Thick	Thin	Edematous	Not felt
-------	------	-----------	----------

 Application: Good Poor
 Dilatation: _____ Length: _____ Position: _____
Presenting part: _____ Position: _____ Moulding PP

0	+	++	+++
---	---	----	-----

 Caput:

0	+	++
---	---	----

Liquor: Clear Meconium stained liquor No Thin Thick Blood stained Offensive
Pelvic assessment: Adequate Inadequate Unsure

RISK FACTORS

<u>Maternal</u>	<u>Fetal</u>	<u>Labour</u>
Check latest mental health screen <input type="checkbox"/>		

Summary of diagnosis and management: _____
 I have explained any examinations/procedures to be done and obtained verbal consent
 Person to be managed at CLINIC/MOU District hospital Specialist hospital Tertiary hospital

ASSESSMENTS DURING LABOUR

ASSESSMENT:	Date	Time	DORM since ROM	hrs	
I have introduced myself by name to this person: <input type="checkbox"/>			DOL since labour started		
Progress of labour:		Good <input type="checkbox"/>	Poor <input type="checkbox"/>	None <input type="checkbox"/>	Birth companion/Doula present Yes No
Maternal condition:					
Maternal mental and emotional condition:	What is her current pain management? What support is given?				
Fetal condition:					
Overall assessment and management plan:					
I have explained management plans to this person and her birth companion and ensured that both understand <input type="checkbox"/>					
Name (print)			Signature and designation		

ASSESSMENT:	Date	Time	DOL	hrs	DORM	hrs
I have introduced myself by name to this person: <input type="checkbox"/>						
Progress of labour:		Good <input type="checkbox"/>	Poor <input type="checkbox"/>	None <input type="checkbox"/>	Birth companion/Doula present Yes No	
Maternal condition:						
Maternal mental and emotional condition:	What is her current pain management? What support is given?					
Fetal condition:						
Overall assessment and management plan:						
I have explained management plans to this person and her birth companion and ensured that both understand <input type="checkbox"/>						
Name (print)				Signature and designation		

ASSESSMENT:	Date	Time	DOL	hrs	DORM	hrs
I have introduced myself by name to this person: <input type="checkbox"/>						
Progress of labour:		Good <input type="checkbox"/>	Poor <input type="checkbox"/>	None <input type="checkbox"/>	Birth companion/Doula present Yes No	
Maternal condition:						
Maternal mental and emotional condition:	What is her current pain management? What support is given?					
Fetal condition:						
Overall assessment and management plan:						
I have explained management plans to this person and her birth companion and ensured that both understand <input type="checkbox"/>						
Name (print)				Signature and designation		

ASSESSMENTS DURING LABOUR

ASSESSMENT:	Date		Time		DOL		hrs	DORM		hrs	
I have introduced myself by name to this person: <input type="checkbox"/>											
Progress of labour:	Good <input type="checkbox"/>	Poor <input type="checkbox"/>	None <input type="checkbox"/>	Birth companion/Doula present Yes No							
Maternal condition:										
Maternal mental and emotional condition:	What is her current pain management? What support is given?										
Fetal condition:										
Overall assessment and management plan:										
I have explained management plans to this person and her birth companion and ensured that both understand <input type="checkbox"/>											
Name (print)				Signature and designation							

ASSESSMENT:	Date		Time		DOL		hrs	DORM		hrs	
I have introduced myself by name to this person: <input type="checkbox"/>											
Progress of labour:	Good <input type="checkbox"/>	Poor <input type="checkbox"/>	None <input type="checkbox"/>	Birth companion/Doula present Yes No							
Maternal condition:										
Maternal mental and emotional condition:	What is her current pain management? What support is given?										
Fetal condition:										
Overall assessment and management plan:										
I have explained management plans to this person and her birth companion and ensured that both understand <input type="checkbox"/>											
Name (print)				Signature and designation							

ASSESSMENT:	Date		Time		DOL		hrs	DORM		hrs	
I have introduced myself by name to this person: <input type="checkbox"/>											
Progress of labour:	Good <input type="checkbox"/>	Poor <input type="checkbox"/>	None <input type="checkbox"/>	Birth companion/Doula present Yes No							
Maternal condition:										
Maternal mental and emotional condition:	What is her current pain management? What support is given?										
Fetal condition:										
Overall assessment and management plan:										
I have explained management plans to this person and her birth companion and ensured that both understand <input type="checkbox"/>											
Name (print)				Signature and designation							

CARDIOTOCOGRAPHY – CTG ONLY INDICATED FOR HIGH RISK PREGNANCIES

DD/MM/YYYY		HH/MM		Indication:		Mat pulse:	
Refer to page:	Normal	Suspicious		Pathological (any one feature)			
Baseline	110-160 bpm <input type="checkbox"/>	Lacking at least one characteristic of normality, but no pathological features <input type="checkbox"/>		<100 bpm <input type="checkbox"/> (make sure it is not maternal pulse)			
Variability	5-25 bpm <input type="checkbox"/>			Reduced (<5 bpm) variability >50 minutes <input type="checkbox"/>			
Decelerations	No repetitive* decelerations <input type="checkbox"/> <small>(*Decelerations are repetitive in nature when they are associated with more than 50% of uterine contractions)</small>			Repetitive* late decelerations <input type="checkbox"/> OR Prolonged (>3min) decelerations during >30 minutes <input type="checkbox"/> OR Prolonged (>3min) decelerations during >20 minutes with reduced variability <input type="checkbox"/> OR One prolonged deceleration >5 minutes <input type="checkbox"/>			
Interpretation	Fetus with no hypoxia	low probability of hypoxia		Fetus with high probability of hypoxia/acidosis			
Contractions	None <input type="checkbox"/> Irregular <input type="checkbox"/> Regular <input type="checkbox"/> Mild <input type="checkbox"/> Moderate <input type="checkbox"/> Strong <input type="checkbox"/> Expulsive <input type="checkbox"/>						
Clinical management:	No intervention necessary <input type="checkbox"/>	Action to correct reversible causes if identified <input type="checkbox"/> Alert doctor of findings <input type="checkbox"/>		Immediate action to correct reversible causes <input type="checkbox"/> If not possible, or no recovery; immediate delivery <input type="checkbox"/> Call doctor immediately <input type="checkbox"/>			
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Evaluation done by:							

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Evaluation done by:							

SUMMARY OF LABOUR

From full dilatation to delivery

Method of delivery:	<input type="checkbox"/> NVD	<input type="checkbox"/> Breech	<input type="checkbox"/> Twins	<input type="checkbox"/> Caesarean section	<input type="checkbox"/> Instrumental	Other: _____
Delivered by:	Assisted by: _____					
Complications:	_____					
Maternal position during labour:	_____					
Fetal condition during labour:	normal <input type="checkbox"/> abnormal <input type="checkbox"/> if abnormal specify: _____					

SUMMARY OF DURATION OF LABOUR

	Started at:		Duration:		Membranes:	
	Date	Time	Hours	Minutes	AROM	SROM
Latent phase					Time of ROM:	
Active phase (≥5cm)					Time of delivery:	
Full dilatation					Duration of ROM:	
Bearing down						
Third stage						
Total duration of labour:						

PAIN RELIEF

<input type="checkbox"/> Entonox	<input type="checkbox"/> Opioid	<input type="checkbox"/> Local	<input type="checkbox"/> Pudendal	<input type="checkbox"/> Epidural	<input type="checkbox"/> Other, including non-pharmacological
Given by: _____		Detail: _____			

NEONATAL DETAIL

Resuscitation done:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Describe: _____						
Birth injuries:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Describe: _____						
Neonate	Male	Female	Alive	FSB	MSB	NND	Weight	ID band on?	Cord clamp?
1.							g		
2.							g		
Konakion:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Eye drops	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Type: _____	Given by: _____		

THIRD STAGE- PLACENTA, MEMBRANES AND CORD

Oxytocin 10 units given intramuscularly:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	By _____	At _____					
Method of delivery:	<input type="checkbox"/> Active	<input type="checkbox"/> Spontaneous	<input type="checkbox"/> Manual	Cord around neck?	<input type="checkbox"/> Yes	<input type="checkbox"/> No			
Placenta	<input type="checkbox"/> Normal	<input type="checkbox"/> Abnormal	<input type="checkbox"/> Complete	<input type="checkbox"/> Incomplete	Membranes	<input type="checkbox"/> Complete	<input type="checkbox"/> Incomplete		
No of vessels in cord:	_____	Placental weight:	_____g	Retroplacental clot	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Histology	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Was cord clamping delayed for at least one minute? Yes <input type="checkbox"/> If not done, explain _____									
Was cord blood gas taken? If yes, results: _____									

FOURTH STAGE (FIRST TWO HOURS AFTER DELIVERY- COMPLETE OBSERVATIONS ON SEPARATE PAGE)

Time of observation: _____	Observed by: _____								
Temp: _____	Resp: _____	Pulse: _____	BP: _____	Urine passed:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Catheter:	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Uterus contracted:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Uterus ruptured:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Cord/maternal blood taken:	<input type="checkbox"/> Yes	<input type="checkbox"/> No	
Cervical tears	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Details: _____						
Perineum	<input type="checkbox"/> Intact	<input type="checkbox"/> 1 st ° tear	<input type="checkbox"/> 2 nd ° tear	<input type="checkbox"/> 3 rd /4 th ° tear	<input type="checkbox"/> Episiotomy	Repaired by: _____			
Detail of repair: _____						All swabs/tampons removed from vagina: <input type="checkbox"/> Yes			
Blood loss: Normal <input type="checkbox"/> Excessive <input type="checkbox"/> Total blood loss _____ ml. Management of PPH: _____									
Feeding initiated		<input type="checkbox"/> Yes	<input type="checkbox"/> No	Skin-to-skin care initiated:		<input type="checkbox"/> Yes	<input type="checkbox"/> No	If no, give reasons: _____	
Workload/staffing situation in labour ward at time of delivery: _____									

TRANSFERRED TO WARD BY:

RECEIVED IN WARD BY:

TIME:

Condition satisfactory:	Mother	<input type="checkbox"/> Yes	<input type="checkbox"/> No	Baby	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Further management, mother and/or baby _____						

OBSERVATIONS IMMEDIATELY AFTER VAGINAL BIRTH

These observations must be commenced immediately after vaginal birth, and be done every 15 minutes for one hour, or longer if there is ongoing bleeding or any other complications.

(For Caesarean delivery, observations are made in the recovery room)

Date	Time	BP	Pulse	Respiratory rate	Uterine Tone	Vaginal blood loss observed <i>heavy flow or large blood clots or trickle or normal</i>	Cumulative vaginal blood loss measured in drape or tray (mL) (drape or tray remains in place)	Oxytocin infusion rate (if given)	Signature

THE WHO FIRST RESPONSE PPH BUNDLE MUST BE TRIGGERED WHEN:

EITHER

A. Blood loss \geq 500 mL observed in drape or tray regardless of other observations or vital signs

OR

B. Clinical judgement – heavy vaginal blood loss, large blood clots, constant trickle, OR other clinical signs of excessive blood loss

Was PPH diagnosed NO | YES .

If yes, HOW: Tick A or B or Both in above box **What Time:** _____

What treatment was given as part of first response?

✓ *ONLY tick actions which occurred during first response to PPH*

Massage | Oxytocin | TXA | IV Fluids** | Examination (genital tract)

Misoprostol | Syntometrine | Ergometrine | Second dose TXA

Was treatment Escalated due to refractory PPH

Name: _____

Date: _____

Sign: _____

**** Tick 'IV fluids' if at least a total of 200 mL volume of IV fluids have been given as part of an oxytocin and/or TXA infusion OR given alone**

	Compensated shock	Mild shock	Moderate shock	Severe shock
Blood loss	500-1000ml (10-15%)	1000-1500 ml (15-25%)	1500-2000ml (25-35%)	2000-3000ml (35-45%)
Systolic Blood pressure	Normal	Orthostatic changes in blood pressure	Marked fall (70-80)	Severe fall (50-70)
Pulse	< 100/min	< 120/min	> 120/min	>140/min
Respiratory rate	Normal	Mild increase	Moderate increase > 30/min	Marked increased > 40/min
Mental status	Normal or Agitated	Agitated	Confused Capillary refill >4 seconds	Depressed level of consciousness Cold & clammy

FORCEPS OR VACCUUM DELIVERY

Indication(s) _____

Date: _____ Time: _____ | All healthcare workers have introduced themselves by name

Performed by _____ Assisted by: _____

The procedure was explained and verbal consent obtained from the person

CONDITIONS BEFORE DELIVERY

Fetal Heart Rate: bpm Fetal distress

Type of FH abnormality: _____

Mat. Pulse BP

Foleys catheter:

Level of head palpable above pelvic brim (in fifths)

5	4	3	2	1	0
---	---	---	---	---	---

PAIN RELIEF

Anaesthetic

Problems with pain relief: _____

ASSESSMENT

Cervical dilatation: _____ Application:

Position _____ Flexion: _____ Moulding PP

0	+	++	+++
---	---	----	-----

Head above pelvic brim:

5/5	4/5	3/5	2/5	1/5
-----	-----	-----	-----	-----

 Caput:

0	+	++
---	---	----

Liquor: Meconium stained liquor Blood stained

Pelvic assessment:

Pre-requisites for vacuum extraction met:	<input type="checkbox"/>	Regular contractions	<input type="checkbox"/>	0/5 or 1/5 HAB	<input type="checkbox"/>	Cervix fully dilated	<input type="checkbox"/>	Bladder empty	<input type="checkbox"/>	Cephalic presentation	<input type="checkbox"/>	Fetus not premature	<input type="checkbox"/>
Pre-requisites for forceps delivery met:	<input type="checkbox"/>	Normal contractions	<input type="checkbox"/>	0/5 HAB	<input type="checkbox"/>	Cervix fully dilated	<input type="checkbox"/>	Bladder empty	<input type="checkbox"/>	Cephalic presentation	<input type="checkbox"/>	Sagittal suture in AP diameter	<input type="checkbox"/>

Other findings: _____

Drugs (including dosage): _____

FORCEPS DELIVERY

Instrument type: _____ Application:

Number of pulls: _____ Application-to-delivery time: _____

Comments: _____

VACUUM EXTRACTION

Cup type: Application:

Number of pulls: _____ Did cup slip? No of times cup slipped:

Site of application: _____ Application-to-delivery time: _____

Comments: _____

OUTCOME (FORCEPS OR VACUUM)

Time procedure commenced: _____ Time completed: _____

Condition of baby at birth: _____ APGAR: _____

Fetal injuries? (describe): _____

Maternal injuries? (describe): _____

In case of abandoned trial of instrumental delivery, state time decision was made to do caesarean section: _____

What was the period of time between decision to do Caesarean section and the actual time of operation? _____

REMARKS AND POST-PROCEDURAL INSTRUCTIONS

Signature

THEATRE NOTES: CAESAREAN SECTION

Indication:

ROBSON (tick one)
 1. Nullipara, singleton cephalic, term, spontaneous labour 2. Nullipara, singleton cephalic, term, induced/CS before labour
 3. Multipara, singleton cephalic, term, spontaneous labour 4. Multipara, singleton cephalic, term, induced/CS before labour
 5. Previous CS, singleton cephalic, term 6. Nulliparous breech 7. Multiparous breech
 8. Multiple pregnancy 9. Abnormal lie 10. All singleton cephalic, ≤ 36 weeks

Date: Time surgery commenced Time surgery completed

Surgeon Assistant

Anaesthetist Midwife

Operative procedure:

PRE-OPERATIVE DETAILS

Date of decision: Time of decision: By whom:

Mat. Pulse BP Temp Level of the head Foleys catheter Yes No

Pre-op drugs Antacid Metoclopramide Prophylactic antibiotics Specify:

Fetal Heart Present Absent Uncertain Fetal distress Yes No

Counselling for IUD insertion

Information has been given regarding the procedure and informed consent obtained from the person Companion allowed to be present

OPERATION PROCEDURE AND FINDINGS

Anaesthetic General Spinal Epidural Other Maternal position:

Problems with anaesthetic:

Skin Incision: Transverse Midline Other Details:

Uterine Incision: Lower segment Classical DeLee Other:

Uterine Scar Intact Dehisced Fetal Presentation Fetal Position

Prolonged Incision-Delivery Time Yes No Reasons:

Difficulty with delivery of baby: Yes No Describe:

Liquor Increased Decreased Clear Meconium stained No Thin Thick Bloody Offensive

Placenta Fundal Central Anterior Posterior Praevia Retroplacental Clot: Yes No

Other Placental Abnormalities: Was cord clamping done for 1 min? Yes No

Uterine Abnormalities: Cord around the neck? Yes No

Uterine Tears: (give details)

Tubal ligation: Yes No Type: Histology Yes No

Further description of operation:

Continue on next page if needed

IUD inserted Type: Closure:

Estimated Blood Loss ml

Resuscitation of baby: Yes No Resuscitated by

Details of Neonatal Resuscitation: Baby placed skin to skin

Was cord blood gas taken? Yes No Results:

Advice for next pregnancy: VBAC not contra-indicated Elective repeat CS Other

Post-operative Management:

Signature

FIRST EXAMINATION OF NEONATE (includes examination of stillborn babies)

Baby allowed to be placed skin to skin Time _____

General	Well	Sick			Comment *
Appearance	Well nourished	Obese	Wasted	Dysmorphic	
Behaviour	Responsive	Lethargic	Irritable	Jittery	
Cry	Normal	Hoarse	High-pitched	Absent	
Colour	Pink	Blue	Plethoric	Pale	
Skin	Intact	Jaundice	Rash / Purpura	Bruising	
Temperature	36-37°C	Hypothermic	Hyperthermic		
Odour	Normal	Offensive			
Head shape	Normal	Asymmetrical	Caput	Haematoma	
Fontanelles	Normal	Bulging	Large		
Sutures	Mobile	Overriding	Widened	Fused	
Face	Symmetrical	Asymmetrical	Abnormal		
Eyes	Normal	Infected	Small / Large	Slanting	
Ears	Normal	Abnormal	Low position		
Nose	Patent	Blocked			
Mouth	Normal	Smooth philtrum	Cleft lip		
Palate	Intact	Cleft soft	Cleft hard		
Tongue	Normal	Lip-tie, tongue tie	Large	Protruding	
Chin	Normal	Small			
Neck	Normal	Swellings	Webbed		
Apex beat	120-160/min	Tachycardia	Bradycardia		
Chest - nipples	Normal	Accessory			
Chest – clavicles	Intact	Swelling	Crepitus		
Chest movement	Symmetrical	Asymmetrical	Shallow		
Chest indrawing	Absent	Costal	Sternal		
Respiratory rate	40 – 60 pm	Fast	Slow		
Breath sounds	Quiet	Grunting	Noisy		
Arms	Normal	Not moving	Fracture L/R		
Palmar creases	Normal	Single			
Fingers	Normal	Polydactyly	Syndactyly		
Abdomen	Normal	Distended			
Umbilicus	Normal	Moist	Flare	Bleeding	
Hips	Normal	Dislocated	Dislocatable		
Legs	Normal	Not moving			
Toes	Normal	Polydactyly	Syndactyly		
Feet position	Normal	Position Deformity	Clubbed		
Back	Normal	Meningocele	Dimple / Hair tuft	Scoliosis	
Anus	Patent	Imperforate			
Femoral pulses	Present	Absent			
Genitalia: Male	Testes down	Undescended L/R	Hydrocoele	Inguinal hernia	
Genitalia: Female	Normal	Ambiguous			
Muscle tone	Normal	Hypotonic	Hypertonic		
Moro reflex	Present & equal	Asymmetrical	Weak	Absent	
Grasp reflex	Present	Weak	Absent		
Suck reflex	Present	Weak	Absent		
Urine	Passed	Not passed			
Meconium	Passed	Not passed			
Assessment:					
Examined by:			Date and time:		
Checked by:			Date and time:		

* If any birth defects noted, please complete the birth defects notification form.

Newborn Early Warning Observation Chart

Name of baby or place large baby sticker here

Date																			
Time																			

Temperature °C	38																		
	37.5																		
	37																		
	36.5																		
	36																		
	35.5																		
Value																			

Respiratory Rate	80																			
	70																			
	60																			
	50																			
	40																			
	30																			
	Value																			

Grunting																			
----------	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--	--

Heart Rate	190																		
	180																		
	170																		
	160																		
	150																		
	140																		
	130																		
	120																		
	110																		
	100																		
	90																		
	60																		
Value																			

SaO2	≥95																		
	92-94																		
	<92																		

Neuro	Alert																		
	Irritable																		
	Jittery																		
	Poor feed																		
	Floppy																		
	Seizures																		

Glucose 2.3-2.6																			
Glucose <2.6																			

All observations in green – Continue observations. Routine care.

1 Observation in amber – Inform Sr in charge. Repeat observations in 30 minutes. If glucose 2.3-2.6, give milk feed first. If sats 92-94, try on other hand first.

2 or more observations in amber – Immediately inform Dr for urgent medical review.

1 or more observation in red – Immediately inform Dr for urgent medical review.

PUERPERIUM NOTES

I have introduced myself by name to this person <input type="checkbox"/>			Name (print) and signature
Date and time	Mother	Baby	
I have explained management plans to this person and checked that she understands <input type="checkbox"/>			

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Date and time	Mother	Baby	
I have explained management plans to this person and checked that she understands <input type="checkbox"/>			

PRE-DISCHARGE CHECKLIST

Assess mother for problems	No	Yes	Recommended action
The mother has a danger sign : <ul style="list-style-type: none"> ○ heavy bleeding ○ severe abdominal pain ○ unexplained pain in chest or legs ○ visual disturbance or severe headache ○ breathing difficulty ○ fever, chills ○ vomiting 	<input type="checkbox"/>	<input type="checkbox"/>	Assess the cause (s) and initiate care or refer. Delay discharge until all danger signs have been resolved for at least 24 hours and there is a follow-up plan in place.
The mother's bleeding is heavy or has increased since birth (e.g., bleeding soaks a pad in less than five minutes).	<input type="checkbox"/>	<input type="checkbox"/>	Start IV fluid and keep mother warm Delay discharge. Treat or refer. Evaluate and treat possible causes of bleeding (e.g., uterine atony retained placenta, or vaginal/cervical tear).
The mother has an abnormal vital sign : <ul style="list-style-type: none"> ○ high blood pressure (SBP > 140 mmHg or DBP >90 mmHg) ○ temperature > 37.5°C ○ heart rate > 100 beats per minute ○ respiratory rate >20 per minute ○ Haemoglobin <8g/dl ○ A red, swollen limb suggestive of DVT 	<input type="checkbox"/>	<input type="checkbox"/>	Give rapid acting anti-hypertensive medication to mother if SBP >160 mmHg and/or DBP >110mmHg and call a doctor Evaluate the cause of abnormal vital sign(s) or symptoms and treat or refer. Defer discharge until vital signs have been normal for at least 48 hours and no danger signs remain.
The mother is not able to urinate easily	<input type="checkbox"/>	<input type="checkbox"/>	Defer discharge; continue to monitor and evaluate the cause; treat or refer as needed
Mental state: The mother is agitated or very withdrawn Support person: The mother has a partner or support person to be with her at home The mother has a safe home to return to	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Defer discharge; continue to monitor and evaluate, refer appropriately (social worker, mental health nurse, psychiatrist etc).
Assess baby for problems	No	Yes	Recommended action
The baby has any of these danger signs: <ul style="list-style-type: none"> ○ fast breathing (> 60 breaths/ minute) ○ severe chest in-drawing ○ fever (temperature ≥ 37.5°C) ○ hypothermia (temperature < 35.5°C) ○ yellow palms (hands) or soles (feet) ○ convulsions ○ no movement or movement only on stimulation ○ feeding poorly or not feeding at all 	<input type="checkbox"/>	<input type="checkbox"/>	Assess cause of danger signs and initiate care or refer Delay discharge until all danger signs have been resolved for at least 24 hours and there is a follow-up plan in place.
The baby is not breastfeeding at least every two to three hours (day and night).	<input type="checkbox"/>	<input type="checkbox"/>	Establish good breastfeeding practices and delay discharge.
The baby has not passed urine and/or stool	<input type="checkbox"/>	<input type="checkbox"/>	Delay discharge and monitor; refer as needed

Blank page (back of discharge
summary)

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DEPARTMENT OF HEALTH
CONGENITAL DISORDERS (CD) NOTIFICATION

Please mark applicable areas with an X

Case ID _____

GENERAL INFORMATION		Province:		District:	Name of Hospital/Facility:		Name of person notifying:		Date:						
		Facility Contact No.:		Signature:				y y y y / m m / d d							
PARTICULARS OF MOTHER		Surname:		Name:		Date of birth:		Age of mother:							
						y y y y / m m / d d									
Maternal Conditions:		Pre-existing diabetes		Gestational diabetes	Epilepsy	Syphilis	TB	Cardiac Conditions	Hypertension	HIV					
Maternal medication (cover the counter):															
Gravida & Parity:															
PARTICULARS OF PATIENT		Surname:		Name:		Date of birth:		Gender:							
						y y y y / m m / d d		Male Female Unspecified							
Population group:		African	White	Indian	Coloured	Other	Specify:								
Pregnancy outcome:		Live Birth		Still Birth	Termination of Pregnancy	Diagnosed prenatally:									
		Yes		No	If Yes:	Yes	No	Ultrasound	Chorionic Villus Sampling	Amniocentesis	Cordocentesis				
Birth weight:		<1000g		1000-1499g	1500-1999g	2000-2499g	>=2500g	Gestational age:		BANC total visits (number):					
		<37 weeks		37-42 weeks	43-49 weeks	50-56 weeks	>=57 weeks	<37 weeks		>=37 weeks					
INVESTIGATIONS REQUESTED		Chromosome/cytogenetic		Biochemical/metabolic	DNA/molecular	No investigation necessary		Other diagnostic or screening procedure							
Specify:															
COUNSELLING GIVEN (BY)		Clinical geneticist		Medical Doctor	Registered Nurse	Genetic counselor	No counseling given		Genetic Training received:		Yes	No			
PATIENT STATUS/OUTCOME		Alive:		Inpatient	Outpatient	Discharged	Unit/Clinic/Ward name								
		Dead:		y y y y / m m / d d		Date of death if deceased:		y y y y / m m / d d							
Referral:		Referred to another Hospital?		Yes	No	Referred from Hospital?		Yes	No	If yes, name of that Hospital:					
DIAGNOSIS		Skull		Face	Chest	Heart	Abdomen	Gastrointestinal Tract	Genitals	Arms	Legs	Hands	Feet	Skin	
Description:															
Diagnosis:															
Diagnosed by (if different than person notifying):		Name:		Doctor	Registered Nurse	Genetic Training received:		Yes	No	ICD 10 code:					
		Contact No.:													

Remove this page and give to patient as information leaflet on discharge after delivery

Some information about Family Planning after your baby is born

Why is it important?

Most couples start having sex again before six weeks after the baby is born. Pregnancy can occur by six weeks (before your periods start again) if you do not exclusively breastfeed; so it is important to make sure that you start using a method before your baby is four weeks old.

Best practice is for the chosen method of family planning to be started before you leave the place where your baby is born.

The most effective methods

Intrauterine contraception (IUD)

- Copper IUDs prevent pregnancy for up to 10 years
- Failure rates are less than one per 1000 women.
- IUDs can be inserted immediately after the afterbirth (placenta) has been delivered.
- IUD use does not interfere with breastfeeding.

Contraceptive implants

- Implants are effective for three years
- Failure rates are around one per 1000 women.
- Implants can be inserted immediately after delivery of the baby and before you go home.
- Postpartum implant use does not interfere with breastfeeding.

Permanent contraception

Female sterilisation:

- Failure rates are around two per 1000 women but the method is considered permanent.
- Female sterilisation can be performed within the first week after delivery or at any time after your baby is six weeks old.
- It may be convenient to perform female sterilisation at the time of Caesarean section.

Male sterilisation (vasectomy):

- Failure rates are around one per 1000 men but the method is considered permanent.

Effective methods

Contraceptive injections (failure rate three per 100 women):

- Repeat injections must be given four or more times each year.
- Contraceptive injections can be started immediately after delivery and do not interfere with breastfeeding.
- For long term use (more than two years) discuss with a sister or doctor regarding possible risks involved.

Hormonal contraceptive pills (failure rate nine per 100 women):

- Progestogen-only (POP, mini) pills:
 - Must be taken at the same time every day without a break.
 - They can be started immediately after delivery and do not interfere with breastfeeding.
- Combined oral contraceptive (COC) pills:
 - They can only be started six weeks after your baby is born
 - They should not be used by breastfeeding women until the baby is six months old

Less effective methods

Male or female condoms. These are not so effective in preventing pregnancy, but they must always be used with your other method to prevent HIV and other sexually transmitted infections.

Danger signs after delivery

I have severe
headaches.
I have blurry vision.
PRE-ECLAMPSIA

I cry all the time. I
have thoughts of
hurting myself or my
baby.
**POST-PARTUM
DEPRESSION**

I am short of breath.
I breathe very fast.
**PULMONARY
EDEMA**

I have a fever or
chills.
My stomach hurts
I have a foul
smelling vaginal
discharge.
**POST-PARTUM
SEPSIS**

My baby is unusually
cold
HYPOTHERMIA

My incision is not
healing.
WOUND INFECTION

I have severe pain
and swelling in my
calf. My calf is red.
**DEEP VEIN
THROMBOSIS**

I have vaginal
bleeding that is
soaking my pads.
**POST-PARTUM
HAEMORRHAGE**