

## **Guidance for Implementing Goals to Address Medical Conditions That Contribute To Poor Birth Outcomes**

Pregnancy Care Managers are working together with Pregnancy Medical Homes and other Prenatal Providers to improve birth outcomes through coordinated –based maternity care for women at risk for poor birth outcomes.

### **Priority Medical Risk factors include:**

- History of Preterm birth (less than 37 completed weeks)
- Chronic Medical and /or behavioral health conditions which may be complicated pregnancy (refer to Risk Screening and Pregnancy Assessment)
- History of low birth weight (less than 2500 grams/5lbs 8oz)
- Fetal complications
- Late entry to prenatal care (after 14 weeks)
- Substance use ( prior or current use)

There has been lots of discussion regarding goal setting and the medical conditions. We want to be certain that we are addressing the medical conditions with our patients during their pregnancy and that care management activities, interventions, task, and progress towards goals are documented.

Here are a few suggestions for addressing medical conditions by stating goals for our patient and engaging them in their care.

### **Goal: Reduce identified Risk Factor**

**Hypertension**- Patient will follow- up with all blood pressure checks and other provider’s recommendation to decrease blood pressure. **Ensure patient has prescriptions ( if applicable ) and is taking meds as prescribed**(High Risk nurse and self-reporting).

**Diabetes**- Patient will **attend all diabetes classes and appointments** to lower levels (Medical record, High Risk Nurse, self-reporting). **Ensure patient has prescriptions ( if applicable ) and is taking meds as prescribed.**

**Anemia**- Patient will **take iron supplement as prescribed and follow Nutritionist diet recommendations.**

Patient will take iron supplement as prescribed to increase iron levels (Medical record reports/self-reporting).

### **Goal: Attend appointments as scheduled.**

Patient will **keep all prenatal appointments** to contribute to a healthy delivery. (Record of keeping appointments ).

Patient will keep all prenatal appointments to monitor concerns that may affect patient’s health and baby’s health (Record of keeping appointments, High Risk nurse, self-reporting).

**Patient will get prescription filled ( if applicable ) and will take meds as prescribed.**

**Other Medical Risk factors that may be used to set goals:**

Asthma

Seizure disorder

Thyroid

Sexual transmitted diseases

**Other goals that may be used instead of “other”**

Attend counseling

Complete enrollment for Health insurance program.

Establish and maintain relationship with Health Care provider

Remove barriers related to social condition

Demonstrate improved knowledge and or enhanced self-management skills.

Hopefully this will be helpful to you as you address medical conditions through patient goals.

Please consult your Pregnancy Care Manager management staff, Regional Social Work Consultant or Pregnancy Coordinator if you have questions or need assistance.