

2021 Prenatal/Perinatal Care Preventive Health Guidelines

Highmark is committed to promoting and providing quality prenatal/perinatal care in order to ensure the well being of the expectant mother and the unborn child. The following guidelines are to be used in the care of the maternity patient with the understanding that additional services should be rendered based on the special needs of the individual patient.

The Patient Protection and Affordable Care Act (PPACA, P.L. 111-148, March 23, 2010, as amended) requires, among other things, coverage of all A and B Recommendations as promulgated by the United States Preventive Services Task Force (USPSTF). Recommendations can be found at <http://www.uspreventiveservicestaskforce.org/Page/Name/uspstf-a-and-b-recommendations/>

Initial Evaluation	Up to Week 38	28 - 36 weeks	36+ weeks
The FIRST VISIT should be within the first 12 weeks of pregnancy.	Patient should be seen every four weeks	Patient should be seen every two to three weeks	Patient should be seen weekly
PHYSICAL EXAM SHOULD INCLUDE: - Nutritional status - Height - Weight - Blood pressure - Exam of head - Thyroid - Breasts - Heart - Lungs - Abdomen - Extremities - Pelvis - Uterine size - Capacity of pelvis	PHYSICAL EXAM SHOULD INCLUDE: - Blood pressure - Weight - Fundal height - Fetal heart rate	PHYSICAL EXAM SHOULD INCLUDE: - Blood pressure - Weight - Fundal height - Fetal heart rate - Assess for edema Discussion: - Family Planning Choices - First time parents: - Choosing the baby's clinician - Communication of any relevant information to the baby's clinician - Preparing for the arrival of the baby - Breast feeding support (during pregnancy and after birth) USPSTF - B Recommendation	PHYSICAL EXAM SHOULD INCLUDE: - Blood pressure - Weight - Fundal height - Fetal heart rate - Assess for edema - Fetal presentation Discussion: - Long distance travel is not recommended after 36 weeks.

Preventive Care Guidelines 21

Jessica J Manson



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web de problemen zullen in de eerste fase van jullie hereniging niet voelbaar zijn maar zeker wel weer naar boven komen naar gelang de tweede relatie duurt er is maar weinig kans dat de relatie perfect zal zijn helaas maar waar veel mensen die weer terug bij elkaar komen gaan meestal weer uit elkaar en zullen diezelfde pijn weer moeten doorstaan

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web nov 29 2018 als je overweegt om de relatie met je ex terug een kans te geven dan is het verstandig om allebei terug naar de basis te gaan die basis begint met een goed en opbouwend gesprek uit dat gesprek ga je een dialoog aan met elkaar om te polsen of de relatie wel of geen slaagkansen heeft

terug naar je ex met deze 9 tips heeft jullie relatie deze flair - Oct 05 2022

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web nov 23 2022 1 geef je ex tijd en ruimte blijf uit de buurt en laat hem of haar met rust bel niet ga niet langs hoe moeilijk dat ook is als jullie ver uit elkaars buurt zijn kunnen jullie beide voelen hoe het is om apart te leven en voelen hoeveel de ander jou ook mist en dan maar hopen dat dat het geval is

je ex terug winnen dit zijn de 6 dingen die je moet doen - Apr 30 2022

web may 17 2021 dus je wil weten hoe je je ex terug kan winnen je hebt relaties gehad waarvan je wist dat de andere persoon niet goed voor je was maar eens in de zoveel tijd komt het ook weleens voor dat je bij iemand weggaat en dat je erachter komt dat je een grote fout hebt gemaakt

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web methode 1 denk na over de relatie 1 geef jezelf wat ruimte als je altijd maar in de buurt van je voormalige vlam bent kun je niet goed afstand nemen om te bekijken wat er nu eigenlijk fout ging hoewel je hem niet hoeft te negeren moet je hem niet bellen spreken en zelfs geen contact hebben via facebook

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web 1 krijg je leven weer op de rit je hebt een tijd een relatie gehad en misschien heeft je vriendin het wel uitgemaakt je voelt je op dit moment erg verdrietig en alleen maar focus je op de dingen die je aan jezelf kunt veranderen voordat je

hoe krijg ik het gevoel terug in mijn relatie hoofdpersoon - Feb 26 2022

web je krijgt het gevoel dat de relatie niet meer te redden is maar dat is niet waar het is namelijk mogelijk om deze negatieve patronen te doorbreken om dit te doen is het wel heel belangrijk om jezelf kwetsbaar te maken en elkaar weer te leren

begrijpen daar vertellen we in het volgende stuk meer over

5 tips om de spanning in je relatie terug te brengen - Jul 02 2022

web jul 19 2022 3 min gelezen ongeacht de duur van een relatie kan het wel eens voorkomen dat er een dipje zit in de spanning tussen jullie als partners gelukkig is die spanning in je relatie er makkelijk weer in te krijgen