

Pregnancy:

Period from conception to childbirth

Signs/Symptoms:

- Difficulty bonding with unborn baby
- Difficulty coping with body changes
- Fears delivery procedure
- Prenatal complications/preterm labor
- Inadequate social support
- Difficulty with prenatal exercise/ rest/diet/behaviors
- Other

KBS rating considerations:

Knowledge	Behavior	Status
Consider knowledge of: <ul style="list-style-type: none"> • Fetal G&D • Danger signs • Self care/healthy pregnancy, pregnancy changes, and pregnancy discomforts (see guidelines & notes) • Previous high risk pregnancy/multiple births/delivery complications/fetal demise • Breastfeeding • Maternal role * Labor and Delivery, childbirth prep & needs for baby care 	Consider: <ul style="list-style-type: none"> • Willingness to learn • Behaviors related to self-care to have a healthy pregnancy • Adherence to plan of prenatal care & illness care, dental health, vision care • Cultural norms /values/beliefs • Statements about pregnancy, plans for pregnancy, plans for the baby • Preparation for meeting baby's needs. • High risk behaviors (see guidelines & notes) 	Consider: <ul style="list-style-type: none"> • Physical symptoms of pregnancy complications: Preterm labor, gestational hypertension, gestational diabetes, hyperemesis, bleeding/abnormal vaginal discharge, edema, high fever, STDs • Emotional readiness for pregnancy and delivery • Bonding with pregnancy/ baby • Realistic expectations of pregnancy and motherhood • Able to meet ADL's, home maintenance, self care, work, school

Guidelines & Notes:

- Status in this problem refers to ability to care for self in pregnancy. If there are other contributing problems, those problems should be opened.
- Some issues may be addressed as a selected target within the Pregnancy problem rather than opening another OMAHA system problem. Example: “nutrition” could be a target or limited social/community support could be addressed under the target: “support system”.
- **High risk behaviors are behaviors that could endanger the pregnancy** and may include use of legal/illegal substances, engaging in dangerous activities, or exposing self to toxins or other environmental hazards
 - **Self care:** managing discomforts of pregnancy and engaging in behaviors which promote a healthy pregnancy (diet, prenatal vitamins, exercise, activity, rest, safe sexual activity)

- **Substance use** during pregnancy: If a pregnant woman is using drugs, alcohol or tobacco during pregnancy, *the Substance Use* problem must be opened as an actual problem with signs and symptoms indicated.
- **Family planning:** Anticipatory teaching can be documented in the *Pregnancy* problem. The *Family Planning* problem may be opened during pregnancy or postpartum if it is a major area of concern and activity.
- **Mental Health:** Open the *Mental Health* problem when indicated by signs and symptoms on page 10.
- Consider cultural norms, values and beliefs for knowledge and behavior.

		Pregnancy				
		1	2	3	4	5
		None	Minimal	Basic	Adequate	Superior
Client's Knowledge	<p>No knowledge about pregnancy including:</p> <ul style="list-style-type: none"> • pregnancy options • pregnancy growth & development, • Danger Signs, • Self Care: healthy behaviors during pregnancy (diet/exercise/rest) • Breastfeeding • Coping with pregnancy changes, discomforts of pregnancy • L & D & childbirth prep <p>Mostly believes inaccurate information/myths</p> <p>No knowledge of impact of high risk behaviors on fetal development</p>	<p>Little knowledge about pregnancy and self care</p> <p>Believes inaccurate information/myths</p> <p>Has little knowledge of high risk behaviors on fetal development</p> <p>Little knowledge of L & D & childbirth prep</p>	<p>Some knowledge about pregnancy and self care</p> <p>Sometimes believes inaccurate information/myths</p> <p>Has some knowledge of high risk behaviors on fetal development</p> <p>Some knowledge of L & D, childbirth prep and baby's needs</p>	<p>Has good knowledge about pregnancy and self care</p> <p>Is aware of high risk behaviors on fetal development</p> <p>Knows signs of labor and when to call doctor</p> <p>Actively seeking knowledge of L & D, childbirth prep and baby's needs</p>	<p>Has excellent knowledge about pregnancy and self care</p> <p>Has excellent knowledge of high risk behaviors on fetal development</p> <p>Excellent knowledge of labor and delivery options & is prepared for childbirth experience</p> <p>Knows how to prepare for baby's needs</p>	
	Not Appropriate	Rarely Appropriate	Inconsistently Appropriate	Usually Appropriate	Consistently Appropriate	
Client's Behavior	<p>Does not accept information about pregnancy</p> <p>No prenatal care/has no</p>	<p>Will listen accept information about pregnancy</p> <p>Has minimal prenatal care</p>	<p>Has some interest in learning about pregnancy and ask questions</p>	<p>Actively seeking information about pregnancy</p> <p>Usually keeps</p>	<p>Asks detailed questions about promoting a healthy pregnancy</p>	

	<p>plans to seek care</p> <p>Unwilling to change high risk behaviors</p> <p>Reacts negatively to all references to pregnancy/fetus</p> <p>No preparation for baby's needs</p>	<p>Listens to information and begins to consider changes with high risk behaviors</p> <p>Mostly neutral about references to pregnancy and fetus</p>	<p>Has prenatal care but misses some appointments</p> <p>Taking steps to change high risk behaviors</p> <p>Some positive references to pregnancy and fetus</p>	<p>prenatal appointments and follows recommendations</p> <p>Has few risky behaviors</p> <p>Mostly positive about pregnancy/fetus</p> <p>Identifies labor support person</p>	<p>Has regular prenatal care and follows recommendations</p> <p>Does not engage in high risk behaviors</p> <p>Develops own birth plan for L & D</p> <p>Consistently positive about pregnancy/fetus</p> <p>Realistic preparation for baby's needs</p>
	Extreme S/S	Severe S/S	Moderate S/S	Minimal S/S	No S/S
Client's Status	<p>Has severe pregnancy complications that requires hospitalization or extensive treatment plan</p> <p>Cannot perform most ADL's</p> <p>Has no social supports or has negative interpersonal relationships</p> <p>Unable to cope with pregnancy changes & stressors</p> <p>Not wanting pregnancy and unwilling/unable to develop a plan</p>	<p>Has serious pregnancy complications which requires treatment plan and may be on bed rest</p> <p>Needs daily assistance with ADL's</p> <p>Has minimal social support</p> <p>Expresses great difficulty in coping with pregnancy changes & stressors</p> <p>Unsure about pregnancy and unclear about a plan</p>	<p>Has some pregnancy complications but is being managed through self care & regular prenatal care</p> <p>Able to perform some ADL's independently</p> <p>Able to identify a supportive person that can give help some of the time</p> <p>Expresses some difficulty in coping with pregnancy changes & stressors</p> <p>Some ambivalence about the pregnancy but is developing a plan for L & D and baby's needs</p>	<p>Has minimal pregnancy complications and is managed by self care and regular prenatal care</p> <p>Able to perform most ADL's</p> <p>Has supportive person most of the time</p> <p>Expresses little difficulty in coping with pregnancy changes & stressors</p> <p>Mostly positive feelings about the pregnancy and taking steps to prepare for labor/newborn</p>	<p>Has no pregnancy complications</p> <p>Able to perform all ADL's for self and family</p> <p>Has excellent supportive persons to help as needed</p> <p>Has good coping with pregnancy changes</p> <p>Expresses satisfaction about pregnancy and is actively preparing for labor/newborn</p>