

Pregnancy:

Period from conception to childbirth

Signs/ Symptoms:

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

Knowledge

Consider knowledge of:

- Fetal G&D
- Danger signs
- Healthy pregnancy
- Previous high risk pregnancy/multiple births
- Breastfeeding
- Maternal role

Behavior

Consider:

- Willingness to learn
- Behaviors related to self-care
- Adherence to plan of care
- Cultural norms /values/beliefs
- Statements referencing baby
- Preparation for meeting baby's needs.

Status

Consider:

- Physical symptoms eg., PTL, PIH, gestational diabetes, hyperemesis, etc.
 - Emotional readiness for pregnancy/ bonding with baby
 - Realistic expectations of pregnancy and motherhood
 - Able to work, attend classes
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Guidelines & Notes:

- **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 and should be opened once the client delivers
- **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.

	1	2	3	4	5
	None	Minimal	Basic	Adequate	Superior
Knowledge	Not aware of appropriate rest, exercise, diet. No knowledge of fetal G&D, danger signs in pregnancy and/or breastfeeding.	Interested in information about self-care during pregnancy; minimal knowledge of fetal G&D, danger signs, breastfeeding.	Knows some recommendations for appropriate rest, exercise, and diet, but does not understand rationale or potential consequences. Basic knowledge of fetal G&D and breastfeeding.	Knows recommendations and rationale for appropriate rest, exercise, and diet, but not potential consequences or application to self. Knows when to call the doctor.	Understands appropriate rest, exercise and diet, and their relationship to positive outcome of pregnancy. Knows self care at home (drinking fluids, left lying).
	Not Appropriate	Rarely Appropriate	Inconsistently Appropriate	Usually Appropriate	Consistently Appropriate
Behavior	No prenatal care. High-risk behaviors.	No or minimal prenatal care, listens to information but not willing to change high risk behaviors	Irregular prenatal care, listens to information, has decreased high risk behaviors because of pregnancy	Prenatal care most of the time, few risky behaviors. Usually follows recommendations.	Regular prenatal care, follows recommendations for healthy pregnancy
	Extreme S/S	Severe S/S	Moderate S/S	Minimal S/S	No S/S
Status	Hospitalized for pregnancy complications including excessive weight gain or loss, pitting edema, or elevated blood pressure. No emotional readiness for pregnancy/bonding with baby. Maternal or fetal death.	At home with complications; condition warrants close monitoring. Severe anxiety re: delivery, unable to anticipate required lifestyle changes of pregnancy/parenthood, not gaining weight; minimal emotional readiness for pregnancy/bonding with baby.	Restricted activity; complications interfere with daily activity but are controlled through self-care. Difficulty anticipating lifestyle changes after birth. Moderate emotional readiness for pregnancy/bonding with baby.	Able to work limited hours, minimal complications. Able to cope with normal discomforts without medical intervention by using self care measures.	Healthy pregnancy with mild discomforts that do not interfere with daily activities. Emotionally ready for pregnancy/bonding with baby.