

PRENATAL RISK SCORE

* DO RISK SCORE ON THREE OCCASIONS DURING PREGNANCY *

Ideally on the first visit, in the second trimester, and again at 34-36 weeks gestation.

A. REPRODUCTIVE HISTORY:

Points

16 – 35 years of age	0
Less than 16 years of age	1
Over 35 years of age	2
If pregnant 1 – 4 times	0
If never pregnant before.....	1
If pregnant 5 times or more.....	2
If miscarried 1 or more times or if you were unable to conceive after trying for one year	1
If you experienced bleeding after child birth.....	1
If at birth your baby weighed more than 9 lbs.	1
If you are prone to High Blood Pressure	1
If you had a Caesarian section	2
If you had a still birth or neonatal death	3
If you had a prolonged or difficult labour.....	1

B. PRE-EXISTING CONDITIONS

Have you ever had surgery?.....	1
Chronic kidney disease?	2
Any heart disease?	3
Have you had diabetes?	3

C. PRESENT PREGNANCY

Bleeding ^{At} after or under 20 weeks	1
Bleeding over 20 weeks gestation.....	3
Anemia.....	1
Lasting beyond 42 weeks.....	1
High Blood Pressure	2
Membranes ruptured for no reason.....	1
If carrying a small for age baby	3
If carrying a breech or twins	3
RH factor.....	3

Total Score _____

Score 2 points or less
Score 3 – 6 points
Score 7 points or more

Low Risk Pregnancy
High Risk Pregnancy
Extreme Risk

A. SCHEDULE OF VISITS TO NURSE OR PHYSICIAN:

Clients at no predictable risk –

- monthly until 28 weeks (50g load at 28 weeks)
- then every 2 weeks until 36 weeks
- then weekly until confinement at 38/40 weeks.

Clients with risk factors will be seen as frequently as necessary.

B. HISTORY:

General state of well being since last visit. Appetite and sleep pattern.

Inquire about specific concerns.

Complaints of: headache, vomiting, abdominal pain, bleeding, discharge, edema, fever, urinary symptoms.

Fetal movement felt.

Compliance with vitamins if prescribed.

C. PHYSICAN EXAM:

Weight – ideal gain

- 5 lbs. 1st trimester
- 10 lbs. 2nd trimester
- 10 – 15 lbs. 3rd trimester

BP – compare value with pre-pregnant baseline BP

General Survey - looks well
 - looks pale, tired, puffy

Check for edema - pretibial, hands, face

Breasts - changes of pregnancy, discuss breastfeeding and breast care.

- measure fundal height
- presentation of fetus – fixed after 34 weeks. i.e. attitude & position.
- amount of amniotic fluid
- fetal heart and movement