



Department of Obstetrics & Gynecology

## Prenatal Care

### Welcome to the Walter Reed National Military Medical Center at Bethesda, OB Department!

Whether you are receiving your care from a Physician, Certified Nurse Midwife, or Nurse Practitioner, you are in good hands and we are proud of the opportunity to serve you.

### Who provides prenatal care?

At WRNMMC, we offer choices in care for delivery. For patients who are high risk due to their own health or who develop a high risk condition during their pregnancy, we have highly skilled OBGYN residents and Obstetricians at the hospital, as well as a team of Maternal-Fetal Medicine specialists.

For women who are enjoying a normal, low risk pregnancy, the following options are available:

- **Obstetricians and OBGYN Resident Physicians** provide care for all pregnant women, including women who have high risk concerns. We have a few physicians that facilitate Centering groups as detailed below. Physicians are always available for consultation for the certified nurse midwives (CNMs) and nurse practitioners (NPs).
- **Certified Nurse Midwives (CNMs) and Nurse Practitioners (NPs)** provide highly skilled care to healthy, low risk patients at the hospital and at some of the outlying branch clinics. CNMs are highly trained and skilled care providers who work in consultation with physicians. They provide prenatal care, deliver babies, and do combined mom-baby postpartum visits.
- **Centering Pregnancy** is a model of prenatal care in which you start your prenatal care with an individual visit but have the rest of your visits in a group setting with 10-12 other women and their partners who are due at about the same time as you are. Centering Pregnancy allows you to experience your pregnancy with a group of friends who are going through a similar experience. In group prenatal care, you will receive assessment, education, and support all in one setting.

Our OB clinic strives to allow continuity of care (seeing the same provider) for clinic appointments if you desire. Simply ask to make each of your appointments with the same provider if available.

## How many visits will I have?



If you choose to enroll in a Centering Pregnancy Prenatal group, your prenatal care will be comprised of 1 individual visit followed by ten group sessions, each of which is two hours in length. Each session will be facilitated by the same Certified Nurse Midwife, Women's Health Nurse Practitioner, or Physician.

If you are being followed by a provider for 1:1 prenatal visits, we follow a 9 visit pathway. The 9 visits are:

- **OB-Intake (7-8 weeks)** Your first visit will start with a dating ultrasound. Your due date will be decided at this visit. This first visit is to identify risk factors that may impact your pregnancy and to identify what type of provider will follow your care. Then you will have a one-on-one appointment with our intake nurse to review history, and any concerns you may have. You will be provided a "Pregnancy and Childbirth" booklet and other important information to guide you through your prenatal care.
- **The "New OB" visit (10-12 weeks)** You will meet your prenatal care provider, who will review your medical history and do a complete physical exam. Your lab work will be reviewed and a plan made for your prenatal care that is tailored to your health history. If you choose group care, you will transfer to Centering Pregnancy after this visit.
- **16-20 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. Your second trimester ultrasound will be ordered.
- **24 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. Your lab work and ultrasound will be reviewed and questions answered.
- **28 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You will have blood drawn to check for anemia and pregnancy diabetes. Your provider will discuss your choices for birth control after your birth, as well as how you plan to feed your baby, your baby's movement, and signs of preterm labor.
- **32 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. We can discuss your birth plan to start preparing for delivery.
- **36 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You will have a test done for GBS.
- **38 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You may have a cervical exam if desired, and signs of labor will be discussed.
- **40 weeks:** Your provider will check your weight, blood pressure, baby's heart rate and uterine growth. You may have a cervical exam. You can ask questions about what happens if you are overdue and an Induction will be scheduled if necessary.



Of course, you will have any extra visits that your provider feels are necessary in addition to the normal pathway for individual clinic visits or the pathway for Centering Pregnancy group prenatal care.