



# Steps to Take

COMPREHENSIVE PERINATAL SERVICES

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## Program Guidelines

**for Enhanced Health Education, Nutrition, and Psychosocial Services**

STEPS TO TAKE GUIDELINES, 1997 EDITION

HEALTH EDUCATION HANDOUTS, REVISED 2001

NUTRITION HANDOUTS, REVISED 2001

PSYCHOSOCIAL HANDOUTS, 1997 EDITION

GESTATIONAL DIABETES HANDOUTS, REVISED 2001

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# Acknowledgments

## 2001 Edition

The 2001 revision of the Steps to Take Guidelines and Handouts features a new look for the entire Guidelines as well as the handouts. It is hoped that this new design will enhance your work and the overall appeal of the handouts for your clients.

In terms of content, this revision concentrated on the client handouts themselves. All the handouts in the Health Education, Nutrition, and Gestational Diabetes sections were thoroughly reviewed and content was updated where needed. They were edited for readability and reading level. These handouts were also newly designed and illustrated. Only the Psychosocial handouts were not revised. Changes in those handouts will be made at a future time.

The Guidelines themselves remain largely untouched, although where possible, resources and references to handouts were updated. Some changes reflecting new legislation were made in the Psychosocial guidelines.

We are happy to announce that this edition features a brand-new set of guidelines and handouts on these two topics:

- Oral Health during Pregnancy
- Oral Health during Infancy

The 2001 edition of the Steps to Take Guidelines and client handouts would not have been possible without the time and effort of the following individuals, building on all the work that went on before.

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# *Table of Contents*

## **First Steps**

- Introduction FS 3
- How to Use Steps To Take 4
- Assessment 5
- Individual Care Plan 6
- Making Successful Referrals 7
- Developing a Community Resource List 8
- Women, Infants and Children (WIC) Supplemental Nutrition Program 9
- Documentation Guidelines 11
- How to Work with Your Clients 12
- Approaching Clients of Different Ages 14
- Orientation to Your Services 16
- Helping a Woman Help Herself 19
- Making Decisions • Problem Solving • Empowerment 20
- Cultural Considerations 21
- Cross-Cultural Communication 22
- No Language in Common with Staff 24
- Guidelines for Using Interpreters 25
- Low Literacy Skills 26
- Little Experience with Western Health Care 29

## **Health Education**

- Introduction HE 3
- Health Education Plan 4
- What to Discuss on the First Visit 6
- Hospital Orientation 13
- Preterm Labor 14
- Kick Counts 19
- STIs (Sexually Transmitted Infections) 23
- HIV and Pregnancy 29
- Cautions: Cats/Hot Baths/Raw Foods and Other Concerns 39
- Causes for Concern During Pregnancy 40
- Workplace and Home Safety 41
- Oral Health During Pregnancy 47
- Oral Health During Infancy 59
- Safe Exercise and Lifting 69
- Tobacco Use 79
- Secondhand Tobacco Smoke 83
- Drug and Alcohol Use 87
- Family Planning Choices 95
- Infant Feeding Decision-Making 99
- Infant Safety and Health 101
- Multiple Births — Twins and Triplets 113
- Health Education Materials 127



# Table of Contents

## **Nutrition**

- Introduction NUTR 3
- Weight Gain During Pregnancy 5
- Eating for a Healthy Pregnancy 21
- Food Intake & Recall 22
- General Nutrition Assessment Questionnaire 24
- Using The *Daily Food Guide for Pregnancy* 25
- How to Use *The Daily Food Guide* 26
- The Daily Food Guide for Pregnancy 28
- Nausea & Vomiting 31
- Heartburn 41
- Constipation 47
- Lactose Intolerance 53
- Anemia 59
- Prenatal Vitamin and Minerals,  
Iron and Calcium 71
- Pica 79
- Possible Problems from Pica During Pregnancy 80
- Stretching Your Food Dollar 81
- Cooking and Food Storage 91
- Food Safety 97
- Vegetarian Eating 111
- Tobacco and Substance Use 119
- Breastfeeding 122

## **Psychosocial**

- Introduction PSY 3
- High Risk Situations 4
- Unwanted Pregnancy 5
- Perinatal Loss 13
- Birth Defects 21
- Financial Concerns 28
- Legal/Advocacy Concerns 35
- New Immigrant 38
- Parenting Stress 44
- Child Abuse and Neglect 49
- Spousal/Partner Abuse 53
- Perinatal Substance Abuse 65
- Emotional or Mental Health Concerns 73
- Depression 77
- Teen Pregnancy and Parenting 85

## **Gestational Diabetes**

- Gestational Diabetes GDM 1

## **Appendix**

- Prenatal Laboratory and Diagnostic Tests APP 3
- Introduction to Managed Care 8
- State Provided Weight Gain Grids 10
- Nutrition During Pregnancy and the Postpartum  
Period Order Form 17



# *Icons Used in this Manual*

**Healthy Mom  
Healthy Baby**

## Health Education Guidelines



## Psychosocial Guidelines



## Appendix



## Nutrition Guidelines



## Gestational Diabetes Guidelines



## Refer to CPSP Provider Handbook

### **Note about the pagination**

Each page is numerated according the section. Each section is coded by an abbreviation and then a page number.

FS = First Steps

HE = Health Education

NUTR = Nutrition

PSY = Psychosocial

GDM = Gestational Diabetes

APP = Appendix

Each client handout is also coded by letter.

Each section starts with A and goes in alphabetical order.

AE = Handout A, English version

AS = Handout A, Spanish version

The Nutrition section has so many handouts that it is necessary to code with double letters (AA, BB, etc.).

Some handouts are now 2 pages long and are labeled with the page number as well (AE1, AE2, AS1, AS2).

