

Iowa Prenatal Risk Assessment

Please complete this form and fax to Healthy First Steps at **877-353-6913**.

Primary provider name:	Provider phone number:	Date:
Client name:	Phone number:	Client date of birth:
Address:		Medicaid ID number:

Gestational age at initial assessment: Weeks _____ Date _____ **Estimated Due Date:** _____

Instructions: Write the score that applies to each risk factor.

Risk factor/value	A Score initial	Risk factor current pregnancy/value	B1 Initial OB
Maternal age 20 – 40 = 0 16 – 19 or > 40 = 4 ≤ 15 = 10		Bacteriuria,* chlamydia, GC this pregnancy No = 0 Yes = 3	
Education GED or 12 = 0 ≤ 11 = 2 ≤ 8 = 4		Pyelonephritis * No = 0 Yes = 5	
Marital status Married = 0 Single, divorced, separated = 2		Fibroids No = 0 Yes = 3	
Height > 5 feet = 0 ≤ 5 feet = 3		Presenting part engaged < 36 weeks No = 0 Yes = 3	
Pre-pregnancy weight Low (BMI < 19.8) = 2 Obese (BMI > 29.0) = 2		Uterine bleeding ≥ 12 weeks * No = 0 Yes = 4	
AB first trimester * < 3 = 0 ≥ 3 = 1		Cervical length < 1 cm < 34 weeks No = 0 Yes = 4	
AB second trimester * None = 0 1 = 5 ≥ 2 = 10		Dilation ≥ 1 cm * No = 0 Yes = 4	

Instructions: Write the score that applies to each risk factor.

Risk factor/value	A Score initial	Risk factor current pregnancy/value	B1 Initial OB
Race White = 0 Black = 2 Other = 1		Uterine irritability * ≤ 34 weeks No = 0 Yes = 4	
Cone biopsy/LEEP No = 0 Yes = 3		Placenta previa at < 30 weeks No = 0 Yes = 4	
Uterine anomaly * No = 0 Yes = 10		Oligohydramnios No = 0 Yes = 10	
Previous SGA baby No = 0 Yes = 10		Polyhydramnios No = 0 Yes = 10	
Hx preterm labor * or preterm delivery No = 0 Yes = number x 10		Multiple pregnancy No = 0 Yes = 10+	
Bleeding gums/never been to dentist No = 0 Yes = 5		Surgery (abdominal * ≥ 18 weeks or cerclage) No = 0 Yes = 10	
Cigarette use/day 1 cig – 1/2 ppd = 1 > 1/2 ppd = 4		Depression <ul style="list-style-type: none"> Over the past two weeks, have you ever felt down, depressed or hopeless? Over the past two weeks, have you felt little interest or pleasure in doing things? (To either) No = 0 Yes = 10	
Illicit drug use * (this pregnancy) No = 0 Yes = 5			
Alcohol use * (this pregnancy) No = 0 Yes = 2			
Initial prenatal visit * < 16 weeks = 0 > 16 weeks = 2		Weight gain at 22 weeks ≥ 7 lb. = 0 < 7 lb. = 2	
Poor social situation * No = 0 Yes = 5		Weight loss < 5 lb. = 0 ≥ 5 lb. = 3	

Instructions: Write the score that applies to each risk factor.

Risk factor/value	A Score initial	Risk factor current pregnancy/value	B1 Initial OB
Children ≤ 5 years at home 0 or 1 = 0 ≥ 2 = 2		Urine protein 0/trace = 0 1+ = 2 > 1+ = 5	
Employment * None = 0 Outside school/work = 1 Heavy work = 3		Hypertension * or HTN medications No = 0 Yes = 10	
Last pregnancy within one year of present pregnancy No = 0 Yes = 1		Hemoglobin Hematocrit < 11 = 3 < 33 = 3	
Subtotal A		Subtotal B1	
Other: _____ Additional risk factors indicating need for enhanced services (see last page for examples). Points need not total 10.		Subtotal A	Subtotal A
		Subtotal B1 +	
		Total first OB	

Total score of 10 points or more = high risk for preterm delivery. Check all enhanced antepartum management services that apply and indicate who will be the primary provider of each service.

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| <ul style="list-style-type: none"> ▪ Care coordination: _____ ▪ Health education: _____ ▪ Psychosocial: _____ ▪ High risk follow-up: _____ | <ul style="list-style-type: none"> ▪ Nutrition counseling: _____ ▪ Home visit: _____ ▪ Oral health: _____ ▪ Medical transportation: _____ |
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Signature of primary provider:	Date:	Client signature/Release of information:	Date:
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Risk factor definitions

AB first trimester: More than three spontaneous or induced abortions at less than 13 weeks' gestation. (Do not include ectopic pregnancies.)

AB second trimester: Spontaneous or induced abortion between 12 and 19 weeks' gestation.

Uterine anomaly: Bicornate, T-shaped or septate uterus, for example.

Dental visit: Routine preventive dental care; not a visit for emergency extraction or mouth trauma.

DES exposure: Exposure to diethylstilbesterol in utero. Patient who has anomalies associated with diethylstilbesterol receives points for this item and for uterine anomaly.

Hx PTL: Spontaneous preterm labor during any previous pregnancies (whether or not resulting in preterm birth) or preterm delivery.

Hx pyelonephritis: One or more episodes of pyelonephritis in past medical history.

Illicit drug use: Any street drug use during this pregnancy, e.g., speed, marijuana, cocaine, heroin (includes methadone), huffing, or the recreational use of Rx or OTC drugs.

Alcohol use: Consumption of six or more glasses of beer or wine per week or four or more mixed drinks per week. Includes any binge drinking.

Initial prenatal visit: First prenatal visit at or after 16 weeks' gestation.

Poor social situation: Personal or family history of abuse, incarceration, homelessness, unstable housing, psychiatric disorder, child custody loss, cultural barriers, low cognitive functioning, mental retardation, negative attitude toward pregnancy, exposure to hazardous/toxic agents, inadequate support system, or low self-esteem.

Employment:

Light work = part-time or sedentary work or school.
Heavy work = work involving strenuous physical effort, standing or continuous nervous tension, such as nurses, sales staff, cleaning staff, babysitters or laborers.

Bacteriuria: Any symptomatic or asymptomatic urinary tract infection; i.e., 100,000 colonies in urinalysis.

Pyelonephritis: Diagnosed pyelonephritis in the current pregnancy. (Give points for pyelonephritis only, not both pyelonephritis and bacteriuria.)

Bleeding after 12th week: Vaginal bleeding or spotting after 12 weeks of gestation of any amount, duration or

frequency which is not obviously due to cervical contact.

Dilation (internal os): Cervical dilation of the internal os of one cm or more at 34 weeks' gestation.

Uterine irritability: Uterine contractions of five contractions in one hour perceived by patient or documented by provider without cervical change at less than 34 weeks.

Surgery: Any abdominal surgery performed at 18 weeks or more of gestation or cervical cerclage at any time in this pregnancy.

Hypertension: Two measurements showing an increase of systolic pressure of 30 mgHg above baseline, an increase in diastolic pressure of 15 mgHg above baseline or both.

Nutritional risk factor assessment and definitions

Instructions: Check nutrition counseling if any of the factors below indicate nutritional risk.

Anemia:

- Hgb < 11 or Hct < 33 (weeks 1 – 13 and weeks 27 – 40+).
- Hgb < 10.5 or Hct < 32 (weeks 14 – 26).

Inappropriate nutrition practices:

- Consuming potentially harmful dietary supplements (includes excessive doses and those that may be toxic or harmful in other ways).
- Consuming diet very low in calories or essential nutrients (includes vegan diet defined as consuming only fruits, vegetables and grains; macrobiotic diet; food faddism; and impaired calorie intake or nutrient absorption following bariatric surgery).
- Pica.
- Inadequate iron supplementation (< 30 mg/day).
- Consuming foods potentially contaminated with pathogenic bacteria (raw seafood, meat, poultry and eggs or any foods containing these products; raw sprouts; undercooked meat, poultry and eggs; unpasteurized milk or foods containing it; soft cheeses such as feta, Brie, Camembert, blue-veined and Mexican-style cheese; unpasteurized fruit or vegetable juices; and hot dogs and luncheon meats unless reheated until steaming hot).

Additional risk factors

Medical

- Autoimmune disease
- Current eating disorder, fasting, skipping meals
- Diabetes
- Febrile illness
- Gestational diabetes
- Heart disease
- History of gastric bypass
- HIV
- Hyperemesis
- Psychiatric disorder
- Renal disease
- Seizure disorders
- Thyroid disease
- Type I diabetes

OB history

- Cesarean section
- Infertility
- Perinatal loss

Psychosocial

- Ambivalence toward, denying or rejecting this pregnancy
- Child care stress
- Cultural or communication barriers
- History of mental illness
- Noncompliance with visit or healthy pregnancy behaviors (or expected noncompliance without additional intervention)
- Teen pregnancy