

**Washington State Department of Health**  
**Office of Healthy Communities**  
**Publications for Health Professionals**  
**Working with Pregnant Women**

**NOW AVAILABLE!**

These materials are available electronically only using the links provided below.

**Perinatal Mood and Anxiety Disorders: Screening and Managing Resources and Referrals** – 2015

This tool provides medical professionals with best practice actions for screening and intervening for depression in pregnant and postpartum women. It includes state-specific data, links to clinical tools and resources, and local service referral information.

<http://here.doh.wa.gov/materials/perinatal-mood-disorders>

**Family Health History Factsheet** – 2013

This fact sheet for health care providers includes basic questions to ask a patient about their family health history. It can be used to assess the patient's risk for genetic disease or chronic illness, or having a child with birth defects or genetic disorders.

<http://here.doh.wa.gov/materials/family-health-history>

**Flu and Pregnancy (for pregnant women)** – 2015

This publication for pregnant women talks about flu and how it can impact pregnancy. It includes suggestions for preventing flu, self-care during flu, and when to seek immediate attention. Links to additional resources are included.

<http://here.doh.wa.gov/materials/flu-and-pregnancy>

**Influenza in Pregnancy/Postpartum: Information for Obstetric Providers** – 2016

This factsheet for providers talks about flu and how it can affect pregnancy. It includes suggestions for practice preparations and patient care specifics, including vaccination and medications. Links to additional clinical resources are included.

<http://here.doh.wa.gov/materials/influenza-pregnancy-for-providers>

**Healthy Weight Gain During Pregnancy: A Clinician's Tool** – 2015

This tool informs obstetric providers and nutritionists about appropriate weight gain during pregnancy, based on the new Institute of Medicine recommendations. The document provides tips for monitoring and counseling, and lists references and resources.

<http://here.doh.wa.gov/materials/healthy-pregnancy-weight-gain>

**Healthy Weight Gain During Pregnancy (for pregnant women)** – 2016

This publication provides women with nutrition and physical activity tips for gaining a healthy amount of weight during pregnancy. It also includes web resources and a worksheet for women and their medical providers to individualize goals.

<http://here.doh.wa.gov/materials/pregnancy-weight-gain>

**Intimate Partner Violence and Pregnancy: Screening, Resources, and Referrals** – 2015

This fact sheet provides medical professionals with best practice intervention actions for pregnant women. State-specific data, links to resources, and local service referral information are included.

<http://here.doh.wa.gov/materials/violence-pregnancy-resources>



## Smoking Cessation During Pregnancy: Guidelines for Intervention – 2016

This best practice guide for prenatal care providers includes the American College of Obstetricians and Gynecologists recommended 5-A brief intervention, information on motivational interviewing techniques, tips for dealing with relapse, developing quit plans, hazards of secondhand smoke, Quit Line fax-referral system, pharmacotherapy information, additional resources, and state Medicaid program benefit.

<http://here.doh.wa.gov/materials/guidelines-smoking-pregnancy>

## Substance Abuse During Pregnancy: Guidelines for Screening and Management – 2016

This best practice guide includes screening guidelines, tools and tips, additional information on skill building techniques, testing and consent issues, laboratory testing, basic prenatal management, referral information, and other resources.

<http://here.doh.wa.gov/materials/guidelines-substance-abuse-pregnancy>

## Guidelines for Testing and Reporting Drug-Exposed Newborns in Washington State – 2015

This document provides consistent guidance related to maternal and newborn screening and testing and reporting drug-exposed newborns to DSHS. These guidelines were developed in response to calls from hospital staff and hospital legal counsel about issues around reporting positive newborn toxicology screens and testing/consent issues.

<http://here.doh.wa.gov/materials/guidelines-drug-exposed-newborns>

## Screening and Management of Maternal HIV Infection Implications for Mother and Infant – 2016

This best practice guide for prenatal care providers offers recommended screening and management of HIV positive pregnant women. It includes guidelines for testing, counseling, laboratory tests, medications, postpartum management, HIV exposed infant management, resources, other management issues and reference list.

<http://here.doh.wa.gov/materials/maternal-hiv-infection>

## Guidelines for Management of HIV+ Pregnant Women Birthing in Washington State Hospitals: Hospital Preparation Checklist – 2016

## Guidelines for Management of HIV+ Pregnant Women Birthing in Washington State Hospitals: Prenatal Provider Checklist – 2016

These checklists for hospitals and prenatal providers outline in-hospital care including lab tests and medications for laboring mothers and their newborns. These checklists can be used for documentation in the hospital or prenatal medical record.

<http://here.doh.wa.gov/materials/hospital-checklist-HIV-pregnancy>

<http://here.doh.wa.gov/materials/prenatal-checklist-HIV-pregnancy>

## What to Expect When Your Baby Has Withdrawal – 2015

This publication educates women about infant withdrawal that may be caused as a result of using opioids during pregnancy. It describes neonatal abstinence syndrome, what drugs cause it, potential withdrawal signs and what to expect during a hospital stay. It is available in English and Spanish.

<http://here.doh.wa.gov/materials/baby-withdrawal>

## Inpatient Hospital Treatment Protocol for Neonatal Abstinence Syndrome (NAS) – 2015

<http://waperinatal.org/map.html>

