

INSTRUCTIONS FOR USE OF CARE PLAN

The *Care Plan* has been designed to assist medical staff in their treatment of you in the unlikely event of any complications during pregnancy and childbirth. Two copies are provided for your use.

First copy:

1. Immediately lodge ONE copy of the *Care Plan* with the **Senior Obstetric Clinician** of the pregnancy medical team that will be looking after you and your delivery, requesting that it become part of your **antenatal notes**.
2. Lodge a copy of your “*Durable Power of Attorney for Health Care*” document with those same notes. Then on a subsequent antenatal visit it would be wise to request a meeting with a member of the Anaesthetics department in order to discuss any questions they may have based on that document. This is important in view of the last point under ‘Management of active haemorrhage’ in the *Care Plan*.
3. Notify your pregnancy medical team that you are a **potentially ‘high risk’ patient** because of your stand regarding blood transfusions, and that as a matter of best practice the team should have a **management plan** in case of haemorrhage. This may include the need to increase your blood levels (Hb) prior to childbirth.
4. Take the opportunity at your antenatal visit to ask about the following two items, both of which can lead to anemia and puts a newborn infant at risk of a forced blood transfusion:
 - a. Jaundice [pronounced jon-dis] especially during the first few weeks after birth. Some additional resources can be found on the internet concerning this condition, but it is best to get advice from the antenatal or delivery staff concerning this condition. Note: The majority of forced transfusions for new born infants are due to this condition which can be detected early if you are aware of what to look for. Please ask your doctor to help you identify danger signs for this condition.
 - b. Camphor / naphthalene dangers for pregnant mothers and newborn infants.

Additional resources:

<http://www.cdc.gov/ncbddd/jaundice/freematerials.html>; especially the Jaundice Brochure

Second copy:

Present this copy to the obstetrician when being admitted to the maternity ward for delivery of your baby.

Additionally, an *Awake!* article should be provided by the elders. It is entitled “*Healthy Mothers, Healthy Babies*” (*Awake!* 11/2009) and provides sound advice for pregnant sisters during pregnancy and child-birth. Please take special note of the second paragraph under the subheading “Minimizing Risks During Labor and Delivery”.

Finally, please make sure that you are not left alone for **at least ONE HOUR after the delivery of your baby**. Your husband can tell your relatives the good news after that!

Please consult with your congregation elders if you have any questions concerning these matters. May Jehovah bless you during your pregnancy, your multi-year ‘project’ of raising your child, and on into eternity.