



High Desert Health System POLICY AND PROCEDURE

POLICY NUMBER: 662
VERSION: 1

SUBJECT: 2018 FAMILY PLANNING AND PRENATAL - CLINIC SPECIFIC NURSE PRACTITIONER PROTOCOLS

PURPOSE: To develop Standardized Clinic Specific Policy and Protocols for Nurse Practitioners assigned to work at Family Planning and Prenatal Clinics.

POLICY & PROTOCOLS:

1. The Nurse Practitioner Standardized Protocols and Procedures govern the scope of practice for nurse practitioners working at High Desert Health System and its associated network of clinics.
2. Nurse practitioners working at Prenatal and Family Planning Clinics will follow clinical guideline as outlined in 'The Standard Medical Protocols for Women's Health Care Clinic of Harbor UCLA Medical Center' developed by LA BioMed. These protocols are available on-line at www.womenshealthcareclinic.com under 'Medical Protocols – Subscribers Only' section and can be accessed using an assigned password.
3. In addition, Nurse Practitioners assigned to these clinics will implement recommendations when given by Clinic Obstetrician & Gynecologist, in care of their patients. If there is a disagreement between the Nurse Practitioner and the Physician, the care would then be transferred to the Physician.
4. Nurse Practitioners assigned to Prenatal Clinic will evaluate and manage patients using following criteria:
 - a. Obtain complete patient history including Obstetrics and Gynecology
 - b. Do a complete review of systems as necessary
 - c. Perform Physical Examination, Obtain Pap smear and Vaginal Cultures
 - d. Review prenatal laboratory results
 - e. Order appropriate gestational age tests and ultra sounds and review results
 - f. Evaluate maternal vital signs, weight, diet and fluid intake at each visit
 - g. Evaluate fetal heart rate, growth and wellbeing at each visit
 - h. Provide continuing care for uncomplicated pregnancies
 - i. Monitor patients for pre-existing and developing, high risk conditions and order appropriate tests and referrals
 - j. Perform Case Management of all High Risk Obstetric patients

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- k. Advise and counsel patients regarding gestational ages and fetal development
 - l. Educate patients regarding smoking cessation, diet, alcohol, substance abuse and adverse fetal outcomes.
 - m. Diagnose and treat chronic and episodic medical conditions
 - n. Follow clinical guidelines as outlined in 'The Standard Medical Protocols for Women's Health Care Clinic of Harbor UCLA Medical Center' developed by LA BioMed.
5. Nurse Practitioners assigned to Family Planning Clinic will evaluate and manage patients using following criteria:

Female Patient:

- a. Review health history and vital signs
- b. Review obstetrics/family planning history
- c. Examine heart, lungs, thyroid, lymph nodes, breasts, abdomen, perineum, vulva, and rectum
- d. Provide Self Breast Exam instructions and document providing these instructions.
- e. Perform Pap smear, and obtain Gonococcal and Chlamydia cultures as appropriate
- f. Evaluate for possible pregnancy
- g. Screen for HIV, RPR, and Hepatitis as indicated
- h. Review family planning options, risk and benefits
- i. Fit diaphragms, insert and remove IUDs as needed
- j. Refer for Mammograms as appropriate
- k. Educate patient about condom use and sexually transmitted infections
- l. Discuss diet, exercise and pre-conception counseling
- m. Discuss drug, alcohol and tobacco use and their effects on health
- n. Discuss abstinence and STDs with teens
- o. Screen for and prescribe/dispense Emergency Contraception
- p. Review results of all labs and Pap smears
- q. Refer for Colposcopy as appropriate
- r. Refer to primary care provider for medical problems as appropriate
- s. Follow clinical guidelines as outlined in the 'The Standard Medical Protocols for Women's Health Care Clinic of Harbor UCLA Medical Center' developed by LA BioMed.

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Male Patient:

- a. Review health history and vital signs
- b. Examine heart, lungs, thyroid, abdomen, lymph nodes, penis and testicles
- c. Screen for STD's as indicated
- d. Discuss diet and exercise
- e. Discuss drug, alcohol and tobacco use and their effects on health
- f. Advice male patients on emergency contraception for their partners
- g. Refer to primary care provider for medical problems as appropriate
- h. Follow clinical guidelines as outlined in the 'The Standard Medical Protocols for Women's Health Care Clinic of Harbor UCLA Medical Center' developed by LA BioMed.

REFERENCES:

Department of Health and Human Services, Office of Population Affairs (OPA)
Program Requirements Title X

California Family Health Council (CFHC)

California State Office of Family Planning (OFP)

California Department of Public Health Office of Family Planning (FPACT)

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Date: 03/19/2014	Original Date: 05/11/2012
Reviewed: 03/19/2014	Next Review Date: 03/19/2015
Supersedes:	