



Checklist for Assessment of Gestational Age in the Second Trimester during Antenatal Care

(To be used by the learner for practice and by the facilitator at the end of the course)

Place a ✓ in case box if step/task is performed **satisfactorily**, an **X** if it is **not** performed **satisfactorily**, or **N/O** if not observed.

Satisfactory: Performs the step or task according to the standard procedure or guidelines.

Unsatisfactory: Does not perform the step or task according to the standard procedure or guidelines.

Not Observed: Step or task not performed by participant during evaluation by facilitator.

Learner: _____ Date observed: _____

Checklist for Assessment of Gestational Age in the Second Trimester during Antenatal Care (Many of the following steps/tasks can be performed simultaneously.)					
Step/Task	Cases				
Preparation					
1. Prepare necessary equipment for antenatal care contact: weighing scale, blood pressure apparatus, stethoscope, thermometer, measuring tape, iron/folic acid tablets, tetanus toxoid/syringe, sulfadoxine-pyrimethamine, clean cup and drinking water, exam table/step stool, urine protein test, hemoglobin test, syphilis test, HIV rapid diagnostic test, malaria rapid diagnostic test, soap/water/towel, exam gloves, sharps box, waste bucket, ANC record, and clinic card.					
2. Greet client and companion of woman's choice (if she so desires) respectfully and with kindness. Offer a seat. Tell her/them what you will do and answer client's questions.					
3. Provide continual emotional support and reassurance, as feasible.					
Skill/Activity Performed Satisfactorily					
History					
1. Do rapid initial assessment: Ask how she is feeling and respond immediately to any urgent problems.					
2. Ask her name, age, number of previous pregnancies, dates of deliveries, complications/outcomes, and number of living children.					
3. Ask if she is currently breastfeeding.					

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4. Ask if she has allergies to any medications or foods.					
5. Ask about her menstrual periods: how often they occur, if they are regular, how long they last, and amount of flow.					
6. Ask about contraceptive history, including use of the lactational amenorrhea method or other modern methods, and when they were started and discontinued.					
7. Ask the date of the first day of her last normal menstrual period and about any bleeding since that time.					
8. Ask if she has had problems in this pregnancy, such as bleeding or cramping.					
9. Ask if she has had a pregnancy test in this pregnancy, the date, and the results.					
10. Ask if she has had an ultrasound exam in this pregnancy, the date, and the results.					
11. Ask if she has noted fetal movement and, if so, the date it began.					
12. Calculate gestational age and estimated date of delivery. (Use a pregnancy wheel, or take the date of the first day of the last normal menstrual period, subtract 3 months, and add 7 days [e.g. first day of last normal menstrual period is March 1, 2015; estimated date of delivery is December 8, 2015]).					
13. Ask about tetanus immunization status.					
14. Ask about medications, supplements and herbal products, and alcohol and tobacco use.					
15. Ask about general health problems and whether she has been or is being treated for hypertension, heart disease, anemia, malaria, diabetes, HIV, TB, etc.					
16. Ask about use of sulfadoxine-pyrimethamine in this pregnancy.					
17. Ask about use of a long-lasting insecticide-treated net.					
18. Ask what questions she has and provide clear answers.					
19. Record information on antenatal card and/or clinic record.					
Skill/Activity Performed Satisfactorily					
Physical Exam					
1. Wash hands and dry.					
2. Ask if client needs to empty her bladder and save urine for testing if necessary.					
3. Take vital signs if not already done (blood pressure, pulse, and temperature, if indicated).					
4. Check conjunctiva and palms for pallor. Check face and hands for swelling.					
5. Check breasts and nipples for lesions.					

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6. Examine abdomen and fundal height in relation to symphysis pubis and umbilicus (13–20 weeks). If uterus is palpated at least 3 fingerbreadths above the symphysis, the pregnancy is very likely in the second trimester.					
7. If uterus is at the umbilicus or above, listen for fetal heart with fetoscope.					
8. If first antenatal care contact or if woman states she is having problems, put exam gloves on both hands and examine external genitalia for bleeding, discharge, and lesions.					
9. Remove gloves, wash hands with soap and water, and dry hands.					
10. Inform woman of results of exam. Record information on antenatal care card and/or clinic record.					
Skill/Activity Performed Satisfactorily					
Screening Tests/Treatments					
1. Wash and dry hands. Put on exam gloves. Inform woman of tests that will be done and answer any questions she may have.					
2. Draw blood for screening tests: hemoglobin, syphilis, HIV, and malaria rapid diagnostic test, if malaria suspected.					
3. Dispose of syringe/needles/lancets in sharps box. Label samples and ensure they are taken to the appropriate place for processing.					
4. Remove gloves. Wash and dry hands.					
5. Provide first tetanus toxoid immunization if indicated.					
6. If woman is in second trimester (13 weeks gestation or more), has not received sulfadoxine-pyrimethamine within the last month, and is not on cotrimoxazole, counsel her on need for sulfadoxine-pyrimethamine and provide it under directly observed therapy, using a clean cup and drinking water.					
7. Provide a long-lasting insecticide-treated net. Counsel on the importance of its use and how to use it.					
8. Provide counseling about need for iron/folic acid. Provide sufficient iron and folic acid tablets (30–60 mg elemental iron and 0.4 mg folic acid) to last until next contact.					
9. Record test results, immunization, provision of sulfadoxine-pyrimethamine, long-lasting insecticide-treated net, and iron/folic acid on antenatal care card/clinic record.					
Skill/Activity Performed Satisfactorily					

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Step/Task	Cases				
Formulate Plan of Care					
1. Based on results of history, physical exam, and screening test results, formulate a plan of care to address problems or needs and discuss with client.					
Skill/Activity Performed Satisfactorily					
Counseling (may be done individually and/or in group setting)					
1. Counsel on birth preparation/complication readiness, including danger signs and what to do if they occur.					
2. Counsel on daily use of combined iron and folic acid tablets for prevention of anemia during pregnancy.					
3. Counsel on use of the long-lasting insecticide-treated net.					
4. Counsel on other issues relevant to the woman's plan of care and answer her questions.					
5. Set the date of the next antenatal care contact and ensure the woman understands the importance of continued antenatal care that includes sulfadoxine-pyrimethamine at not less than monthly intervals.					
6. Thank the woman for coming to the antenatal clinic.					
Skill/Activity Performed Satisfactorily					