

RESCARE HOME CARE  
STORK WATCH PERINATAL HOME CARE SERVICES  
**HOME VISITS BY ANTENATAL OR POSTPARTUM NURSES TO  
SUPPORT THE CARE THAT YOU PROVIDE**

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**INFORMATION SHEET**

**Weekday Tele: 215.638.1454 Fax: 215.638.1731 Weekend Tele: - 215.285.1202**

**Contact: Arleen BSN RN 267.520.1042 (last names beginning with A through K)  
Janice RNC 267.520.1043 (last names beginning with L through Z)  
(All home care for pregnant women needs an order by the physician.)**

- **Diabetes/Gestational Diabetes/Nutritional Support**

For women that are newly diagnosed with GDM, or are struggling to keep BS within parameters, pre-gestational diabetics who need encouragement with compliance. Visits include instruction on use of glucometer, with parameters that should be reported, daily food and BS results log, signs and symptoms of hypo-hyperglycemia, dietary assessment, education, re-evaluation of meal planning following ADA guidelines. Instruction on fetal kick counts, and self palpation for uterine contractions are included. Women with excessive or minimal weight gain may benefit from these visits.

- **Preterm Labor**

For women with a history of preterm delivery or are at risk of preterm delivery in current pregnancy. Maternal/fetal assessment including uterine self-palpation instruction. In home administration of weekly 17-alpha hydroxyprogesterone caproate injections are covered by most insurance providers for our women. Home administration of this medication decreases workload with office personnel and the patient is happy that she does not have to travel to the office just for an injection.

- **Pregnancy Induced Hypertension/Chronic Hypertension**

Maternal/Fetal assessment with focus on blood pressure values, teaching signs and symptoms of pre-eclampsia or chronic hypertension, instruction of home BP monitoring and documentation readings for medical evaluation. Also, instruction on counting fetal kicks and self palpation for uterine contractions

- **Anticoagulant Therapy**

Maternal/fetal assessment, instruction of proper self-administered technique for Lovenox, and Heparin, general safety considerations when using these medications, signs and symptoms to report.

- **Other Medical Conditions during Pregnancy**

For women who have a secondary medical diagnosis that would effect the pregnancy or where pregnancy could effect the stability of the non-pregnancy medical diagnosis. Visits would include maternal/fetal assessment, assessment of the health problem and teaching regarding the impact of the health problem on the pregnancy and health maintenance to support pregnancy.

- **Wound Care during Pregnancy**

Daily assessment of wound; including examination of wound for signs of infection, measuring wound dimensions, looking for tunneling, cleansing and dressing the wound according to orders. Usually the wound is seen by the home care nurse times 6 days and the 7<sup>th</sup> day the patient is in office for wound examination. After the examination it is decided whether the patient needs another week of wound care by the home care nurse. As always a complete maternal-fetal assessment is done and referrals needed to community resources.

**POSTPARTUM VISITS** Routine mother baby visits **DO NOT REQUIRE** an order by the provider.

**Contact: Dawn RN, (ext 1044), Barbara (ext.1041), or Isabel (ext. 1045)**

- **Mother Baby visits** (DOES NOT REQUIRE AN ORDER)

Mother will receive a physical assessment. Edinburgh Postpartum Depression Screening will also be done. If the screen is > 10 or #10 is +, an update to obstetrician and referral to the community behavioral health system will be made. A follow-up with patient will be made. Referrals to other community resources will be made if appropriate. Her baby will receive physical assessment with naked weight check, and weight gain/loss evaluation. Teaching of “Back to Sleep”; includes observation of where the baby sleeps, discussion and “tummy time” will be demonstrated.

- **Baby visit with Blood draw to r/o Hyperbilirubinemia** (Needs an order)

Home visit to draw blood specimen for neonatal bilirubin level, transport of blood to lab, report of lab results to provider, and a call to mother regarding lab value, what it means, and providers advice for the next steps. During the visit a physical exam, feeding evaluation, elimination and weight evaluation will be done. All this reported to the provider.

- **Phototherapy (can be combined with mother/baby visit) (Only one call will set up a nurse and a phototherapy unit)** (Needs an order)

Visit by our nurse to set up and teach parents how to manage their child on home phototherapy. Daily blood draw by nurse, transport to lab, report of lab results to the provider. If desired, a RN will call mother regarding the lab value and let her know the next steps in treatment. During the visit the nurse will examine the baby, evaluate weight, feeding and elimination. This information will be called to the provider with the bilirubin results.

- **Postpartum Wound Care** (Needs an Order)

Most home care agencies will not do postpartum wound care. We provide daily wound care for post C/S wounds; includes daily wound examination, measurement and care/dressing. Many physicians order 6 consecutive days of wound care and the 7<sup>th</sup> day the patient goes back to the office for wound check. If additional care is needed just give us a call and we will obtain authorization for another 6 days of care.

- **Infant Visits** ( needs an order by a physician)  
Babies that are born before their due date, sometimes have need for “special care” from their parents/caregivers at home. Parents/caregivers are taught in the hospital or at the pediatrician offices but sometimes the provider would like a follow-up visit at home by a nurse. Nurses experienced in the care of NICU babies and their parents can visit the home to help ease the transition to home and make sure that the baby is doing well. Some highlights of visits include:
  - A history and physical, including evaluation of body weight, intake and output at each visit. Anything that is concerning will be called into to provider.
  - Assist the parents/caregivers to make sure equipment and supplies are delivered to the house. . If there are problems, a Stork Watch nurse will assist the parents in getting the necessary supplies. The provider notified if there is a delay in care.
  - Assure that medications are obtained from the pharmacy/or mailed to the parents/caregiver, if not the provider is notified. The parents/caregivers are taught/reinforce correct dosage, at the proper time. Teach/reinforce the importance of the medication, the benefits of medications, as well as any side effects. If necessary, the nurse reviews with the parents how to read a medication label. Mixing formulas correctly is also included.
  - Assist parents who need organization, with the care of their infant. This can be a safety issue because there is less chance for errors when parents are organized and comfortable with care.
  - Assure that all pediatric appointments are made and if necessary they have a safe plan for getting to the appointment.
  - Assess the need for community services, if there is a need and the parents are interested, a referral it is made.
  - Close communication is kept with the provider regarding status change.

**PEDIATRIC VISTS/SHIFT CARE –If shift care is needed Rescare can supply that too. Call 215.643.1200 to schedule this service**