



Labor and Delivery Planning Checklist

OB-GYN CARE FOR AFGHANS: A TOOLKIT FOR CLINICIANS

Gender preferences

- An all-female health care team may be preferred. Discuss care team gender preference with patient and match preference if staffing and workflow allows.
- If unable to match gender preference, inform patient and discuss options to increase patient's comfort.

Interpreter

- Ensure presence of certified medical interpreter who speaks the patient's preferred language, in person or virtually. Dari and Pashto are the most commonly spoken languages in Afghanistan and are not mutually intelligible.
- Huddle with interpreter to inform them of visit topic and plan.

Visit components

- Provide opportunity to discuss care with patient alone, without family present. This may include noting that it is protocol to discuss certain topics with patients one-on-one, asking sensitive questions when visitors leave the room during physical exams, or walking with the patient to the restroom during urine sample collection.
- Discuss expected costs of care or insurance coverage of services provided during visit if able. If not, provide contact information of billing department and discuss good faith estimate process.
- If not covered in routine labor and delivery planning care, consider reviewing:
 - Plan for emergencies & labor onset
 - How to contact the care team with interpreter if indicated
 - When and where to present to the hospital
 - Transportation
 - Child care
 - Gender preference of care team while in the hospital, including possibility of male care team members, particularly in emergencies
 - Wishes to incorporate traditional practices into labor
 - Desire for family members to be present, including baby's father (consider offering privacy screen)
 - What to anticipate during labor
 - Procedures for baby after birth
 - Desire for male circumcision, including when and how it will occur and possible cost
 - Birth certificate procedure, including if the family would like to bring a note to the hospital with the baby's name written in English to ensure it is accurately written on the birth certificate

After Visit Summary

- Assess language literacy and learning preferences in order to provide appropriate resources in the After Visit Summary. Consider using external patient education materials to supplement internal resources.
- Provide information on how to access interpreters to call clinic in case of questions or concerns after the visit.

Resources for providers

[Southeast Clinical Networks, NHS: Maternity information translations \(https://www.southeastclinicalnetworks.nhs.uk/translations/\)](https://www.southeastclinicalnetworks.nhs.uk/translations/)

[National Resource Center for Refugees, Immigrants, and Migrants: Orienting Afghan Newcomers to Prenatal Care and Delivery in the United States \(https://nrcrim.org/orienting-afghan-newcomers-prenatal-care-and-delivery-united-states\)](https://nrcrim.org/orienting-afghan-newcomers-prenatal-care-and-delivery-united-states)

Resources for patients

[Centers for Disease Control and Prevention: Urgent Maternal Warning Signs Educational Materials \(https://www.cdc.gov/hearher/hcp/toolkit/warning-signs-educational-materials.html\)](https://www.cdc.gov/hearher/hcp/toolkit/warning-signs-educational-materials.html)

Translated poster in many languages including Dari and Pashto

[Southeast Clinical Networks, NHS: Maternity information translations \(https://www.southeastclinicalnetworks.nhs.uk/translations/\)](https://www.southeastclinicalnetworks.nhs.uk/translations/)

Resources in several languages including Dari and Pashto

- Cesarean section
- Episiotomy and perineal tears
- Forceps or vacuum delivery
- Inducing labor

[University of California, Irvine: ReproNet Digital Library \(https://repronet.org/digital-library/\)](https://repronet.org/digital-library/)

Minnesota Department of Health
Center of Excellence in Newcomer Health
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To obtain this information in a different format, call: 651-201-5414.