

Prenatal Care 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

All visits

- 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.
- Review prenatal care schedule and discuss importance of attending all visits.
- Mental health screening.

Initial visit

- Review consent, confidentiality, and limits to confidentiality in U.S. health care.
- If not covered in routine prenatal education, consider reviewing:
 - Medication safety
 - Vaccines
 - Labs
 - Home safety
 - Dietary recommendations
- Screen for elevated blood lead level and provide lead toxicity education.

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.

Prenatal care resources

[Immunize.org: Translations \(https://www.immunize.org/translations/\)](https://www.immunize.org/translations/)

Vaccine information statements (VIS) in many languages including Dari and Pashto

[Minnesota Center of Excellence in Newcomer Health: Afghan Arrivals Pre- and Postnatal Care \(YouTube\) \(https://www.youtube.com/watch?v=aQKXoBcSbaM\)](https://www.youtube.com/watch?v=aQKXoBcSbaM)

[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)

[Switchboard: Afghan Nutrition Guide \(https://www.switchboardta.org/resource/afghan-nutrition-guide/\)](https://www.switchboardta.org/resource/afghan-nutrition-guide/)

Lead prevention resources

[Afghan Health Initiative: Lead Prevention Program \(https://afghanhealth.org/healthandwellness\)](https://afghanhealth.org/healthandwellness)

[National Resource Center for Refugees, Immigrants, and Migrants: Lead Poisoning \(https://nrcrim.org/afghans/lead-poisoning\)](https://nrcrim.org/afghans/lead-poisoning)

[Switchboard: Lead Poisoning Prevention \(https://www.switchboardta.org/resource/lead-poisoning-prevention/\)](https://www.switchboardta.org/resource/lead-poisoning-prevention/)

[Switchboard: Lead Poisoning Testing & Treatment \(https://www.switchboardta.org/resource/lead-poisoning-testing-treatment/\)](https://www.switchboardta.org/resource/lead-poisoning-testing-treatment/)

[The American College of Obstetricians and Gynecologists: Lead Screening During Pregnancy and Lactation \(https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2012/08/lead-screening-during-pregnancy-and-lactation\)](https://www.acog.org/clinical/clinical-guidance/committee-opinion/articles/2012/08/lead-screening-during-pregnancy-and-lactation)

[Vermont Department of Health: Lead Poisoning Prevention Guidance for Parents and Caregivers \(https://www.healthvermont.gov/environment/children/lead-poisoning-prevention-guidance-parents-and-caregivers\)](https://www.healthvermont.gov/environment/children/lead-poisoning-prevention-guidance-parents-and-caregivers)

[Washington Department of Health: Lead Publications \(https://doh.wa.gov/community-and-environment/contaminants/lead/lead-publications\)](https://doh.wa.gov/community-and-environment/contaminants/lead/lead-publications)

Does your child need a lead test? resource in many languages including Dari and Pashto

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To obtain this information in a different format, call: 651-201-5414.