

Obstetric, Neonatal, and Gynecologic Care

A Practical Approach for Indian Health September 2003



*prepared for
Indian Health Service*

prepared by



*The American College of Obstetricians and Gynecologists
Women's Health Care Physicians*

Copyright© 2003 The American College of Obstetricians and Gynecologists, 409 12th Street, SW, Washington, DC 20024

Obstetric, Neonatal, and Gynecologic Care© was produced by the American College of Obstetricians and Gynecologists, with the advice of its Committee on American Indian Affairs. Material for each topic in the manual has been developed by a member of the 1981-2003 postgraduate course faculty based on that person's clinical judgement and experience as an expert in that field. The 2003 reference text does not represent official policy or recommendations of The American College of Obstetricians and Gynecologists or of the Indian Health Service. Its publication should not be construed as excluding other acceptable methods of handling similar problems.

IHS Discipline Contact:

Barbara Fine, RN
Indian Health Service Nursing Program
Rockville, MD

ACOG Staff:

Washington, DC
Luella Klein, MD, FACOG
Elaine Locke, MPA
Yvonne Malloy, MPP

The American College of Obstetricians and Gynecologists (ACOG) and the Indian Health Service gratefully acknowledge the contribution of the ACOG Committee on American Indian Affairs.

*J. Chris Carey, MD, FACOG, Chair

Joseph E. Adduci, MD, FACOG
Jandel Allen-Davis, MD, FACOG
*Frank W.J. Anderson, MD, FACOG
*Kevin D. Benson, MD, FACOG
Frank S. Billingsley, MD, FACOG
*George Brenneman, MD FAAP
Paul D. Bruns, MD, FACOG
Linda R. Chambliss, MD, FACOG
Lance Chilton, MD, FAAP
Donald J. Collins, MD, FACOG
Alice H. Cushing, MD FAAP
Vernon Edwin Dyer, MD, FACOG
*E. Virgil Etsitty, MD, FACOG
Palmer C. Evans, MD, FACOG
Bobbie S. Frye, RN, MS
Patricia Giebink, MD, FACOG
Lawrence G. Gill III, MD, FACOG
George J. Gilson, MD FACOG
Susan B. Graham, MD, FACOG
David Grossman, MD, FAAP
John L. Heine, MD, FACOG
Jill S. Huppert, MD, FACOG
J. Curt Jacobs, MD, FACOG

David Kaplan, MD, FAAP
Frank Jay Keefer, MD, FACOG
James D. Kitchen, MD, FACOG
*Kirsten Lund, MD, FACOG
John H. Mattox, MD, FACOG
Sterling W. McColgin, MD, FACOG
Ervin E. Nichols, MD, FACOG
Thomas C. Olson, MD, FACOG
Bernadette Paszkiewicz, RN
Mark A. Patterson, MD, FACOG
Loren P. Petersen, MD
William F. Rayburn, MD, FACOG
*Susan Richman, MD, FACOG
Susan E. Schaefer, MD, FACOG
John C. Slocumb, MD, FACOG
Morgan T. Smith, Jr., MD, FACOG
Ellis Mast Sowell II, MD, FACOG
Richard W. Stander, MD, FACOG
Michael T. Vandall, MD, FACOG
Gael P. Wager, MD, FACOG
William B. Weil, Jr., MD, FACOG
*Jeffrey P. Wilkinson, MD, FACOG
Swanee K. Wilson, RN

*Current Members

CONTENTS

PART I - OBSTETRIC AND NEONATAL CARE

GOALS FOR INDIAN HEALTH SERVICE, TRIBAL, AND URBAN MATERNAL AND CHILD HEALTH PROGRAMS	A-1
PRENATAL CARE	B-1
CONGENITAL ANOMALIES: RISKS, IDENTIFICATION AND PREVENTION	C-1
COMPLICATIONS OF EARLY PREGNANCY	D-1
Spontaneous Abortion	
Medical Management of Ectopic Pregnancy	
Hydatidiform Mole	
MEDICAL COMPLICATIONS OF PREGNANCY AND RELATED POSTPARTUM/NEONATAL PROBLEMS	E-1
Hypertensive Complications of Pregnancy	
Intrauterine Growth Restriction [IUGR]	
Maternal Diabetes	
Infant of the Diabetic Mother	
OBSTETRICAL COMPLICATIONS AND RESULTING POSTPARTUM/NEONATAL PROBLEMS	F-1
Obstetric Hemorrhage	
Premature Rupture of the Membranes	
Premature Labor	
Postdatism	
Neonatal Resuscitation	
LABOR MANAGEMENT	G-1
FETAL MONITORING	H-1
POSTPARTUM CARE	I-1
PERINATAL AND GYNECOLOGIC INFECTIONS	J-1
Part I	
Part II	
MANAGEMENT OF POST ASPHYXIA COMPLICATIONS	K-1
COMMON PROBLEMS OF THE NEWBORN	L-1
Neonatal Assessment	
Birth Defects	
Other Common Clinical Problems	
PROMOTING LACTATION	M-1
MATERNAL TRANSPORT	N-1
NEONATAL TRANSPORT	O-1

PART II - GYNECOLOGIC CARE

THE DIAGNOSIS AND MANAGEMENT OF BREAST DISEASE	P-1
THE ABNORMAL PAP SMEAR	Q-1
VULVOVAGINITIS	R-1
FAMILY PLANNING	S-1
Oral Contraception	
Emergency Postcoital Contraception	
Depo Provera	
Barrier Methods	
Surgical Contraception	
Intrauterine Device	
INFERTILITY	T-1
MENSTRUAL ABNORMALITIES	U-1
Amenorrhea	
Dysfunctional Uterine Bleeding	
HORMONE REPLACEMENT THERAPY AND THE MANAGEMENT OF MENOPAUSE	V-1
APPROACH TO LOWER ABDOMINO-PELVIC PAIN AND ACUTE PELVIC PAIN	W-1
PEDIATRIC AND ADOLESCENT GYNECOLOGY	X-1
FAMILY VIOLENCE: WHAT HEALTH PROVIDERS SHOULD KNOW	Y-1
APPENDICES	
Basic References For the Labor Delivery Unit	
Maternal and Newborn Transport Telephone Numbers	
IHS Directory	
Maternal and Child Health Consultants	
Forms HRSA 800-1, 811, 812, 800-2, and 800-3	
ACOG Prenatal Record	

INDEX

2003 FACULTY

Program Director

Tony Ogburn MD
Assistant Professor Ob-Gyn
MSC10-5580, Dept of Ob/Gyn
1 University of New Mexico
Albuquerque, NM 87131
505: 272-6383
FAX 505: 272-6385
Email: jogburn@salud.unm.edu

Project Officer

Barbara Fine RN
Womens Health/Public Health
Nurse Consultant
Indian Health Service
5600 Fisher Lane
Parklawn Building, Rm 6A-44
Rockville, MD 20852
301: 443-1840
FAX 301:594-6135
Email: bfine@hqe.ihs.gov

Faculty

Janet Chapin RN MPH
Director, Division of Women's Health Issues
American College of Ob/Gyn
409 12th Street SW
Washington, DC 20024
202: 863-2579
FAX 202:484-3917
jchapin@acog.org

Theresa Cullen MD MS
Indian Health Service
Division of Information Resources
300 West Congress, FB 43
Tucson, AZ 85701
520: 670-4803
FAX 520: 670-4785
Tcullen@hqt.ihs.gov

Eve Espey MD
Assistant Professor Ob-Gyn
University of New Mexico
2211 Lomas Blvd NE
Albuquerque, New Mexico 87131
505: 272-6383
FAX 505: 272-6385
Email: eespey@salud.unm.edu

Terry Friend CNM MSN
Pine Ridge PHS Indian Hospital
Pine Ridge, SD 57770
605: 867-3003
FAX 605: 867-3305
Email: tfriend@pineridge.aberdeen.ihs.gov

George Gilson MD
Alaska Native Medical Center
4315 Diplomacy Drive
Anchorage, AK 99508
907: 729-3239
FAX 907:729-3073
Email: gjgilson@anmc.org

William H. J. Haffner MD
Professor, Department of
Obstetrics and Gynecology
Uniformed Services University
of the Health Sciences
Bethesda, Maryland 20814
301: 295-4390
FAX 301: 295-6240
Email: whaffner@usuhs.mil

Thomas R. Harris MD
Neonatology Associates Ltd.
300 West Clarendon
Phoenix, Arizona 85013
602: 406-3512
FAX 602: 406-4123
Email: trhhere@aol.com

Pamela E. Iron MEd
23272 Hwy 82
Park Hill, OK 74451
918: 456-2309
FAX 918: 456-8128
Email: peiron@niwhrc.org

Sara Jumping Eagle MD
Adolescent Medicine Fellow
Adolescent Medicine, B025
1056 East 19th Avenue
Denver, Colorado 80218
303: 837-2890
FAX 303: 837-2962
Email: jumpingeagle.sara@tchden.org

2003 FACULTY

Kirsten Lund MD
Senior Instructor Ob-Gyn
University of Colorado
4200 East 9th Avenue
Denver, Colorado 80262
303: 315-4144
FAX 303: 315-8889
Email: kirsten.lund@uchsc.edu

Kelly Moore MD FAAP
IHS Chief Clinical Consultant for Pediatrics
Clinical Specialty Consultant
National IHS Diabetes Program
5300 Homestead Road NE
Albuquerque, New Mexico 87110
505: 248-4811 or 4182
FAX 505: 248-4188
Email: kelly.moore@mail.ihs.gov

Neil Murphy MD
IHS Chief Clinical Consultant for Ob-Gyn
Alaska Native Medical Center
4320 Diplomacy Drive, PCC-WH
Anchorage, AK 99508
907: 729-3154
FAX 907: 729-3172
Email: nmurphy@akanmc.alaska.ihs.gov

Charles North MD
IHS Chief Clinical Consultant for Family Medicine
PHS Indian Hospital
801 Vassar Drive NE
Albuquerque, New Mexico 87106
505: 248-4065
FAX 505: 248-4093
Email: cnorth@abq.ihs.gov

Richard Perkins MD
Sunlife Perinatal Associates
300 SE 17th Street
Ft. Lauderdale, FL 33316
954: 522-3936
FAX 954: 341-8303
Email: dickperkins@cs.com

Susan Rooks CNM MPH
Native Women's Health Care
2920 West Main Street
Rapid City, SD 57702
605: 342-7400
Fax 605: 342-8239
Email: srooks@rushmore.com

Judith Thierry DO
Maternal and Child Health Coordinator
Captain USPHS, DHHS, IHS
Twinbrook Metro Plaza, Suite 120 (mailroom)
12300 Twinbrook Parkway
Rockville, MD 20852
301: 443-5070, 3691
Fax: 301: 443-0114
Email: jthierry@hqe.ihs.gov

Stephen Mitchell Scott MD
University of Colorado
4200 East 9th Avenue
B 198
Denver, Colorado 80262
303: 315-4217
FAX 303: 315-8889
Email: stephen.scott@uchsc.edu

John C. Slocumb MD
Professor of Ob-Gyn
University of Colorado
4200 East 9th Avenue B198
Denver, Colorado 80262
303: 315-4540
FAX 303: 315-8889
Email: john.slocumb@uchsc.edu

Gael P. Wager MD
Perinatologist
P. O. Box 30126
Flagstaff, Arizona 86003
928: 606-7238
FAX 928: 774-5930
Email: gaelwager@aol.com

Alan G. Waxman MD
Associate Professor of Ob/Gyn
University of New Mexico
2211 Lomas Blvd NE
Albuquerque, New Mexico 87131
505: 272-1269
FAX 505: 272-6385
Email: awaxman@salud.unm.edu

PREFACE

Obstetric, Neonatal, and Gynecologic Care is written as a practical guide for Indian Health Service (IHS) and Tribal physicians and nurses who provide primary care to women and infants. It may also be useful as a guide to care in other rural and remote health care settings which have similar geographic, socioeconomic, access, staffing, funding, and organizational patterns. We presume that the persons finding most use for the book will be generalists (i.e., family practitioners) and not specialists (i.e., obstetrician-gynecologists or pediatricians) and that there will be formally designated backup consultative services available to them in these and other areas. Likewise, it is assumed that most of the users of this guide will be practicing medicine and nursing in Level 1 institutions or in low-risk maternity units, yet will have the need to transfer sick pregnant women and distressed infants to appropriate level secondary or tertiary care centers as part of a formalized regional perinatal referral system. The providers in the primary Service Units are not likely to have the latest high-technology diagnostic and therapeutic techniques or extensive support staff available, but the basic tools of the trade should be there, along with clearly established options of consultation and referral, as necessary.

Because primary care providers in such IHS, Tribal, or other rural or remote settings tend to be isolated geographically due to the very nature of their locations, the editor and authors have attempted to foster very specific, independent actions on the part of the practitioners by suggesting detailed courses of action to be taken at least in the early stages of their patients' diseases or problems. However, the emphasis is on prophylactic, preventive medicine and health promotion, with use of risk assessment, screening tests, and early intervention techniques. In high-risk or emergency situations, the emphasis is on stabilization and preparation for transport. The problem of deciding when to call for consultation and/or transport is frequently and specifically addressed with suggestions throughout the text.

Each chapter or subheading attempts to define a problem, state its significance, present some basic concepts or explain the major pathophysiologic mechanisms underlying the condition, list the most helpful diagnostic signs, symptoms, and laboratory results, present a detailed management plan, and state the likely outcome and follow-up needed. Alternative or controversial management issues are largely avoided in order to provide a clear, singular approach to therapy. However, we do not wish to imply that there is only one acceptable way of doing things or that the approach set forth in this reference carries the weight of formal ACOG, IHS, or Tribal policy.

This reference text began as a workbook to accompany the lecture material presented at a workshop in maternity, newborn, and gynecologic care for new physicians and nurses in IHS and Tribal programs. The editors and authors have expanded on that material and given it a generally uniform format for better visualization and data discovery. We consider this to be an ongoing process and thus plan to expand into new areas as well as to periodically update the presently-included material in this practical guide. Of particular note, IHS policy is defined in the IHS Manual, Chapter 13, whereas this reference text is intended to serve only as a practical guide to clinical care.

William H. J. Haffner, M.D.
Bethesda, MD

September 2003

Please note that throughout this Guide, except as otherwise specified,

*** indicates: FURTHER EVALUATION AND/OR REFERRAL TO
A QUALIFIED OBSTETRICIAN-GYNECOLOGIST IS
RECOMMENDED FOR FURTHER MANAGEMENT.**