Care Management for High Risk Pregnancies Pathway: Patient Education

The purpose of educating pregnant women receiving care management services is to enhance their ability to achieve their goals for the pregnancy and to increase the likelihood of a healthy birth outcome. Provision of patient education as a component of Care Management for High Risk Pregnancies (CMHRP) services should focus on the primary goals of the program: (1) improving birth outcomes and on (2) addressing specific patient concerns related to the pregnancy.

Patient education activities involve delivering a core set of educational interventions, according to an established timeline to all patients receiving Care Management for High Risk Pregnancies (see Table 1), as well as providing education on specific conditions and complications for individual patients, based on an assessment of patient needs. The required interventions and associated timelines have been established to ensure consistency and quality but are not intended to replace the need for individualized education. It is always important to ask the patient what she already knows about a topic and what she would like to know prior to initiating your educational plan. It is also critical to assess the patient’s readiness to learn, especially if there are social and/or emotional needs that may impact her ability to hear and use information.

Educational interventions should be delivered using a patient-centered approach as a component of broader care management service delivery. Patient education should be delivered to patients receiving CMHRP in a consistent manner across all agencies and care managers statewide, in terms of content, materials, and educational methods. Patient education activities should be coordinated with the education being provided at the prenatal care practice.

Best Practices in Patient Education

Care Managers should utilize evidence-based patient education techniques. Educational strategies need to be adjusted based on whether the activity is occurring by phone or face-to-face. The patient should always be assessed to determine if there are any health literacy concerns with educational strategies modified as needed. Avoid the use of medical terms and jargon that would be a barrier to patient understanding.

The distribution of written educational materials by mail, or otherwise without interaction between the patient and care manager would not be considered a patient education activity.

The best practices identified in this document reflect patient-centered care management. Patient education interventions should be individualized, reflecting assessment of the patient’s needs and strengths, where the focus is not on what the patient cannot do, but on where her strengths lie. Patient education interventions should have relevance to her overall goals for the pregnancy and empower the patient to manage her health during the pregnancy and beyond.

Key Steps for Educators:

1) Determine patient concerns: Listen actively, and help patient develop goals based on her individual concerns.

2) Avoid assumptions and judgment: Avoid assumptions about what a patient should be doing during her pregnancy.
3) Explain concepts clearly: Help the patient to take part in her care by explaining concepts in a way that is valuable to her.

**Patient Education Process:**

1) Assessment: Help the patient to determine needs in the context of her life and assess the patient’s readiness to learn about a given topic.
2) Plan: Help the patient define and set goals within her capacity and select patient education materials applicable to her individual goals.
3) Implement: Create a plan with the patient and check in at regular intervals to determine if goals are still reasonable, changing goals as patient’s needs change.
4) Document: Keep detailed records that clearly capture the patient’s progress toward reaching goals.

**Tips to Remember:**

1) Patient education should be both efficient and effective.
2) Check in with patient to make sure she understands key concepts, including using the teach back method to ensure understanding.
3) When possible involve a patient’s support system in the change process.
4) Build on skills and strengths and emphasize patient’s skills and strengths to reach goals.

**Documentation of Patient Education Interventions**

When the Care Manager provides patient education, an interaction with the patient should be documented via the Interaction Tracker. The Interaction Mode in the Interaction Tracker reflects the type of encounter (e.g., phone call, practice visit, community visit hospital visit, or home visit), and the reason for service(s) is education. Interaction notes should document the patient education topic(s) covered and should include an assessment of the success of the intervention (e.g., the patient was able to complete a “teach back” of the content covered, or to complete a “return demonstration”). If educational materials are provided to the patient by mail, the interaction mode is “mail”. The provision of literature in a mailing is not considered a patient-centered activity. The expectation is that care managers will not conduct mass mailings of educational materials to the patients with whom they are working.

**Coordination of Patient Education Activities and Materials with Prenatal Care Provider**

Care Managers should assess the practice(s) they work with to determine what types of patient education materials are provided in the prenatal setting and on what topics. CMHRP patient education activities should complement the education received by a patient from her prenatal care provider. It is important to ensure consistency of messages that the patient receives from the prenatal care provider and the care manager. If the prenatal care provider provides patients with specific educational materials addressing any of the core CMHRP topics described above, it is not required for patients to also receive additional material from the care manager, unless needed. The care manager can utilize the written material the patient has already received from her provider and document the review of the material from the prenatal care provider that was used to provide patient education.
Patient Education Materials for Care Management for High Risk Pregnancies

HealthwiseTM is the primary source of patient education materials for Care Management for High Risk Pregnancies. These materials are written at a 6th grade literacy level, are available in multiple languages and are continuously updated based on available evidence and new guidelines. Appendix 1 is a listing of Healthwise materials relevant to Care Management for High Risk Pregnancies. Healthwise materials include Care Support pages and Care Instructions pages.

Care Instructions are targeted education tools for care managers to help address a patient’s individual needs at the time of an office visit and are designed to be used in conjunction with episodes of care, e.g., specific weeks of pregnancy. Patient/Care Instructions are typically 1-3 pages in length and offer web links at the end of each document that a provider, care manager, or patient can use to access supplemental information on a given topic. Care Support Pages are 1-page, double sided, full color handouts that provide follow-up information for condition management interventions and are intended to reinforce care after speaking with a care manager or provider. These pages are for patients to take home and review after their visit to support self-management and prevent complications from specific conditions, such as preeclampsia.

Additional materials that have been approved for care manager use are listed in Appendix 2. Care managers should not use any other patient educational materials without first seeking approval of those materials from the DPH Statewide Strategic Planning Workgroup. New or revised content can be requested from Healthwise via the DPH Regional Social Work Consultants, which includes representatives from Care Management for High Risk Pregnancies. Requests for new material or revisions of existing material in Healthwise should be submitted to the DPH Women’s Health Branch Regional Social Work Consultants, for review by the CMHRP Patient Education Committee, using the CMHRP Request for Patient Education Material Review form. This form is available on the Women’s Health Branch Website and DPH Regional Social Work Consultants.

Educational materials are different from materials to inform a patient about specific resources or services. Informational brochures about local, statewide or national resources do not require approval by the Patient Education Workgroup. For example, a brochure about how to obtain WIC benefits would not be considered a patient education material. Materials that deliver clinical information about pregnancy generally or a specific condition, would be considered patient education materials. A document describing proper nutrition during pregnancy or outlining contraceptive methods would be considered patient education.

Patient Education Topics for Care Management for High Risk Pregnancies

Core Content: All patients receiving Care Management for High Risk Pregnancies should receive education on the topics identified in the Common Pathway in the CMHRP Standardized Plan, generally following the schedule established below, drawing on patient education materials identified in Table 1 as appropriate. Education should be provided in a patient-centered manner, using “teachable moments” to integrate this content into ongoing care management activities, rather than scheduling patient education interventions around the care manager’s need to adhere to a specific timeline. It is beyond the scope of the CMHRP program to provide patient education on every topic related to pregnancy to all patients receiving services. All patients should receive the core content, as well as individualized education based on identified risk factors, complications and needs. Care Management for High Risk
Pregnancies does not have the ability to provide general pregnancy-related patient education to patients who are not in the priority population.

Table 1. Core Patient Education Content for Care Management for High Risk Pregnancies

<table>
<thead>
<tr>
<th>Topic</th>
<th>Timeframe</th>
<th>Educational Material</th>
</tr>
</thead>
</table>
| Signs and symptoms of preterm labor                                 | Once per trimester               | HW: Preterm Labor: Care Instructions  
|                                                                     |                                  | HW: Pregnancy Precautions: Care Instructions  
|                                                                     |                                  | Signs and Symptoms of Preterm Labor Card (March of Dimes) HMHB: pages 16, 61          |
| Avoiding elective delivery before 39 weeks                          | Beginning of third trimester     | Why the Last Weeks of Pregnancy Count  
|                                                                     |                                  | HMHB: pages 9, 16                                                                    |
| Perinatal mood disorders                                            | First trimester (or upon patient engagement) and postpartum | HW: Learning About Depression During Pregnancy  
|                                                                     |                                  | HW: Pregnancy: Postpartum Depression  
|                                                                     |                                  | HMHB: pages 37-39, 54-55                                                            |
| Breastfeeding                                                       | Second and third trimester and postpartum | HW: Feeding Your Baby Breast-Feeding (care support pages)  
|                                                                     |                                  | HW: How to Breast-Feed: Step by Step (care instructions)  
|                                                                     |                                  | HMHB: pages 21, 22, 30, 53, 56 Taking Care of You: pages 12-13                     |
| Reproductive life plan/contraception/interpregnancy interval        | Once per trimester and postpartum | HW: Learning About Birth Control  
| Postpartum visit                                                    | Third trimester and postpartum   | HW: After Your Delivery (the Postpartum Period): Care Instructions (after visit)  
|                                                                     |                                  | HMHB: page 53  
|                                                                     |                                  | Taking Care of You: pages 28-31                                                     |
| Health and wellness during pregnancy (appropriate weight gain, exercise, diet and nutrition) | Once per trimester               | HW: You’re Pregnant, Now What  
|                                                                     |                                  | HW: Learning About Pregnancy: Your Care Instructions  
|                                                                     |                                  | HW: Pregnancy: How to Exercise (Care Support Pages)  
|                                                                     |                                  | HMHB: pages 10, 17-19, 23-28                                                       |

Note: HW – Healthwise; HMHB – Healthy Mom, Healthy Baby
**Condition-specific content:** Patients with specific risk factors or pregnancy complications may benefit from education about those issues to improve their ability to manage those conditions. Examples are listed below in Table 2. General educational materials that are not pregnancy-specific may or may not be appropriate for a patient who has been living with a specific condition for a long time. The care manager should assess the patient’s knowledge, the education the patient has previously received regarding the condition, and the patient’s readiness and capacity to learn about this topic, and tailor education accordingly. For patients who have been receiving care prior to pregnancy for a given condition from a primary care provider and/or specialist(s), the care manager should ensure consistency of educational messages with those given by other care providers. Education for patients with a newly diagnosed medical condition in pregnancy should include the importance of identifying a primary care provider who can care for the patient on an ongoing basis following the pregnancy.

**Table 2. Examples of Condition-Specific Supplemental Patient Education Materials in Healthwise Approved for Care Management for High Risk Pregnancies**

<table>
<thead>
<tr>
<th>Topic</th>
<th>Timeframe</th>
<th>Educational Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>History of spontaneous preterm birth</td>
<td>First trimester and throughout pregnancy</td>
<td>17p blue book (UNC Center for Maternal and Infant Health)</td>
</tr>
<tr>
<td>Chronic</td>
<td>Once per trimester and postpartum</td>
<td>HW: Pregnancy: High Blood Pressure</td>
</tr>
<tr>
<td>Chronic diabetes</td>
<td>Once per trimester and postpartum</td>
<td>HW: Diabetes, Type 1 (Care Support Pages, not pregnancy specific)</td>
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<tr>
<td></td>
<td></td>
<td>HW: Diabetes, Type 2: Taking Care of Yourself (care support pages not pregnancy specific)</td>
</tr>
<tr>
<td>Gestational diabetes</td>
<td>At time of diagnosis, throughout pregnancy, and postpartum</td>
<td>HW: Pregnancy: Gestational Diabetes (care support pages)</td>
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<tr>
<td></td>
<td></td>
<td>HW: Pregnancy: Gestational Diabetes and Eating</td>
</tr>
<tr>
<td>Preeclampsia/gestational hypertension</td>
<td>At time of diagnosis, throughout pregnancy, and postpartum</td>
<td>HW Pregnancy: Preeclampsia (care support pages)</td>
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<tr>
<td></td>
<td></td>
<td>HW: Preeclampsia: Care Instructions (care instructions)</td>
</tr>
<tr>
<td>Tobacco use</td>
<td>At least once per trimester and postpartum (see Care Management for High Risk Pregnancy: Care Pathway on Tobacco Use)</td>
<td>HW: Pregnancy: Quitting Smoking (care support pages)</td>
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<td></td>
<td></td>
<td>HMHB: page 25 (includes NC Quitline)</td>
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<td></td>
<td></td>
<td>If You Smoke and Are Pregnant: booklet Oh Baby-</td>
</tr>
<tr>
<td>Substance use</td>
<td>At least once per trimester and postpartum</td>
<td>HW: Substance Use and Pregnancy: Care Instructions (after visit)</td>
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<td></td>
<td></td>
<td>HW: Pregnancy: How Drug and Alcohol Use Hurts</td>
</tr>
<tr>
<td>Asthma</td>
<td>At time of diagnosis or at initial assessment, throughout pregnancy, and postpartum</td>
<td>HW: Asthma: Managing Your Asthma (care support pages, not pregnancy specific)</td>
</tr>
<tr>
<td>Sickle cell disease</td>
<td>At time of diagnosis or at initial assessment, throughout pregnancy, and postpartum</td>
<td>HW: Sickle Cell Disease: Care Instructions (care instructions); not pregnancy specific</td>
</tr>
</tbody>
</table>
Appendix I. Healthwise Materials Related for Pregnancy

<table>
<thead>
<tr>
<th>Healthwise Materials for Care Managers</th>
</tr>
</thead>
<tbody>
<tr>
<td>This is a summary of pregnancy-related pages in Healthwise, not a comprehensive list of materials on all health conditions that may affect a pregnant woman. Search Healthwise as needed for additional topics that may be relevant to an individual patient, such as chronic disease, sexually transmitted disease, etc.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Care Instructions</th>
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<tbody>
<tr>
<td><strong>Pregnancy - Normal</strong></td>
</tr>
<tr>
<td>Backache During Pregnancy</td>
</tr>
<tr>
<td>Braxton Hicks Contractions: After Your Visit</td>
</tr>
<tr>
<td>Counting Your Baby’s Kicks</td>
</tr>
<tr>
<td>Deciding About Vaginal Birth After Cesarean: After Your Visit</td>
</tr>
<tr>
<td>Exercise During Pregnancy</td>
</tr>
<tr>
<td>Exposure to Toxins During Pregnancy</td>
</tr>
<tr>
<td>Extreme Nausea and Vomiting During Pregnancy</td>
</tr>
<tr>
<td>Getting Ready for Baby: After Your Visit</td>
</tr>
<tr>
<td>Group B Strep During Pregnancy</td>
</tr>
<tr>
<td>Healthy Pregnancy in Teens: After Your Visit</td>
</tr>
<tr>
<td>Integrated Prenatal Screening: About These Tests</td>
</tr>
<tr>
<td>Learning About Changing a Habit by Setting Goals</td>
</tr>
<tr>
<td>Learning About Iron Supplements</td>
</tr>
<tr>
<td>Learning About Pregnancy</td>
</tr>
<tr>
<td>Learning About Pregnancy Options for Teens</td>
</tr>
<tr>
<td>Learning About Prenatal Visits</td>
</tr>
<tr>
<td>Learning About Rh Immunoglobulin Shorts</td>
</tr>
<tr>
<td>Learning About Twin Pregnancy</td>
</tr>
<tr>
<td>Learning About When to Call the Doctor During Pregnancy (up to 20 weeks)</td>
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<tr>
<td>Learning About When to Call the Doctor During Pregnancy (after 20 weeks)</td>
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<tr>
<td>Learning About the Female Reproductive System</td>
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<table>
<thead>
<tr>
<th>Healthwise Materials Related for Pregnancy</th>
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<tbody>
<tr>
<td>Hyperemesis</td>
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<tr>
<td>Short cervix</td>
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<tr>
<td>Obesity</td>
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<tr>
<td>Multifetal gestation</td>
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<tr>
<td>Topic</td>
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<tr>
<td>Nutrition During Pregnancy</td>
</tr>
<tr>
<td>Pelvic Exam for Teens: After Your Visit</td>
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<tr>
<td>Pelvic Exam: After Your Visit</td>
</tr>
<tr>
<td>Pregnancy: You’re Pregnant- Now What?</td>
</tr>
<tr>
<td>Pregnancy Precautions: After Your Visit</td>
</tr>
<tr>
<td>Pregnancy Test (HCG): About This Test</td>
</tr>
<tr>
<td>Preparing for Childbirth</td>
</tr>
<tr>
<td>Rh Antibodies Screening</td>
</tr>
<tr>
<td>Screening Tests for Birth Defects</td>
</tr>
<tr>
<td>Second-Trimester Fetal Ultrasound: About This Test</td>
</tr>
<tr>
<td>Swelling During Pregnancy</td>
</tr>
<tr>
<td>Travel During Pregnancy: After Your Visit</td>
</tr>
<tr>
<td>Triple or Quadruple Screen Test</td>
</tr>
<tr>
<td>Weeks 6 to 10 of Your Pregnancy: After Your Visit</td>
</tr>
<tr>
<td>Weeks 10 to 14 of Your Pregnancy: After Your Visit</td>
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<tr>
<td>Weeks 14 to 18 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 18 to 22 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 22 to 26 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 26 to 30 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 30 to 32 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 32 to 34 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 34 to 36 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 37 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 38 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 39 of Your Pregnancy: After Your Visit</td>
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<td>Weeks 40 of Your Pregnancy: After Your Visit</td>
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<tr>
<td>Weeks 41 of Your Pregnancy: After Your Visit</td>
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<tr>
<td><strong>Loss /Termination</strong></td>
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<tr>
<td>Blighted Ovum: After Your Visit</td>
</tr>
<tr>
<td>Deciding Between Medical and Surgical Abortion: After Your Visit</td>
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<tr>
<td>Ectopic Pregnancy</td>
</tr>
<tr>
<td>Fetal Death: After Your Visit</td>
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<tr>
<td>Incomplete Miscarriage: After Your Visit</td>
</tr>
<tr>
<td>Learning About Grief after the Loss of a Newborn</td>
</tr>
<tr>
<td>Learning About Palliative Care for Newborns</td>
</tr>
<tr>
<td>Medical Abortion</td>
</tr>
<tr>
<td>Miscarriage- Care Instructions</td>
</tr>
<tr>
<td>Stillbirth: Care Instructions</td>
</tr>
<tr>
<td>Surgical Abortion: Before Your Procedure</td>
</tr>
<tr>
<td>Surgical Abortion: What to Expect at Home</td>
</tr>
<tr>
<td>Threatened Miscarriage</td>
</tr>
</tbody>
</table>
### Pregnancy Complications
- Amniocentesis: About this Test
- Abdominal Pain in Pregnancy
- Advanced Maternal Age
- Biophysical Profile - About this Test
- Cholestasis of Pregnancy
- Diabetes: Counting Carbohydrates When You Take Insulin

### Miscellaneous
- Deciding About Using Medicines to Quit Smoking
- Genital Herpes in Teens: After Your Visit
- Genital Herpes: After Your Visit
- Genital Warts in Teens: After Your Visit
- Genital Warts: After Your Visit
- Gestational Diabetes
- Glucose Testing in Pregnancy
- Gestational Diabetes Diet
- Gonorrhea
- Hepatitis B and Pregnancy
- High Blood Pressure in Pregnancy
- High-Risk Pregnancy
- Human Papillomavirus (HPV)
- Iron Deficiency Anemia During Pregnancy
- Learning About Birth Defects
- Learning About Depression During Pregnancy
- Learning About Fetal Heart Monitoring
- Learning About Fetal Ultrasound
- Learning About Large for Gestational Age (LGA)
- Learning About Neonatal Abstinence Syndrome (NAS)
- Learning About Pregnancy and Obesity
- Learning About Premature Rupture of Membranes (PROM)
- Learning About When to Call Your Doctor During Pregnancy (After 20 Weeks)
- Learning About When to Call Your Doctor During Pregnancy (Up to 20 Weeks)
- Molar Pregnancy
- Nonstress Test - About this Test
- Placenta Previa
- Placental Abruption
- Placental Insufficiency
- Preeclampsia: Care Instructions
- Prenatal Tests During a High-Risk Pregnancy
- Preterm Birth: Care Instructions
- Preterm Labor: Care Instructions
- Stopping Smokeless Tobacco Use
- Quitting Smoking
<table>
<thead>
<tr>
<th>Substance Use and Pregnancy: Care Instructions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teens Thinking About Quitting Smoking: After Your Visit</td>
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<tr>
<td>Toxoplasmosis Care Instructions</td>
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<tr>
<td>Turning a Breech Baby</td>
</tr>
<tr>
<td>Urinary Infections in Pregnancy: Care Instructions</td>
</tr>
<tr>
<td>Vaginal Bleeding During Pregnancy: After Your Visit</td>
</tr>
<tr>
<td>Birth</td>
</tr>
<tr>
<td>Breech Birth: After Your Visit</td>
</tr>
<tr>
<td>Cesarean Section: Before Your Surgery</td>
</tr>
<tr>
<td>Cesarean Section: What to Expect at Home</td>
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<tr>
<td>Episiotomy</td>
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<tr>
<td>Epidural for Childbirth</td>
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<tr>
<td>Forceps Assisted Delivery</td>
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<tr>
<td>Labor Induction: After Your Visit</td>
</tr>
<tr>
<td>Learning About Artificial Rupture of the Membranes</td>
</tr>
<tr>
<td>Learning About Fetal Heart Monitoring</td>
</tr>
<tr>
<td>Learning About Umbilical Cord Looping (Nuchal Cord)</td>
</tr>
<tr>
<td>Pain Relief During Labor: After Your Visit</td>
</tr>
<tr>
<td>Preparing for Childbirth: After Your Visit</td>
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<tr>
<td>Vacuum-Assisted Delivery: After Your Visit</td>
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<tr>
<td>Vaginal Childbirth: After Your Visit</td>
</tr>
<tr>
<td>Postpartum</td>
</tr>
<tr>
<td>The Postpartum Period</td>
</tr>
<tr>
<td>After Pregnancy: Exercises</td>
</tr>
<tr>
<td>After Your Delivery (the Postpartum Period): After Your Visit</td>
</tr>
<tr>
<td>Bonding with Your Infant</td>
</tr>
<tr>
<td>Breast Abscess: After Your Visit</td>
</tr>
<tr>
<td>Breast Engorgement: After Your Visit</td>
</tr>
<tr>
<td>Getting Ready for Baby</td>
</tr>
<tr>
<td>Kegel Exercises</td>
</tr>
<tr>
<td>Postpartum Care Instructions</td>
</tr>
<tr>
<td>Postpartum Depression</td>
</tr>
<tr>
<td>Postpartum Bleeding and Retained Placenta: After Your Visit</td>
</tr>
<tr>
<td>Postpartum Care: After Your Visit</td>
</tr>
<tr>
<td>Postpartum Endometritis: After Your Visit</td>
</tr>
<tr>
<td>Feeding</td>
</tr>
<tr>
<td>Bottle-Feeding</td>
</tr>
<tr>
<td>Breast-Feeding Diet for Teen Mothers and Mothers of Twins or More</td>
</tr>
<tr>
<td>Breast-Feeding</td>
</tr>
<tr>
<td>How to Breastfeed</td>
</tr>
<tr>
<td>Feeding Your Newborn</td>
</tr>
<tr>
<td>Feeding Your Premature Baby</td>
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**Family Planning**
<table>
<thead>
<tr>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diaphragm for Birth Control: After Your Visit</td>
</tr>
<tr>
<td>Emergency Contraception for Teens: After Your Visit</td>
</tr>
<tr>
<td>Implant for Birth Control: After Your Visit</td>
</tr>
<tr>
<td>Intrauterine Device (IUD) for Birth Control: After Your Visit</td>
</tr>
<tr>
<td>Intrauterine Device (IUD) for Emergency Contraception: After Your Visit</td>
</tr>
<tr>
<td>Intrauterine Device (IUD) Insertion: After Your Visit</td>
</tr>
<tr>
<td>IUD Removal: After Your Visit</td>
</tr>
<tr>
<td>Learning About Birth Control</td>
</tr>
<tr>
<td>Learning About Birth Control: Cervical Cap</td>
</tr>
<tr>
<td>Learning About Birth Control: Combination Pills</td>
</tr>
<tr>
<td>Learning About Birth Control: Condoms</td>
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<tr>
<td>Learning About Birth Control: Diaphragm</td>
</tr>
<tr>
<td>Learning About Birth Control: Intrauterine Device (IUD)</td>
</tr>
<tr>
<td>Learning About Birth Control: Mini-Pills</td>
</tr>
<tr>
<td>Learning About Birth Control: Spermicide</td>
</tr>
<tr>
<td>Learning About Birth Control: Sponge</td>
</tr>
<tr>
<td>Learning About Birth Control: The Implant</td>
</tr>
<tr>
<td>Learning About Birth Control: The Patch</td>
</tr>
<tr>
<td>Learning About Birth Control: The Ring</td>
</tr>
<tr>
<td>Learning About Birth Control: The Shot</td>
</tr>
<tr>
<td>Learning About Emergency Contraception Pills</td>
</tr>
<tr>
<td>Learning About Natural Family Planning</td>
</tr>
<tr>
<td>Learning About Planning for Future Pregnancy</td>
</tr>
<tr>
<td>Learning How to Use a Female Condom</td>
</tr>
<tr>
<td>Learning How to Use a Male Condom</td>
</tr>
<tr>
<td>Mini-Pills for Birth Control: After Your Visit</td>
</tr>
<tr>
<td>Postpartum Tubal Ligation: After Your Visit</td>
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<tr>
<td>Ring for Birth Control: After Your Visit</td>
</tr>
<tr>
<td>Shot for Birth Control: After Your Visit</td>
</tr>
<tr>
<td>Tubal Implants</td>
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<tr>
<td>Tubal Ligation</td>
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<tr>
<td><strong>Preconception/Interconception</strong></td>
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<td>ug4902 Pregnancy: Braxton Hicks Contractions</td>
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**APPENDIX II. NON-HEALTHWISE PATIENT EDUCATION MATERIALS APPROVED FOR CARE MANAGER USE**

*17P and Preterm Birth* – UNC Center for Maternal & Infant Health; addresses use of progesterone therapy to prevent recurrent preterm birth among women with a history of spontaneous preterm birth (in **English** and **Spanish**).

*Birth Control After Baby: Family Planning Guide for New Moms* – UNC Center for Maternal and Infant Health; booklet with descriptions of all contraceptive options from greatest to least effectiveness, as well as general postpartum family planning and health guidance (in **English** and **Spanish**).

*Healthy Mom, Healthy Baby* – North Carolina Department of Health and Human Services, Division of Public Health, Women’s and Children’s Health Section, Women’s Health Branch; general pregnancy guidance covering a range of pregnancy-related topics (in **English** and **Spanish**).

*How Well Does Birth Control Work?* – Bedsider/Bixby Center for Global Reproductive Health; chart of contraception options with illustrations showing greatest to least effectiveness (in **English** and **Spanish**).

*If You Smoke and Are Pregnant* – NC Healthy Start Foundation, NC Division of Public Health, comprehensive booklet for pregnant women considering quitting smoking (**English**).

*Oh Baby!* – NC Healthy Start Foundation, NC Division of Public Health, booklet describing the effects of secondhand smoke during pregnancy and after the baby is born (**English**).

*Prevent Preterm Labor: Know the Warning Signs* – NC Healthy Start Foundation, NC Division of Public Health; pocket card describing signs and symptoms of preterm labor and what actions to take. (in **English** and **Spanish**)

*Taking Care of You: Your Postpartum Health and Visit* – UNC Center for Maternal and Infant Health, NC Division of Public Health; booklet with information about various aspects of postpartum health underscoring the importance of the postpartum visit and providing resources for how to seek assistance for specific postpartum complications (in **English** and **Spanish**).

*Why the Last Weeks of Pregnancy Count* – March of Dimes; addresses avoidance of elective delivery prior to 39 weeks of gestation (in **English** and **Spanish**).

*You Quit, Two Quit,* – UNC Center for Maternal and Infant Health, NC Division of Public Health, comprehensive booklet to help new mothers stay smoke free in the postpartum period and beyond (**English**).