Assessing Gestational Age

There are two clinical methods of assessing a patient's gestational age. The first is taking a patient history whereby the date of the last menstrual period (LMP) is used to calculate the estimated or probable date of delivery ("due date" or PDD). The second method is physical examination and measurement of fundus height. At every patient encounter, both methods for gestational age assessment should be utilized***.

***Please Note
This tool does not take the place of the physical exam and should be used in conjunction with height of fundus measurement in establishing "probable" date of delivery.

Common Acronyms and Abbreviations

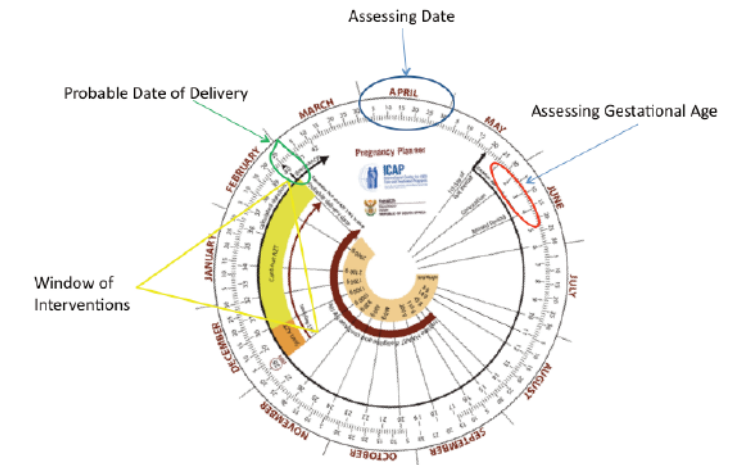|	
ANC	Antenatal Care
ART	Antiretroviral Therapy
AZT	Zidovudine
CD4	Count of lymphocytes with a CD4 surface marker/mm3
d4T	Stavudine
EDD/PDD	Estimated/Probable Delivery Date
EFV	Efavirenz
FP	Family Planning
FU	Follow-up
GA	Gestational Age
HAART	Highly Active Anti-Retroviral Therapy
Hb	Hemoglobin
HEI	HIV-Exposed Infant
HIV	Human Immunodeficiency Virus
IF	Infant Feeding
LMP	Last menstrual period
pCTX	Cotrimoxazole prophyalxis
Sd-NVP	Single dose Nevirapine
STI	Sexually transmitted infections
TB	Tuberculosis

About This Publication

Target Audience: This wheel has been designed for use by healthcare providers working with pregnant women during antenatal care and maternity visits.

Purpose of Tool: helps identify patients' gestational age based on date of last menstrual period and provides specific clinical care services that patients are eligible for during each trimester of pregnancy.

The pregnancy will help you:

- Determine patient's gestational age at every visit

- Determine patient's estimated or probable date of delivery

- Determine fetal weight on a weekly basis

- Provide key pregnancy milestones and important clinical care services that should be provided at all antenatal visits

- Can be used as a calendar to guide providers in appropriate scheduling of patient's antenatal vis its (when to visit the doctor for important tests and medications)

- Precautions to take when caring for pregnant women living with HIV
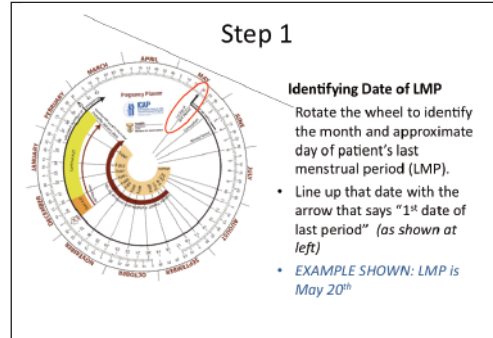

Pregnancy Planner Guide

Instructions on How to Use the Pregnancy Planner

STEP 1: Identifying date of LMP

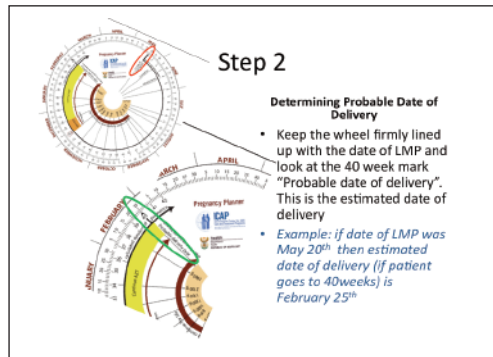During patient intake/history ask patient if they are aware of the timing of their last menstrual period (LMP). Write down the date of LMP on patient's card. Holding the wheel, turn the wheel so that the black arrow just before the #1 **(first day of last period)** points at the date of the patients' last menstrual cycle. If exact date of first day of last menstrual period is known, rotate the wheel until the black arrow **(first day of last period)** is pointing to that specific Date (Day and Month). If the exact date is not known, approximate timeframe of last menstrual period can also be used. (For example, if the patient's last menstrual cycle was in the second week of June, rotate the wheel so that the black arrow points to middle of June.

Step 1

Identifying Date of LMP

Rotate the wheel to identify the month and approximate day of patient's last menstrual period (LMP).

- Line up that date with the arrow that says "1ˢᵗ date of last period" *(as shown at left)*
- *EXAMPLE SHOWN: LMP is May 20ᵗʰ*

STEP 2: Determining probable date of delivery

Keep the wheel firmly lined up with the date of LMP and look at the due date arrow marker at 40weeks (Probable delivery date).

Step 2

Determining Probable Date of Delivery

- Keep the wheel firmly lined up with the date of LMP and look at the 40 week mark "Probable date of delivery". This is the estimated date of delivery
- *Example: if date of LMP was May 20ᵗʰ then estimated date of delivery (if patient goes to 40weeks) is February 25ᵗʰ*

STEP 3: Assessing current pregnancy stage based on today's date

Keeping the wheel firmly lined up to the previously selected time period (first day of last period), find today's date. Look at today's date, (For example 08 Dec 2009) and place your finger on the date and draw an imaginary line to the middle of the inner wheel to assess what services the woman may be eligible for.
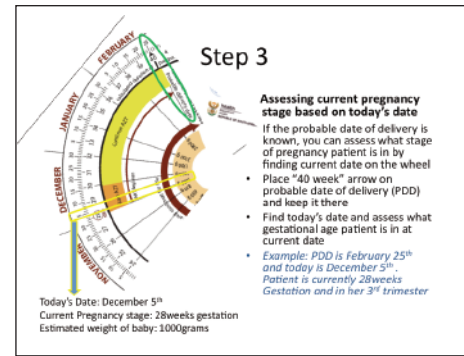
EXAMPLE:

√ Date of LMP was 20th of May

√ Today's date is 5th of December

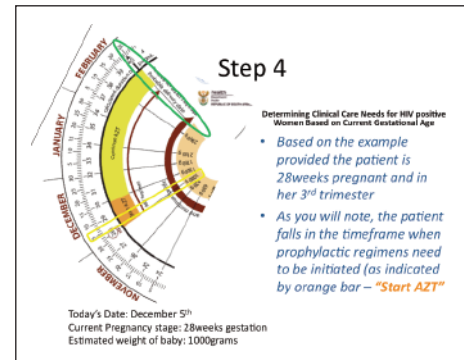√ Locate 5th of December using lines under the given month. Make an imaginary line from today's date to Gestation age in weeks (on inner wheel) to see that patient is approximately 28 weeks pregnant.

√ Continue to draw the imaginary line from today's date to the yellow bar (at center of the wheel) to assess approximate fetal weight at 28 weeks gestation (approximately 1000grams).

Step 3

Assessing current pregnancy stage based on today's date

If the probable date of delivery is known, you can assess what stage of pregnancy patient is in by finding current date on the wheel

- Place "40 week" arrow on probable date of delivery (PDD) and keep it there
- Find today's date and assess what gestational age patient is in at current date
- *Example: PDD is February 25ᵗʰ and today is December 5ᵗʰ. Patient is currently 28weeks Gestation and in her 3ʳᵈ trimester*

Today's Date: December 5ᵗʰ
Current Pregnancy stage: 28weeks gestation
Estimated weight of baby: 1000grams

STEP 4: Determining clinical care needs based on current gestational age

Keeping the wheel firmly lined up to previously selected time frame **(first day of last period)**, locate today's date. The front of the wheel alerts you to window of interventions for when ARVs should be provided to HIV positive women.
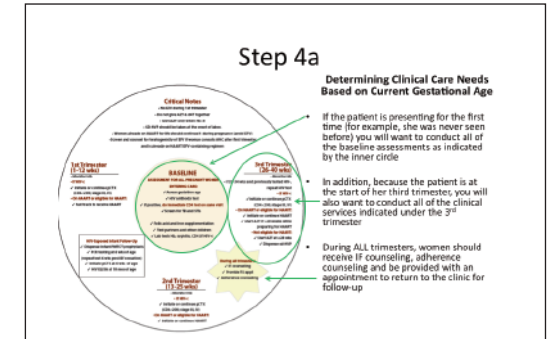

Step 4

Determining Clinical Care Needs for HIV positive Women Based on Current Gestational Age

- *Based on the example provided the patient is 28weeks pregnant and in her 3ʳᵈ trimester*
- *As you will note, the patient falls in the timeframe when prophylactic regimens need to be initiated (as indicated by orange bar – "Start AZT"*

Today's Date: December 5ᵗʰ
Current Pregnancy stage: 28weeks gestation
Estimated weight of baby: 1000grams

Gestation Age in Weeks	Trimester
Weeks 1-12	1st
Weeks 13-27	2nd
Weeks 28-40	3rd

STEP 4a. Using the above table, assess what trimester patient is in according to her gestational age in weeks. After assessing what trimester patient is in, **turn to the back of the wheel** and locate the appropriate trimester. The back of the pregnancy wheel provides you with information on clinical services that should be provided at baseline (center circle), at every visit (star) and during each trimester of pregnancy. There's also a list of critical notes to remind you of certain interactions and precautions to take during patient –provider interaction. If the patient is being seen for the first time, all BASELINE care components (as designated by the center circle) should be conducted in addition to those indicated under the specific trimester patient is in.

Step 4a

Determining Clinical Care Needs Based on Current Gestational Age

EXAMPLE:

√ Using the above example, patient is assessed to be 28 weeks pregnant.

√ Flip to the back of the wheel to see what clinical care services should be provided to a woman in her 3rd trimester.

√ According to the 3rd trimester, patient's HB should be monitored. If patient is HIV positive and her CD4 count is known, HAART eligibility should be assessed. If patient is eligible for HAART, she should be initiated on HAART. If patient is not eligible for HAART, provide patient with Infant Feeding Counseling, a FU appt and perform adherence counseling (as indicated by yellow star)

√ According to the front of the wheel, patient falls in the **orange window** for indicating "start AZT". AZT should be provided to patient at this visit with instructions on how to take the prescribed regimen. Patient should also receive an appointment for follow-up as indicated by the yellow star.

√ The star indicates counseling and support services that should be an integral part of every patient visit.