

**The
Emily
Center**



Our Journey Through High Risk Pregnancy Family Handbook

#1889



You have been referred to Phoenix Children's Hospital. Our team recognizes the importance of your health and the health of your baby. When there is a concern for you or your baby, you want an expert team ready to provide the very best care for your child. Navigating your pregnancy and the care of your baby in the prenatal period can be challenging. To help you, the team at Phoenix Children's Hospital offers fetal care coordinators to help prepare you

for your baby and offer a seamless transition of care after your baby is born. We are here to support you in whatever resources you and your baby will need. This journey board is a tool to help guide you in the process.

During your pregnancy, our team will have several conversations with you to get you ready for the delivery of your baby. To be sure we were clear in the way we shared information with you, we will ask you to teach back important information to us as we share it with you. Here's a list of the topics we will talk with you about over the next several months as you prepare to deliver your baby. These points follow right along with the Our Journey with High Risk Pregnancy Journey Board.

Check the box next to each item when completed:

- Tell your nurse or doctor how you will use the Our Journey Through High Risk Pregnancy Journey Board.



Check the box next to each item when completed:

- Tell your nurse or doctor about concerns raised at your Ultrasound or Obstetrician appointment.



Check the box next to each item when completed:

- Tell your nurse or doctor what testing may occur during a high risk pregnancy and what the tests are for.
- Tell your nurse or doctor what a fetal echo is, what it is for, and how to prepare for it.
- Tell your nurse or doctor what a fetal MRI is, what it is for, and how to prepare for it.



I can tell you
about my baby's
diagnosis

Check the box next to each item when completed:

- Tell your nurse or doctor about your child's diagnosis and how it will affect your baby.
- Tell your nurse or doctor what the medical terms mean to you.



I can tell you
what worries
me most about
my baby's
condition

Check the box next to each item when completed:

- Tell you nurse or doctor what you are worried or concerned about.
- Tell your nurse or doctor how this condition is impacting your family (siblings, marriage, extended family).
- Tell your nurse or doctor how this condition changes how your family lives, and how you can cope with that.
- Tell your nurse or doctor how you are taking care of yourself, so you can best care for your baby.
- Tell your nurse or doctor about resources that are available to help take care of yourself and your family during this time.



I can tell you
how I will
contact the
Fetal Nurse
Coordinators

Check the box next to each item when completed:

- If your baby has a heart concern, tell your nurse or doctor how you can contact the Fetal Nurse Coordinators.
- If your baby has any other health concerns, tell your nurse or doctor how you can contact the Arizona Fetal Care Network Coordinator.
- Tell your nurse or doctor where you have the number for your Fetal Nurse Coordinator in your phone or contact information.



Check the box next to each item when completed:

- Tell your nurse or doctor the names and phone numbers of the teams caring for you before you deliver your baby.



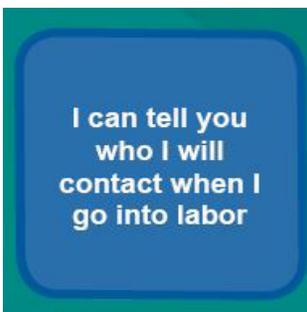
Check the box next to each item when completed:

- Tell your nurse or doctor the name and phone number of the doctor who will deliver your baby (Obstetrician).
- Tell your nurse or doctor the name and phone number of your Maternal Fetal Medicine Doctor or High Risk Obstetrician.
- Tell your nurse or doctor the names and phone numbers of the specialists for your baby.
- Tell your nurse or doctor the name and phone number of your Neonatology group.
- Tell your nurse or doctor what you will do to get ready to deliver your baby.



Check the box next to each item when completed:

- Tell your nurse or doctor about resources available to help you.
- Tell your nurse or doctor about The Emily Center Family Health Library and how to contact the nurses there.



Check the box next to each item when completed:

- Tell your nurse or doctor who you will call when you go into labor.



I can tell you
about the
teams available
to care for my
baby following
birth

Check the box next to each item when completed:

- Tell your nurse or doctor about the doctors who will care for your baby after your baby is born.
- Tell your nurse or doctor about other members of the health care team who will care for your baby.
- Tell your nurse or doctor the name and phone number of the pediatrician that will take care of your baby after your delivery.



I can tell you
about the plan
of care for my
baby

Check the box next to each item when completed:

- Tell your nurse or doctor about the plan of care for your baby while he or she is in the hospital.



**Best Care
for Baby!**

Thank you for allowing us to go on this journey with you.



If you have any questions or concerns,
 call your doctor or call _____

If you want to know more about child health and illness,
visit our library at The Emily Center at Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016
602-933-1400
866-933-6459
www.phoenixchildrens.org
www.theemilycenter.org
Facebook: facebook.com/theemilycenter
Twitter: @emilycenter

Disclaimer

The information provided at this site is intended to be general information, and is provided for educational purposes only. It is not intended to take the place of examination, treatment, or consultation with a physician. Phoenix Children's Hospital urges you to contact your physician with any questions you may have about a medical condition.

April 17, 2018 • In Family Review
#1889 • Written by Jessica Felts, RN, MSN-Ed. CPN

Our Journey with High Risk Pregnancy Family Handbook

Name of Health Care Provider: _____

Date returned: _____ db

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes

No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

The Emily Center
Health Education Specialist
Phoenix Children's Hospital
1919 East Thomas Road
Phoenix, AZ 85016-7710

602-933-1395

Thank you for helping us!