

Individualized Healthcare Plan

Healthcare Plan effective for the current school year, including summer school.

DOD:

Pregnancy
ICD 10:

Grada.

Revised 7/2025

Student Name:	School:
Parent/Guardian Name:	Home Phone:
To be completed by Licensed Healthcare Provider (Physician, Physician's Assistant or Nurse Practition	ner):
Licensed Healthcare Provider:	Office Phone:
Licensed Healthcare Provider Practice:	Student EDC (Due Date):

The following Health Plan is provided in an effort to provide teachers guidance in working with the pregnant student, to encourage her, as well as enable her, to remain in school and to deliver a healthy, full term baby.

Premature or Preterm Labor

(labor prior to 37 weeks gestation which may result in early delivery and premature infant)

Possible Symptoms or Warning Signs:

- Constant uterine contractions. The student may describe these as feeling like menstrual cramps or they may feel no discomfort at all.
 The student may describe it as the baby "balling up." If the contractions are coming and going constantly, (as many as 3 in an hour) this is a definite indication that labor may be in progress.
- Lower abdominal, thigh or vaginal pain or pressure. The student may describe this as feeling like the baby is pushing down.
- Ache, pain or pressure in the back (often lower back.)
- Ongoing abdominal (stomach) cramps with or without diarrhea.
- Increase or change in vaginal discharge especially if discharge is bloody or watery.

Any pregnant women can have preterm labor. Some women are more susceptible if they have certain characteristics, which may include the following:

- Twin gestation
- Smoking during pregnancy
- Previous delivery of premature baby
- Involvement in stressful physical work and/or other life pressures

Preterm labor can be stopped if it is caught early.

The student will need medical attention if preterm labor occurs, and will be referred to healthcare provider.

Intervention/Equipment Needed:

- If the student complains about any of the above warning signs or symptoms she should be assisted to the clinic to lie down.
- She should be encouraged to lie on her side and drink 3 4 glasses of fluid in one hour.
- The school health nurse, the student's parents and medical provider should be contacted. If the student has experienced as many as 3 contractions in one hour, contact with the parents and physician should not be delayed.
- If contact has not been made with the parents and/or medical provider and contractions have continued for one hour, 911 should be called so the student can be transported to the hospital immediately.

Preventative Measures for Preterm Labor Related to the School Environment:

- Encourage the student to avoid heavy lifting. The student should avoid carrying a heavy book load to class. Additional time may be needed for increased stops at the locker or the student may need two sets of books.
- Avoid class requirements that involve heavy lifting or standing for long periods of time. This may need to be a consideration, especially when outside employment is required for class credit.

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