



Individualized Healthcare Plan

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

Pregnancy

ICD 10: _____

Revised 7/2025

Student Name: _____

DOB: _____ Grade: _____

School: _____

Home Phone: _____

Parent/Guardian Name: _____

Daytime Phone: _____

To be completed by Licensed Healthcare Provider (Physician, Physician's Assistant or Nurse Practitioner):

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

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.

Student Name: _____

DOB: _____

Grade: _____

Urinary Urgency and Frequency Due to Enlarging Uterus

Possible Symptoms:

Student may experience the need to urinate more often and without delay as the uterus grows and places pressure on the bladder. Avoiding frequent urination may lead to development of urinary infections, which may also be a risk factor for premature labor.

Intervention/Equipment Needed:

Allow student designated times (possibly at the beginning or end of class) to go to the restroom, if needed. Time during class may also be needed during 90-minute class periods. Discuss the specific plan with the student so the time frame is clear to help them avoid penalties. Emphasize that this should not be abused.

Other Complications of Pregnancy

Possible Symptoms or Warning Signs:

- Bright red vaginal bleeding
- Persistent Vomiting
- Blurred vision or spots before eyes
- Fever
- Severe headaches
- Unusual pain in abdomen, uterine contractions before the baby is due
- Sudden gush of fluid from vagina
- Unusual swelling
- Dizziness or fainting
- Painful urination

Intervention/Equipment Needed:

- Be aware of signs/symptoms of possible problems
- If student reports any of the above warning signs, call for assistance. Notify the school health nurse, parent and physician.
- If symptoms are severe, 911 should be called.

Other Information/Interventions Needed:

Licensed Healthcare Provider

Licensed Healthcare Provider Name (Print) / Signature

NPI#

Phone Number

Date

To be Reviewed and Signed by PARENT/GUARDIAN:

- ☐ I have reviewed and agree to this health plan for my student and understand that school staff /school nurse may communicate with my child's Licensed Healthcare Provider (LHP) regarding this health plan. I acknowledge that I am responsible for providing the school with all medications and supplies required to implement the plan as ordered by the LHP.

Parent/Guardian Name (Print)

Parent/Guardian (Signature)

Date

Phone Number

School Nurse Name/Signature

Date Received

Date Emergency Action Plan Distributed