

Pregnancy Journey

Hi! I'm so excited to have you as my healthcare provider as I begin my journey towards becoming a parent. In addition to being pregnant, I also have a diagnosis of _____ and there are a few additional things I'd like to make sure you consider when creating my plan of care.

I can easily be pushed into sensory overload when there is too much stimulation or I am overwhelmed by a situation. It may be helpful to leave written information for me to review on my own terms to help with this.

I would like to see a (circle) chiropractor or physical therapist for my new functional limitations of:

- back pain causing difficulty with mobilizing
- diastasis and core weakness causing difficulty with mobilizing
- pubic pain causing difficulty with mobilizing

I would like to see a nutritionist/dietitian to ensure I have all the nutrients I need to have the safest pregnancy for me and my child.

I need to transfer from a wheelchair onto other surfaces by _____. I am concerned this may change while I progress in my pregnancy given inevitable weight gain, shifting of my center of mass, and increased ligamentous laxity.

Parts of my body can be immobile for long periods of time due to paralysis. Please educate me on proper weight-shifting to decrease skin breakdown as well as my risk of blood clots.

I have weakness or no use in part of my upper body. I hope I can have the appropriate support set up so I can feed my baby after birth.

I have weakness in parts of my body. I want to be able to birth vaginally and may need help preparing for this as well as preparing to change position during labor.

I need adapted scales to be weighed appropriately.

I need adapted chairs/beds to be measured appropriately.

I have had difficulty in the past with other providers not fully understanding my situation and this makes me skeptical at times.

Please give me basic resources and information regarding a NICU stay, as I know this may be possible for my child even with a healthy pregnancy. I want to know what I could experience and how I can prepare.

Other:

I want to know that you're confident in my care and if you're not, you'll help point me in the right direction. Thank you so much for helping me through this amazing time of life!