

## Clinic Staff Referral Resource

	Description	Scope of Practice Areas	Referral Information
Physical Therapy	Physical therapy will address pregnancy and postpartum-related musculoskeletal issues, educate on anatomy and positioning options for labor and delivery, educate on physical recovery process after birth, treat to alleviate conditions through interventions to improve wellbeing and prevent long-term health concerns (American Physical Therapy Association, 2018; Critchley, 2022).	<ul style="list-style-type: none"> <li>-Pain (back, pelvic, hip)</li> <li>-Incontinence</li> <li>-Sexual discomfort/dysfunction</li> <li>-Severe fatigue</li> <li>-Diastasis recti abdominis</li> <li>-Difficulty with daily function</li> </ul>	<p>Name: _____</p> <p>Contact Information:</p>
Occupational Therapy	Occupational therapists assist in improving psychosocial and physical outcomes by providing education about addressing new routines and skills when becoming a mother by teaching coping strategies, proper ergonomics, time management skills, and can provide direct skills teaching of breastfeeding, positioning techniques and environmental adaptations to support the new role of motherhood (Foy et al. 2019).	<ul style="list-style-type: none"> <li>-Create/Adapt routines for new parents</li> <li>-Environmental Adaptations</li> <li>-Coping skills</li> <li>-Breastfeeding</li> <li>-Prevention of injury through proper ergonomics</li> <li>- Sensory strategies for parents/newborns</li> </ul>	<p>Name: _____</p> <p>Contact Information:</p>
Mental Health Professional	A mental health professional can support the transition into motherhood and assist in the emotional and behavioral challenges that come along with a large life transition. Mental health professionals can also diagnose and treat perinatal-related mental health disorders such as postpartum depression and/or anxiety, etc. (Hadfield et al., 2017).	<ul style="list-style-type: none"> <li>- Difficulty with transition into motherhood</li> <li>-Baby Blues</li> <li>- Postpartum Depression</li> <li>-Postpartum Anxiety</li> <li>-Postpartum Psychosis</li> <li>-Pregnancy &amp; Postpartum Obsessive-Compulsive Disorder</li> <li>-Postpartum Bipolar Disorder</li> <li>-Perinatal Loss</li> <li>-Birth Trauma</li> <li>-Difficulty with relationships</li> </ul>	<p>Name: _____</p> <p>Contact Information:</p>
Dietician	Dieticians/Nutritionists can educate and treat perinatal individuals to use daily nutrient intake to support mental health and emotional wellbeing as well as overall health and physical wellbeing during pregnancy and postpartum (The American College of Obstetricians and Gynecologists, 2022).	<ul style="list-style-type: none"> <li>-Educate on healthy diet</li> <li>-Adapt diet to meet individualized needs</li> <li>-Gestational Diabetes</li> <li>-Postpartum Mental Health Concerns</li> </ul>	<p>Name: _____</p> <p>Contact Information:</p>

		- Low energy during pregnancy and postpartum	
Midwife	Midwives provides family planning services, preconception care, prenatal care, labor and delivery support, newborn care. Midwives provide education about fertility, pregnancy, and postpartum health and care (American College of Nurse-Midwives, n.d.)	-Education -Gynecological exams -Pregnancy check ups -Contraception -Labor and delivery -Newborn care - Lactation and feeding	Name: <hr/> Contact Information:
Doula	Birth Doulas will work on a birthing plan, provide physical, emotional, and partner support, advocate and provide education in preparation for and during the labor and delivery. Postpartum doulas provide emotional physical, and partner support during the postpartum period to promote wellbeing. Doulas provide evidence-based education and skill teaching to support the transition into motherhood after delivery (Arteaga et al., 2022; Bohren et al., 2017; Dona International, n.d.)	-Breathing techniques -Comforting touch -Education about labor and delivery and postpartum -Practical in-home support - Preparation for postpartum -Educate on recognition of recovery symptoms and when to call their provider -Encourage women and the family unit to be the leader in their decision-making.	Name: <hr/> Contact Information:

## References

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