

## **TREATMENT PLAN FOR WOMEN ASSIGNED A RESOURCE MOTHER**

### **When diet is initiated:**

Metabolic Clinic Visit

Assessment of Nutrient Intake

Laboratory assessments including:

Amino acids, ferritin, CBC, Pre-albumin, Vitamin B12, RBC folate, Serum cholesterol

Evaluation of Support Systems (questionnaires)

Intelligence testing if none of record

### **Weekly throughout pregnancy:**

Blood phenylalanine (and in some cases, tyrosine)

Feedback from metabolic clinic

### **Twenty times during pregnancy:**

Home visitation by a Resource Mother – a mother who has a child with PKU herself, is familiar with the diet and has been trained to provide assistance to women on the diet

### **Monthly throughout pregnancy:**

Nutrient analysis of dietary intake

### **Each trimester: \***

\* This is a minimum number of clinic visits; many clinic protocols include more frequent visits

Metabolic Clinic Visit

Assessment of Nutrient Intake

Laboratory Assessment (same as when diet is initiated)

### **Obstetrician visits:**

The number of visits is determined by the obstetrician – usually once per month until the last month of pregnancy and then once per week

### **Ultrasounds:**

Two ultrasounds are recommended – one at about 6 weeks to determine how far along the pregnancy is, and the second between 18-20 weeks when the heart and other organs can be visualized

### **Other services:**

Referrals to community health and nursing programs will be made as needed

### **Formula and low protein food:**

Each state and clinic has its own method for coverage of formula and low protein food

Emergency funds are available, if all other means of coverage have been exhausted

### **Birth and After:**

Newborn Pediatric Exam

Developmental Testing at age 1 year

Referral to Early Intervention