

什么是 MiPATH?

What is MiPATH? (Chinese)

感谢您选择密西根医学部为您提供孕期医疗保健。我们有幸能与您共同度过这段时光。

Thank you for choosing Michigan Medicine for your pregnancy care. We are privileged to partner with you during this time.

什么是 MiPATH? What is MiPATH?

本讲义的目标是向您介绍**适当定制的密西根孕期医疗保健计划 (MiPATH)**。MiPATH 是一种适当定制的产前保健模式，可为患者提供怀孕期间的医疗保健、教育和支持方面的选择。**产前保健**是为您在怀孕期间提供的医疗保健。通过 MiPATH，您有机会与您的医生或助产士一起选择满足您需求的产前保健计划。这份文件对您将与医生或助产士进行讨论的决策选项进行说明。如果您是高危患者，我们可能会建议您看我们的高危妊娠（母胎医学，或 MFM）医生。我们将与您密切合作，以制定符合您的医疗需求和偏好的产前保健计划。

The goal of this handout is to introduce you to the **Michigan Plan for Appropriate, Tailored Healthcare in pregnancy (MiPATH)**. MiPATH is a tailored prenatal care model that provides patients with options for medical care, education and support during pregnancy. **Prenatal care** is care you get during pregnancy. With MiPATH, you have the opportunity to work together with your doctor or midwife to select the prenatal care plan that meets your needs. This document will walk you through the decisions you will discuss with your doctor or midwife. If you are a high risk patient, we may recommend that you see our high-risk (Maternal Fetal Medicine, or MFM) doctors, and we will work closely with you to develop a prenatal care plan that aligns well with your medical needs and preferences.

本指南旨在向您介绍产前保健中同等重要的三个部分所提供的选项：

1. 医疗保健：

- 筛查和治疗怀孕期间的医疗问题

2. 教育：

- 有关怀孕、分娩、产后和育儿的信息

3. 支持：

- 让您在怀孕期间感到安心和提供所需的支持

我们设计了其他资源，包含更多有关每一个部分护理的信息。

This guide is designed to introduce you to your options for three equally important parts of prenatal care:

Medical care:

- Screening for and treating medical problems during pregnancy

Education:

- Information about pregnancy, childbirth, the postpartum period, and parenting

Support:

- Everything you need to feel reassured and supported through pregnancy

We have designed other resources with more information for each part of care.

医疗保健： Medical care:

- 1. 临床医生：** 如果属于低风险患者，您将能够选择想看哪种临床医生。您可在产科医生/妇科医生、家庭医学医生或认证护士助产士之间进行选择。

- 护士和您的孕期保健医生或助产士将帮助确定在怀孕期间您是否需要高危妊娠（母胎医学）保健。这可在怀孕初期即确定，或者随着怀孕的进展如有问题再行决定。
- 如想了解更多有关此项选择的信息，请参阅我们的**孕期保健临床医生决策帮助**。

Care Clinician: If you are a low-risk patient, you will be able to choose which kind of care clinician you would like to see. You can select between an Obstetrician/Gynecologist Doctor, Family Medicine Doctor, or Certified Nurse Midwife.

- A nurse and your pregnancy care doctor or midwife will help determine whether you need high-risk (Maternal Fetal Medicine) care during your pregnancy. This could occur at the beginning of pregnancy or if there are concerns as the pregnancy progresses.
- If you would like more information on making this choice, see our **Pregnancy Care Clinicians** decision aid.

2. 您的产前检查：您将与您的医生或助产士合作，决定您想如何完成产前检查。有三个主要选择：

- **亲自到场就诊：**所有产检均在诊所面见医生或助产士。对于高危患者，大部分产检将会是亲自到场就诊。
- **混合式保健（虚拟及亲自到场就诊）：**您的第一次就诊将会在诊所办公室与您的医生或助产士会面。之后，部分产检将与您的医生或助产士通过远程医疗（视频或电话就诊）完成。我们将帮助您获取血压计，并教您如何在家测量血压。

- **团体产前保健：** 您的第一次就诊是亲自到诊所与您的医生或助产士会面。之后的产检，您将与在大约同一时段分娩的产妇产们一起完成。这包括医疗保健、健康教育和支持。

我们的产前保健安排是在循证的基础上推荐给孕妇的服务。您的医生或助产士可能会根据您的风险因素（如医疗状况或怀孕史）建议额外的就诊次数。

- 如想了解更多有关此项选择的信息，请参阅我们的**就诊选择**决策帮助。

Your prenatal visits: You will partner with your doctor or midwife to decide how you want to complete your prenatal visits. There are three main options:

- **In-person care:** You see your doctor or midwife in the office for all visits. For high-risk patients the majority of your visits will be in-person.
- **Hybrid care** (virtual and in-person visits): Your first visits will be in the office with your doctor or midwife. After that, some of your visits will be done through telemedicine- video or phone visits- with your doctor or midwife. We will help you get a blood pressure cuff and teach you how to check your blood pressure at home.
- **Group prenatal care:** Your first visit is in-person with your doctor or midwife. After that, your visits are completed with a group of patients due to give birth around the same time as you. Visits include medical care, education, and support.

Our prenatal care schedule is based on evidence-based services that are recommended for pregnant patients. Your doctor or midwife may

recommend additional visits based on your risk factors, like medical conditions or pregnancy history.

- If you would like more information on making this choice, see our **Visit Options** decision aid.

教育和支持 Education and support

我们提供各种资源来帮助您更多地了解怀孕、分娩、产后和育儿。我们还有其他资源可以为您在怀孕期间提供额外的支持，包括情感和经济需求。

- 如想了解更多有关这些选择的信息，请参阅我们的**教育和社会支持资源**列表。

We offer a variety of resources to help you learn more about pregnancy, childbirth, the postpartum period, and parenting. We also have resources available that can provide you with extra support during your pregnancy, including emotional and financial needs.

- If you would like more information on these options, see our **Education & Social Support Resources** list.

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