

Tips for Success on Antepartum Services (APS)

Logistics and codes

- Team room is the Antepartum “closet” on 6S.
- Check with residents for code to the Nourishment room
- Ask for the code to the clean supply room
 - GBS swabs are kept in here. They have blue tops.
 - Ultrasound gel is also here.
 - so is Kleenex. If you are going to have a sad convo, bring tissues!
- Ultrasound machines are normally in the L&D hall.
- Ultrasound gel and washcloths are usually in the cabinets next to the beds.
- There are more people (usually) than computers. Bring your laptop to work.
- Cafeteria is on 1st floor. Coffee cart on 3 makes great toasted sandwiches. Coffee stand at the back of cafeteria accepts Husky card.
- Scrubs are in the bathroom across from LDR8.
- L&D ORs are at the end of the L&D hall.
- Most of the sponges don't have soap in them for scrubbing before surgery. Use the foot pump- it squirts soap out of the pump above the sink. Or use betadine sponges.
- Interpreters are available in person (preferable) and over the phone. Ask nurses to help you schedule an in-person interpreter.

Wait- you said OR- do I get to do surgery in this rotation?

- You can scrub in on procedures, held in the OR on the 2nd floor in the surgery pavilion. They include:
 - Dilation and Evacuation (D&E's)
 - Dilation and curettage (D&C's) (sometimes in clinic)
 - Cerclage placements
 - Laminaria placement (in the clinic)
 - Wound revision
- If you are on call (which you do NOT have to do- it is truly optional!) you may have a chance to scrub in on c-sections or other surgeries.
- find out about surgeries in ORCA, under “surgery schedule”
- ask your residents!

Optional Call (really, truly optional)

Gives you a flavor of what L & D is like, allows you to get to know some of the other residents and possibly scrub in on some surgeries. You can also check in on our APS patients overnight and round in the morning with the attendings, which is super helpful because you know all the patients!

- if you do call, coordinate with one of your residents. It's 24 hours.
- Sign out is at 7AM but it's helpful to get there early to see the board.
- What you can do: help out interns, update the board and stay on top of time sensitive things like cervical checks

Routine

- Rounds every morning. Get there early (about an hour before rounds), help prep notes

- Diabetes in pregnancy clinic every Mon AM + Tues
 - see patients, staff (i.e. present to) the Attendings. Can also see pts with the Diabetes RN, PhD expert.
 - If you are lost or don't know what to do, ask one of the MA's or our nurse.
- Prematurity Prevention clinic is on Thursdays (see multiple gestations, pts who have had recurrent preterm pregnancies, etc)
- HIV and pregnancy clinic Fridays. Attending has you write hand-written SOAP notes. Review side effects of HIV meds before going.
- Procedures on Thurs/Fri.

Main duties (in addition to whatever your residents and Attendings tell you)

- Update "the list" If you're a UW student, you're familiar with Cores. On APS, we make our own Cores-like sheet and update it daily.
 - advance dates daily (especially important over weekends)
 - check for ultrasounds (under Radiology)
 - NSTs (under "links and reports" -> TraceView -> enter password -> look up your patient.)
- Prep the DM clinic notes. Use the box below to help standardize your notes and make sure you're up to date with labs, vaccines and meds. This can take a long time, especially at first. Start on Wed to be done by next Mon and have a weekend.
- Know your patients on rounds, present to Attendings.

Box of knowledge for DM notes:

Medications as of _/_/_	Labs
PNV	ABO_, Ab _
Insulin:	HIV_, HepB_, Rubella_, RPR_, GC/CT_, HSV1_, HSV2_
	Pap: _/_/_ was (ab)normal
	Urine culture:_
Tdap:	HbA1c_
Flu shot:_	Glycomark_
ALL: NKDA or list allergies	TSH:_ fT4:_
	HELLP Labs:
	AST/ALT:_
	Hct:_
	Platelets:_
	24 hour Urine:_
	Optho appt: (everyone needs at least one screening)

To access “The List”

You need special IT permission to access the list. This way you’ll be more helpful to your residents and your patients, because you will up to date on what’s going on and can communicate to the team. Here’s how to do it:

- Email mcsos@uw.edu, the help desk. Here’s a sample email:
Hello,

My name is ____ and I am a fourth year medical student on the OBGYN service at UWMC. I am trying to gain access to a vpn file that my team uses for patient care. I access the vpn by typing the following into my browser sslvpn.medical.washington.edu. I am taken to a login page, where I type my UWMC username and password (____) and then type the following into the browse box: [\\sosa\u antepartumservice\\$](https://sosa.u.washington.edu/antepartumservice) I was hoping that I might be able to gain access to these documents, as I will be needing to do so for the next 4 weeks. If I can provide any additional information, please don’t hesitate to let me know.

Thanks so much!
--Your Name.

They are pretty quick to get back to you and you should have access in a day or so.

Good luck and have fun!