

OPNAVISNT 6000.1A: Management of Pregnant Personnel

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OPNAVINST 6000.1A

- Provides much detailed *guidance* for member, command, and medical department in managing pregnancy
- Still considerable room for small unit interpretation and individualization
- Medical makes RECOMMENDATIONS to assure an optimal pregnancy while supporting the command's mission



Activities - Limitations

- No unit PT - should PT on her own, as per ACOG guidelines
- No PRT in pregnancy and 6 mos after
- No exposure to unsafe chemicals/hazards/environments
- No standing at parade rest/attn for >15'
- No immunization except tetanus



Activities - Limitations (cont)

- No participation in weapons training, swim qual, drown-proofing, other physical training that may affect the mbr or her fetus
- Are allowed to work shifts
- May be exposed to RF as for non-preg
- May be exposed to ionizing radiation, with specific limits.



Activities - Limitations (cont)

- From 28 wks pregnant on:
 - allowed to rest for 20' q 4 hrs
 - limited to a 40 hr work week. Can work shifts, duty sections, but must include those hours in total count
- Light Duty/Ob Quarters given by command, or with MO recommendation
- Ref - 101.D/E, 302



Adoption

- Eligible for same prenatal care
- Guidance and assistance from NLSO and FSC
- No OCONUS/isolated duty assignment until delivery and adoption complete, and 6 months postpartum
- Ref: 103.A.1.B



Assignments - Work Site

- CO, MO, OccHealth eval work site risks
- No sites with risks connected to:
sudden lightheadedness, dizziness,
nausea, easy fatigue, loss of
consciousness, due to risk to self or
others; no diving duty
- Medical, environmental, ergonomic,
or other factor may guide decision



Assignments - Duty Station

- No transfer overseas after 28th week
- Must have adequate medical facilities
- Adequate base or civilian housing
- CONUS transfers with restriction if no flying after 28 WGA
- No transfer to deploying units after 20 WGA until 4 months after the due date



Assignments - Shipboard

- CO, MO, OccHealth eval safety on board
- Off ship if medevac time to adequate facility for obstetrical emergencies >3hr
- Off ship at 20 WGA
- No return to ship until 4 mos post partum, unless request waiver
- Ref: 101.C, 102.C, 103.A, 103.B.2, 403, 404, 405



Aviators

- Pregnancy disqualifies from flight, incl. ATC's
- Waivers available, several steps and limitations
- Ref:103.B.3



Breast Feeding

- Mbr may breastfeed during meals and breaks; not a reason for excessive extra meal or break time
- Request are handled individually
- Anthrax vaccination series may resume during breast feeding
- Ref: 105, 309; SECNAVINST 6230.4



Convalescent Leave

- Usually 42 days after term delivery, assuming:
 - the delivery was uncomplicated, and she doesn't need further medical care
 - she's not pending medical/admin sep, or disciplinary action
- May be extended for medical indications



Convalescent Leave (cont)

- After pregnancy loss or termination, convalescent leave determined on individual basis with MO recommendations
- Ref: 104, 205, 306.B.3



Delivery - Location

- Near command - must use USMTF if available, otherwise check Tricare
- Home for delivery - mbr may take leave to go "home" for delivery:
 - must check with command and Tricare for approval and location
 - Review guidelines carefully
- Ref: 203



Exercise

- Mbrs are exempt from PRT/PFT and weight standards during pregnancy and 6 mos after delivery
- During pregnancy, if medically appropriate, mbrs should continue self-paced exercise program
- No adverse reports for fitness or weight to be made during this time



Exercise (cont)

- If a member terminates, or prematurely loses or delivers the baby, return to standards date determined on individual basis - consider 2 mos recovery time/ trimester of pregnancy at time of loss
- Ref: 101.D.1.A/B, 307, NAVADMIN 039/38, MCO 6100.3J, ACOG Tech Bltn #189, Feb 1994



Exposures

- As noted in “Activities” and “Assignments”, every effort should be made to avoid hazardous exposures
 - Mbr is responsible for complying with all health/safety recommendations, including use of personal protective gear
- OccHealth to evaluate worksite for specific risks



Exposures (cont)

- Ref: 101.C, 101.D.3/4, 102.C.2/4, 103.B.2.A, 201.E, Chpt 4, Appendices A, B



Housing

- CO on individual basis authorizes mbr to move from barracks to housing or offbase (with receipt of appropriate allowances)
- Ref: 103.D; Base/Command Regs; Local Housing Office



Maternity Care After Separation

- If pregnancy occurred while on AD, DOD will provide care through 6 wks pp, as USMTF, ONLY.
- **DOD, VA, TRICARE will NOT pay for civilian maternity or newborn care under ANY circumstances for member who has separated while pregnant**



Maternity Care After Separation (cont)

- Can continue to receive care at USMTF through 6 wks pp if:
 - mbr was pregnant prior to separation
 - she can find space available at a USMTF that can provide her care
- Not all USMTF's can provide all possible care - understand the facility limitations
- Ref: 103.H; ****Talk to TRICARE!****



Medevac

- All shipboard pregnant mbrs must be within 3 hrs of MTF with ability to manage obstetric emergencies
- If non-combatant evacuation ordered, all mbrs at >20 WGA evacuated
 - decision on individual basis for <20 WGA, as noted in OPNAVINST 6000.1A
- Ref:103.B.2.B, 103.J



Medical Care

- All pregnant mbrs should be stationed where adequate obstetrical care is available, or transferred to a location where care is available
- Mbrs should get confirmation of pregnancy at an MTF, and obey safety guidelines
- Ref: 103.A.1.A, 201.B/E, 203



Pregnancy Termination

- No DOD funds used for elective termination of pregnancy, unless continuation would endanger the mother's life
- Procedures to be done at adequate civilian facilities at mbr's expense
- Regular leave granted for outpt procedures



Pregnancy Termination

- Convalescent leave on individual basis, per MO recommendations
- Return to standards (weight, exercise) on individual basis - consider 2 mos per trimester pregnant
- All follow-up care/complications treatment done in military as needed
- Ref: 306; MCO 6100.3J; SECNAVINST 6300.4



Scheduling Work Hours

- Mbr's may work shifts
- After 28 WGA, limited to total 40 hrs/wk
- In uncomplicated pregnancy in a safe environment, no need for restriction of duty
- Ref: 101.D.2, 101.E.2, 102.B



Separation from Military

- Mbrs should plan their pregnancies to allow her to meet family and military obligations
- Requests for separation not usually approved. Requests should be submitted early (<20 WGA), if desired
- Limitations on care after separation, see “Maternity Care after Separation”



Separation from Military (cont)

- Seps physical not modified by pregnancy - routine documentation of pregnancy and its status
- Ref: 101.B.3, 103.H,103.I, 201.A



SIQ/Ob Quarters

- Most healthy pregnancies will not need
- Recommendation made by MO, based on medical condition. May be brief time for temporary conditions, or may be for duration of pregnancy, depending on diagnosis and severity.
- For long term losses, TEMDU in a Medical Holding Co. allows replacement



SIQ/Ob Quarters (cont)

- Specifics of procedures and guidelines covered in instruction
- Ref:302, 303, 304, 305



Travel

- No military reassignment after 28 WGA
- Comply with Tricare guidelines for medical care while in a leave status
- Generally, all traveling pregnant pts should carry a copy of her medical record, the Tricare 1-800 #, and should walk for 5' for each hour traveled
- Ref: 103.A, 103.B.4, 203.B



Uniforms

- Proper military bearing expected
- Maternity uniform authorized when regular uniform no longer fits
- Only authorized naval garments approved
- Outer garments may be unbuttoned, if they no longer fit
- Ref: 103.G



Vaccinations

- During pregnancy, mbrs exempt from all routine vaccinations, except tetanus when indicated
- Flu vaccine is encouraged after 1st trimester, if pregnant during flu season
- Anthrax suspended during pregnancy
- Ref: 101.D.1.E; SECNAVINST 6230.4; CDC, ACOG



Waivers

- Granted after requested and specific evaluation for those activities (flight status, military training activities, specific job responsibilities)
- Not a routine event - routed through NMPC
- Ref: 103.B.3.C/D, 103.C, 202



Weight Standards

- Exempt from weight standards during pregnancy and 6 mos postpartum
- No adverse evals or FitReps based on weight during pregnancy
- Back in standards by 6 mos pp; see “Exercise”, “Pregnancy Termination” for early delivery/termination guidelines
- Ref: 101.D.1.B, 103.F, 307; MCO 6100.10B



Other Topics

- Half Days
- Paternity Leave - MCO 5000.12D
- Prenatal Classes
- Red Cross Messages
- Recall/Return of Spouse
- Single Active Duty
- Tennis Shoe Chit
- Transportation



Conquering Leadership Challenges

- Weekend SIQ
- Not so fun simple jobs
- SPECIFIC limitations on activities
- Evaluate complaints in light of previous performance, reputation
- Remember, even hypochondriacs can get real diseases



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