

# MEDUSA PELVIC HEALTH & WELLBEING

## MATERNAL HEALTH SCREENING TOOL

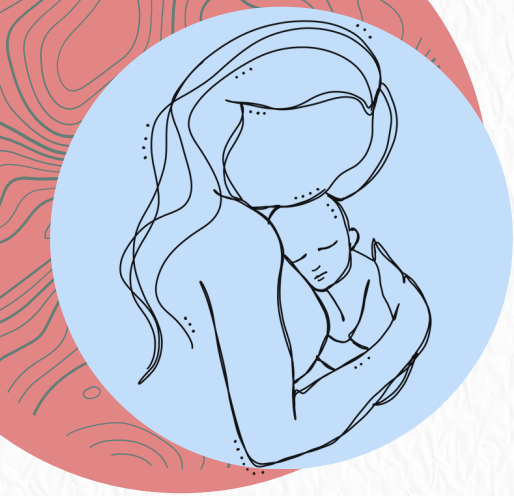
Adapted from the  
DEAR MOMS SCREENING PROTOCOL



**Instructions: Check all that apply.**

### PELVIC HEALTH

- I sometimes leak urine spontaneously or when I cough, sneeze, laugh, or exercise.
- I often feel a strong urge to urinate and have trouble controlling it.
- I have difficulty starting or completely emptying my bladder.
- I feel pain, discomfort, or an ache in my pelvic or pubic area, or buttocks, during daily activities, exercise, or sex.
- I feel heaviness or pressure in my pelvic area, which can be persistent or worsen at certain times of the day.
- I notice a bulging sensation in my pelvic area.
- I see a bulging or peak in my stomach when I stand up from low surfaces or move from lying down to sitting up.



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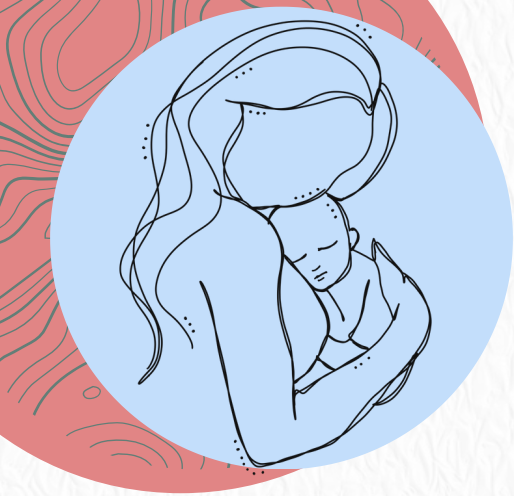


### PAIN MANAGEMENT

- I feel pain or discomfort while breastfeeding or afterward.
- I experience pain or discomfort in my back, neck, shoulders, or chest.
- I often slouch or have a swayback posture during daily tasks, leading to increased pain or discomfort.
- I've had to limit my favorite leisure activities or hobbies, including exercise, due to pain or discomfort during pregnancy or postpartum.

### SELF CARE

- I had a c-section or perineum tearing and wasn't taught about scar massage.
- I feel overwhelmed or anxious about returning to work or other responsibilities outside of caring for my baby.
- I struggle to balance my responsibilities for others with my self-care.
- I'm unhappy with my current life balance.
- I'm unsure how to best support my body in recovering from birth.



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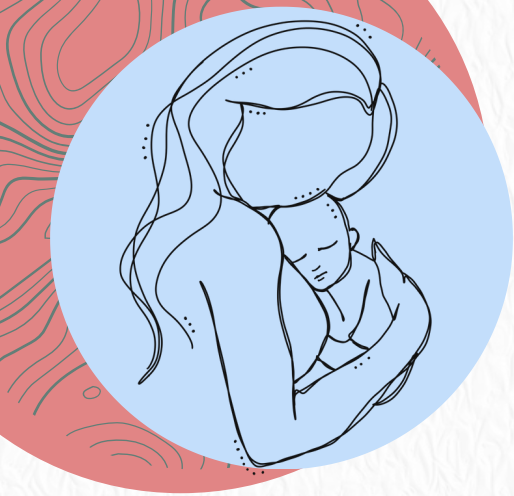


### CARE OF OTHERS

- I'm worried about balancing the demands of caring for a newborn or other children while taking care of myself.
- I find it hard to manage my time and stay organized, which makes it stressful to balance family needs.
- I feel unsure about how to adjust my home to meet the needs of a new baby and other children of different ages.
- I struggle with bonding and interacting with my baby.

### DAILY TASKS AND ROUTINES

- I have difficulty establishing a consistent daily routine for myself and my baby.
- I find managing my time effectively is challenging, especially balancing childcare, household tasks, family or pet needs, and personal needs.
- I feel my daily routines are inefficient and could be better organized to reduce stress and increase productivity.
- I struggle to prioritize my responsibilities and often leave important tasks unfinished, which frustrates me.
- I feel overwhelmed by the number of tasks to complete each day.



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### MENTAL HEALTH

- I often feel overwhelmed or anxious about caring for my baby.
- I avoid social interactions and feel isolated from friends and family.
- I worry excessively about my baby's health and wellbeing.
- I struggle to find joy or interest in activities or people I used to enjoy.
- I frequently feel sad, tearful, or hopeless and don't feel better easily.
- I have trouble sleeping, even when my baby is sleeping.
- I sometimes have intrusive or concerning thoughts and feelings.

#### HOW TO SCORE:

Add up the total checked statements within each category:

- Pelvic Health
- Pain Management
- Self Care
- Care of Others
- Daily Tasks and Routines
- Mental Health

TOTAL SCORE

**HOW TO INTERPRET: A core of 2 or more within one category, or a score of 5 within the total score of all categories combined, indicates that you may benefit from maternal health occupational therapy.**