

# AMA Guidelines for Continuation of Various Job Tasks during Pregnancy.

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|---|-------------------|
| Job Task  | Week of Gestation |
| Secretarial and light clerical  | 40                |
| Professional and managerial   | 40                |
| Sitting with light tasks:   |                   |
| Prolonged (more than 4 hours)   | 40                |
| Intermittent  | 40                |
| Standing:   |                   |
| Prolonged (more than 4 hours)   | 24                |
| Intermittent  |                   |
| More than 30 minutes per hour   | 32                |
| Less than 30 minutes per hour   | 40                |
| Stooping and bending below knee level:                                |                   |
| Repetitive (more than 10x per hour)                                   | 20                |
| Intermittent  |                   |
| 2 to 10 times per hour  | 28                |
| Less than 2 times per hour  | 40                |
| Climbing:   |                   |
| Vertical ladders and poles:   |                   |
| Repetitive (4 or more x per 8 hour shift)                             | 20                |
| Intermittent (less than 4x per 8 hour shift)                          | 28                |
| Stairs:   |                   |
| Repetitive (4 or more x per 8 hour shift)                             | 28                |
| Intermittent (less than 4 x per 8 hour shift)                         | 40                |
| Lifting:  |                   |
| Repetitive:   |                   |
| Less than 25 lb.  | 40                |
| 25-50 lb.   | 40                |
| More than 50 lb   | 30                |

SOURCE: American Medical Association Council on Scientific Affairs, "Effects of Pregnancy of Work Performance"

## COMMERCIAL AIR TRAVEL BY PREGNANT WOMEN

Up to 24 weeks' gestation: No restrictions unless complicating obstetric or medical risk factors exist.

24-36 weeks' gestation: No restrictions unless complicating obstetric or medical risk factors exist.

Doctor should give the patient a letter specifying details of the pregnancy and permission to travel. The patient should have in her possession sufficient information to allow a physician to make appropriate emergency judgments (prior obstetric history and risk factors), blood group, rubel immune status, allergies, medications, blood pressure, recent complete blood count and urinalysis, and plans for delivery.

Medical courtesy and common sense require a doctor's letter in the possession of the traveling gravida from the onset of fetal viability, namely 24 weeks of gestation.

After 36 weeks' gestation: Air travel discouraged unless unavoidable.

All airlines require a doctor's letter for patients at 36 weeks or more gestation. If travel is essential, a doctor's letter is mandatory; not just to get the patient on the plane but also for the doctor(s) that may become involved in the patient's obstetric care.



## Ball Memorial Hospital