





Antenatal Care

Provision of antenatal care is a rewarding aspect of general practice. However, GP registrars very often have limited clinical experience in this area, and can find antenatal care challenging. GP supervisors can support a systematic approach to looking after the pregnant woman, including screening and monitoring for potentially serious problems.

<p>TEACHING AND LEARNING AREAS</p> 	<ul style="list-style-type: none"> • Pre-pregnancy assessment and management • Initial antenatal visit – history, medications, examination, investigations, general advice etc. • Management of common problems in pregnancy • Conditions that need immediate or early referral • Antenatal screening, including screening for Down’s Syndrome • Options for care and referral pathways – private, shared care 				
<p>PRE-SESSION ACTIVITIES</p>	<ul style="list-style-type: none"> • Review the RANZCOG Guidelines for routine antenatal care 				
<p>TEACHING TIPS AND TRICKS</p> 	<ul style="list-style-type: none"> • Never congratulate the newly pregnant patient without first establishing how she feels! • How to use the medical software to record pregnancy visits • Use a checklist for important investigations at specific times • Get the dates sorted before 12 weeks - the later you leave it, the more inaccurate an estimate will be • Some tests and interventions are time critical • Don’t be complacent about any new BP rise, especially after 20 weeks • Be aware of cultural issues in antenatal care • Influenza vaccine should and can be given anytime during pregnancy 				
<p>RESOURCES</p> 	<table border="1"> <tbody> <tr> <td data-bbox="331 1597 435 1827">Read</td> <td data-bbox="435 1597 1505 1827"> <ul style="list-style-type: none"> • RANZCOG Guidelines - Routine antenatal assessment in the absence of pregnancy complications • RANZCOG Guidelines - Prenatal Screening and Diagnosis of Chromosomal and Genetic Conditions in the Fetus in Pregnancy • RANZCOG Pre- Pregnancy Counselling guideline </td> </tr> <tr> <td data-bbox="331 1827 435 1892">Listen</td> <td data-bbox="435 1827 1505 1892"> <ul style="list-style-type: none"> • Bits and Bumps – O&G Podcast – some great talks from GP obstetricians </td> </tr> </tbody> </table>	Read	<ul style="list-style-type: none"> • RANZCOG Guidelines - Routine antenatal assessment in the absence of pregnancy complications • RANZCOG Guidelines - Prenatal Screening and Diagnosis of Chromosomal and Genetic Conditions in the Fetus in Pregnancy • RANZCOG Pre- Pregnancy Counselling guideline 	Listen	<ul style="list-style-type: none"> • Bits and Bumps – O&G Podcast – some great talks from GP obstetricians
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<p>FOLLOW UP/ EXTENSION ACTIVITIES</p> 	<ul style="list-style-type: none"> • Explore some controversies in antenatal care e.g. thyroid testing, serum screening for Downs and other genetic abnormalities • Role play the registrar discussing Down’s Syndrome screening, including the tests, risk assessment and implications 				

Antenatal Care

KFP Style Questions

27 year old Karen, a dental nurse, comes to see you for pre-pregnancy counselling. She has never been pregnant before. She takes escitalopram 10 mg for anxiety, and the OCP for contraception, but otherwise has no significant PMHx and is on no other medications. She is a non-smoker and drinks 3-4 glasses of wine per week. Her last pap smear was 2 months previously and was normal. She has no significant family history. Her examination is unremarkable.

QUESTION 1. What are the MOST IMPORTANT aspects of your pre pregnancy advice? List, in note form only, up to five (5) important aspects of advice.

1 _____

2 _____

3 _____

4 _____

5 _____

QUESTION 2. Six months later Karen presents and says that she is pregnant. She is uncertain of the date of her last period because they have been quite irregular since stopping the pill, but guesses she is about 6 weeks pregnant. What are the MOST IMPORTANT tests at this point of her care? Choose up to six (6) tests from the following list

- Oral glucose tolerance test
- HIV serology
- Vit B12 level
- BHCG
- Syphilis serology
- Hepatitis A serology
- Lupus anticoagulant
- Full blood count
- ESR
- PAPP-A
- Prolactin level
- Progesterone level
- Hepatitis B surface Ab
- Hepatitis C serology
- Mid-stream urine for MC+S
- LFT/EUC

Antenatal Care

ANSWERS

QUESTION 1

What are the MOST IMPORTANT aspects of your pre pregnancy advice? List, in note form only, up to five (5) important aspects of advice.

- Immunity and vaccination status – varicella, MMR, DTP, influenza
- Alcohol cessation
- Folate and iodine supplementation
- Discuss ongoing use of SSRI
- Lifestyle advice – diet, exercise

QUESTION 2

Six months later Karen presents and says that she is pregnant. She is uncertain of the date of her last period because they have been quite irregular since stopping the pill, but guesses she is about 6 weeks pregnant.

What are the MOST IMPORTANT tests at this point of her care?

- Syphilis serology
- Hepatitis B surface Ab
- Mid stream urine for MC+S
- HIV
- Full blood count