

Antenatal Care

GPs play a critical role in the management of pregnant women, with shared care utilised in up to 50 per cent of pregnancies in the public health system in Australia. Pregnancy-related encounters comprise 2.7 per cent of consultations in Australian general practice. Registrars frequently enter general practice with little or no obstetric experience, and therefore may 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 – past and current history, medications, examination, investigations, general advice etc. • Antenatal screening, including screening for Down’s Syndrome and reproductive carrier screening • Management of common problems in pregnancy • Conditions that need immediate or early referral • Options for care and referral pathways – private, shared care 						
<p>PRE-SESSION ACTIVITIES</p> 	<ul style="list-style-type: none"> • Review the 2016 RANZCOG resource Routine antenatal assessment in the absence of pregnancy complications 						
<p>TEACHING TIPS AND TRAPS</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 • Offer reproductive carrier screening to ALL women, regardless of family history and ethnicity • 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 438 1702">Read</td> <td data-bbox="438 1597 1528 1702">NHMRC 2018 Pregnancy Care Guidelines</td> </tr> <tr> <td data-bbox="331 1702 438 1825">Watch</td> <td data-bbox="438 1702 1528 1825">Antenatal examination</td> </tr> <tr> <td data-bbox="331 1825 438 1892">Listen</td> <td data-bbox="438 1825 1528 1892">Bits and Bumps – O&G Podcast – some great talks from GP obstetricians</td> </tr> </tbody> </table>	Read	NHMRC 2018 Pregnancy Care Guidelines	Watch	Antenatal examination	Listen	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"> • Undertake clinical reasoning activity and discuss with supervisor • Role play the registrar discussing Down’s Syndrome screening, including the tests, risk assessment and implications 						

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Clinical Reasoning Challenge

Karen, a 27-year-old 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 two 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-conception counselling? 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 six 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

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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 six 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