Stop Press!!!! SA Department of Health release Standards for the Management of the Obese Obstetric Woman in South Australia

GP partners Adelaide has emailed all GPs accredited with the SA GP Obstetric Shared Care Program, a link to the newly released Standards for the Management of the Obese Obstetric Woman in South Australia. Check your inbox for this valuable resource or access this document via the GP partners Adelaide website at this link: http://www.gppadenaide.org.au/Programs/GPObstetricSharedCareSA/tabid/350/Default.aspx

A number of key messages from this document include:

- **WHO Classification:**
  Obese BMI 30-34.9; Severely Obese BMI 34-39.9; Morbidly Obese BMI 40+

- Obesity during pregnancy is associated with well documented risks, these risks increasing as BMI increases.

- The risk of adverse infant health outcomes also increases in women who are overweight or obese.

- Women who are overweight or obese during pregnancy are at increased risk of developing complications during the birthing process.

- Women with a booking BMI of $\geq 30$kg/m$^2$ should be encouraged to limit their weight gain in pregnancy to 5 - 9kg or less.

- Early identification of an obese woman, timely specialist referral, assessment and provision of appropriate care and services will promote optimal health outcomes for the woman and her infant.

- In SA, women with a BMI of $\geq 60$kg/m$^2$ or $\geq 170$kg at any stage of pregnancy are to deliver at the Lyell McEwin Hospital or Flinders Medical Centre because these hospitals have appropriate ICU facilities.

The **Weight Management during Pregnancy** information pamphlet for patients is available for purchase from RANZCOG at the below link http://www.mitec.com.au/files/media/RANZCOG_O.pdf

**Early Diagnostic Testing for Gestational Diabetes in at-risk pregnant women**

The Australasian Diabetes in Pregnancy Society (ADIPS) recommends universal screening to detect abnormal glucose tolerance in pregnancy, however please consider that **oral glucose tolerance test (OGTT)**

- May be performed at any time during pregnancy if symptoms and signs of abnormal glucose tolerance e.g. excess thirst; polyuria, polyhydramnios, macrosomia.
- Should be performed early (around 12-16 weeks of gestation) for women
  - with a past history of gestational diabetes if a recent OGTT has not been performed
  - with severe obesity
- All women with gestational diabetes should have a glucose tolerance test at 6-12 weeks post partum
- The Gestational Diabetes Recall Registry should be offered (if the woman has not already been recruited to this) to facilitate long-term follow-up.

Women with known glucose intolerance outside pregnancy may be considered to have gestational diabetes from the time of conception and therefore a repeat OGTT is not required

**Important Messages from Recent CPD Events**

There was a request by GPs attending the recent Update Day for a copy of the Antenatal Risk Questionnaire. A downloadable print version is available from the Perinatal Practice Guidelines (Section 8 Chapter 140b) which are accessible via the GP Obstetric Shared Care website.


Our Rural Accreditation Seminar was held at Coonawarra and we were fortunate to have Professor Marc Keirse from FMC talk to us about various aspects of obstetric care.

Dr Cate Price, OSC GP Advisor has provided the following "take home" messages:

1. **Hypertension in Pregnancy**
   Hypertension is defined when the systolic BP is greater than or equal to 140 mm Hg and/or the diastolic BP is greater than or equal to 90 mm Hg.
   Chronic hypertension is diagnosed prior to pregnancy or before 20 weeks. Gestational hypertension is diagnosed after 20 weeks (without pre-existing hypertension).
   Blood pressure should be measured on the right arm with the woman seated, using the appropriate size cuff. A manual sphygmomanometer is preferable to an automatic machine.

2. **IUGR**
   GPs should ensure they measure the woman's symphysio-fundal height (SFH) and plot this on the growth chart in the pregnancy hand held record.
   If the SFH < 10th percentile or serial SFH measurements are flattening, then the GP should refer the woman for an ultrasound and request fetal size/growth compared with previous ultrasound, doppler of umbilical artery flow and amniotic fluid index.

**Assistance with Managing Perinatal Mental Health Issues**

In the situation where a pregnant woman is taking antidepressant or antipsychotic medication, it is often not necessary to cease the medication. This may in fact worsen her medical condition.

GPs are advised to contact the Drug Information in Pregnancy and Breastfeeding at the Women's and Children's Hospital. The telephone number is 81617222.

Shared care midwives at the participating hospitals are happy to take urgent referrals to the relevant mental health/perinatal health teams. There are a variety of services available for GPs seeking assistance with managing perinatal mental health issues as detailed in the South Australian GP Obstetric Shared Care Protocols - [http://www.gppadelaide.org.au/Portals/6/Programs/osc/2011-10/111012%20SA%20GP%20SC%20Protocols%20FINAL.pdf](http://www.gppadelaide.org.au/Portals/6/Programs/osc/2011-10/111012%20SA%20GP%20SC%20Protocols%20FINAL.pdf)
Remaining CPD Events for 2012

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<tr>
<th>Title</th>
<th>Dates/Time/Speaker</th>
<th>Venue</th>
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<tr>
<td>Medical Complications and Dermatology Issues in Pregnancy</td>
<td><strong>Date:</strong> 10th September 2012&lt;br&gt;<strong>Time:</strong> 6.30pm to 9pm&lt;br&gt;<strong>Facilitator:</strong> Dr Bill Jeffries, Endocrinologist, Dr Karen Koh, Dermatologist</td>
<td>GP partners Adelaide</td>
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<td>Pregnancy Diagnosed – Now What?</td>
<td><strong>Date:</strong> 18th September 2012&lt;br&gt;<strong>Time:</strong> 6.30pm to 9pm&lt;br&gt;<strong>Facilitators:</strong> GP OSC Advisors</td>
<td>GP partners Adelaide</td>
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<td>Treatment of Infections in Pregnancy including STI's</td>
<td><strong>Date:</strong> 16th October 2012&lt;br&gt;<strong>Time:</strong> 6.30pm to 9pm&lt;br&gt;<strong>Facilitator:</strong> Dr Sue Kennedy-Andrews, Obstetrician and Gynaecologist</td>
<td>Flinders Medical Centre</td>
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<td>OSC Accreditation Seminar</td>
<td><strong>Date:</strong> 3rd November 2012&lt;br&gt;<strong>Time:</strong> 8.45am to 4pm&lt;br&gt;<strong>Facilitator:</strong> Multiple Speakers including Dr Carl Lam and Dr Alphonse Roex</td>
<td>GP partners Adelaide</td>
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**CPD News**

Looking for ways to meet your CPD requirements or just updating your skills? RACGP recent check program on ‘Antenatal issues’ is an excellent option. This is a case based tool which covers many areas of antenatal care. If you wish to use this for your on going accreditation in OSC (4 points), then simply complete it, & provide evidence (i.e. certificate of completion) to Janet Salamon OSC Coordinator.

**Attention GP Registrars: Have you moved practice in August 2012?**

With the start of 2012 second semester, many GP registrars have moved practice location. Help us keep your Obstetric Shared Care accreditation and contact details up to date. Contact Janet Salamon at GP Partners Adelaide with your new contact details: jsalamon@gppadelaide.org.au or phone: (08) 8112 1100

**Changes in services from Women's and Children’s Outpatients Department**

From July, there have been some major changes within the services provided in the Women's Outpatients Department. An additional antenatal clinic will commence on Thursday mornings at the
Women's and Children's Hospital with the two satellite antenatal clinics that are run at The Queen Elizabeth Hospital changing to a Midwife led model. This change provides for an improved and efficient level of service for women with more complex obstetric concerns, while still maintaining a service for 'low risk' women within the western suburbs.

For further information please contact GP Obstetric Shared Care Midwife Coordinator at the Women’s and Children’s Hospital – Lyn Langley 08 81617493

**New Hub for GP Referrals to WCH Outpatient Departments**

The Women’s and Children’s Hospital has now established the ‘Admin Hub’ to manage referrals and appointment bookings for its outpatient departments. The single fax number for all OPD referrals is 8161 6246 and the central enquiries and appointment booking line for clients is 81617399. The single Referral to Women’s and Children’s Hospital Outpatient Department form is now available in four formats including web based and PDF versions and Best Practice and Medical Director templates.


**Bensons Radiology**

Due to the demand for ultrasound services Benson Radiology is unable to provide obstetric services to public patients (excluding public hospital sites where they provide imaging services).

Bensons provide scans for Obstetric Shared Care patients if referred by their GP.

*If you have any comments or possible news items, please contact Janet Salamon: jsalamon@gppadelaide.org.au*