

# Maternity and Reproductive Health Summary

## The role of the GP in maternity and reproductive health

As a GP, your role is to:

- Provide pre-conception advice and endeavour to optimize the health and wellbeing of women trying for pregnancy
- Work with midwives to provide antenatal care including routine antenatal care, and shared care with secondary care for more complicated pregnancies
- Provide postnatal care including support for breastfeeding, post-natal monitoring and medication management, detection and management of post-natal physical and mental health problems, and postnatal contraception
- Provide care for medical problems that are present in pregnancy – this may include physical or mental long-term health conditions that may pre-date the pregnancy, or that develop during pregnancy
- Provide care and support for women, and their partners, affected by pregnancy loss and infertility.

## Key Areas for Exam preparation

### Common and important conditions

- Perinatal mental illness (PMI) including adjustment disorders, antenatal depression, baby blues, chronic mental illness in the perinatal period, OCD, paternal PMI, postnatal depression, post-partum psychosis, post-traumatic stress disorder and tokophobia
- Pre-conception care and advice including health promotion advice (e.g. smoking cessation and weight loss), medication adjustments, optimisation of pre-existing medical conditions, rubella immunisation, supplementation
- Pregnancy with social complications – such as domestic violence, drug and alcohol misuse, homelessness, safeguarding concerns, teenage pregnancy
- Prescribing pre- and perinatally, including teratogenesis. Antenatal care
- Principles and guidelines for routine antenatal care including recommended supplements, dietary and lifestyle advice, immunisation in pregnancy
- Antenatal screening for fetal and maternal conditions
- Pregnancies complicated by pre-existing medical conditions including asthma, cancer, cardiac disease, diabetes mellitus, epilepsy, hypertension, HIV infection, mental health conditions, obesity, thyroid disease and venous thromboembolism
- Indications for aspirin prophylaxis
- Antenatal complications, such as:
  - Bleeding and pelvic/abdominal pain in pregnancy
  - Congenital abnormalities
  - Early pregnancy loss: miscarriage, ectopic and molar pregnancy
  - Growth problems: abnormal symphysial fundal height
  - Haematological problems e.g. haemoglobinopathies (including sickle cell disease and thalassaemia), haemolytic disease (including rhesus incompatibility and prophylaxis) and thromboembolism
  - Infections e.g. urinary tract infection, asymptomatic bacteriuria, group B streptococcus, chicken pox, chorioamnionitis cytomegalovirus, hepatitis, herpes simplex, HIV, listeria, parvovirus and rubella
  - Intrauterine death and stillbirth
  - Mal-presentation including breech and transverse lie
  - Metabolic problems arising in pregnancy e.g. hyperemesis, gestational diabetes, jaundice, obstetric cholestasis
  - Multiple pregnancy
  - Pregnancy induced hypertension, pre-eclampsia and eclampsia
  - Reduced foetal movements.

### Delivery

- As a GP you should understand this aspect of maternity care and women's experiences of the common types of delivery, but in general a GP is not expected to be able to provide intra-partum care.
- Normal labour and common problems of labour including premature labour, prolonged pregnancy, induction of pregnancy
- Caesarean sections: indications and associated complications, options for subsequent deliveries including vaginal birth.

**Postnatal care**

- Normal postnatal care including routine 'neonatal examination' and 'maternal six-week check'
- Infant feeding including breastfeeding. (Please also see Topic Guide on Children and Young People)
- Postnatal problems including breastfeeding problems, bladder and bowel problems, mental health problems, retained products, uterine infection, wound problems.
- Providing contraception advice postnatally and after pregnancy loss.

## Suggested resources:

### General Information

- Chamberlain G. ABC of Antenatal Care (4th edn) London: BMJ Books, 2002
- Department of Health. National Service Framework for Children, Young People and Maternity Services London: Department of Health, 2004
- Department of Health Social Exclusion Unit. Teenage Pregnancy London: Department of Health, 2004
- Latthe M, Bath S, Latthe PM (eds). Obstetrics and Gynaecology in Primary Care London: RCGP, 2003
- Royal College of Obstetricians and Gynaecologists (RCOG). Management of Women with Mental Health Issues during Pregnancy and the Postnatal Period (Good Practice No. 14) London: RCOG, 2011
- <https://www.nice.org.uk/guidance/qs22/chapter/quality-statement-10-screening-national-fetal-anomaly-screening-programmes>
- <https://www.bmj.com/content/321/7271/1235>
- <https://www.ectopic.org.uk>
- <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg13/>
- <https://www.nhs.uk/common-health-questions/pregnancy/what-are-the-risks-of-chickenpox-during-pregnancy/#close>
- <https://www.rcog.org.uk/globalassets/documents/patients/patient-information-leaflets/pregnancy/chickenpox-in-pregnancy.pdf>
- [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/322688/Viral\\_rash\\_in\\_pregnancy\\_guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/322688/Viral_rash_in_pregnancy_guidance.pdf)

### Unwanted pregnancy and termination of pregnancy are covered in the RCGP Topic Guide *Sexual health*.

- General Medical Council. Personal Beliefs and Medical Practice, 2008.
- <https://www.nhs.uk/conditions/abortion/>
- <https://patient.info/doctor/termination-of-pregnancy>
- <https://www.norwichccg.nhs.uk/news-news-events/244-termination-of-pregnancy-services>

### Perinatal Mental illness

- <http://www.nice.org.uk/guidance/CG192>
- <https://www.evidence.nhs.uk/search?q=perinatal%20mental%20health&ps=20&pa=5>

### Pre-conception care

- <https://cks.nice.org.uk/pre-conception-advice-and-management>
- <https://www.evidence.nhs.uk/search?q=preconception+care>

### Domestic violence

- <https://www.nice.org.uk/Guidance/PH50>
- <https://www.nice.org.uk/guidance/cg110/chapter/1-guidance>
- <https://www.evidence.nhs.uk/search?q=domestic+abuse+in+pregnancy>

### Drug and alcohol misuse (see separate topic)

- <https://www.evidence.nhs.uk/search?pa=3&q=Drug+Misuse+and+pregnancy>
- <https://pathways.nice.org.uk/pathways/drug-misuse-management-in-over-16s>
- <http://www.maternal-and-early-years.org.uk/topic/pregnancy/substance-use-and-misuse-in-pregnancy>

### Routine antenatal screening

- <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/antenatal-care/>
- <https://www.guidelines.co.uk/womens-health/nice-antenatal-care-guideline/252761.article>
- <https://www.evidence.nhs.uk/search?q=routine+antenatal+HIV+screening>

## Prescribing and pregnancy

- <https://bnf.nice.org.uk/guidance/prescribing-in-pregnancy.html>
- <https://www.nice.org.uk/Guidance/Conditions-and-diseases/Fertility--pregnancy-and-childbirth/Pregnancy>
- <https://www.evidence.nhs.uk/search?q=prescribing%20in%20pregnancy>

## Contraception (types and effectiveness, UK eligibility criteria)

- Faculty of Sexual and Reproductive Healthcare (FSRH). UK Medical Eligibility Criteria for Contraceptive Use. FSRH, 2009 [www.fsrh.org/pdfs/UKMEC2009.pdf](http://www.fsrh.org/pdfs/UKMEC2009.pdf) [www.fsrh.org](http://www.fsrh.org)
- Guillebaud J, MacGregor A. Contraception: Your Questions Answered (6<sup>th</sup> edn) Churchill Livingstone, 2013
- Guillebaud J, Briggs P and Kovacs G. Contraception: A Casebook from Menarche to Menopause Cambridge Press, 2013
- <https://www.rcog.org.uk/globalassets/documents/guidelines/unscheduledbleeding23092009.pdf>
- <https://www.fsrh.org/standardsandguidance/documents/ceuguidancequickstartingcontraception/>
- <https://www.fsrh.org/standards-and-guidance/current-clinical-guidance/emergency-contraception/>
- <https://www.ellaone.com/country-list/>
- <https://www.merckconnect.com/nexplanon/clinical-efficacy/return-to-ovulation/>
- <https://www.ncbi.nlm.nih.gov/pubmed/6102234>
- <https://sexwise.fpa.org.uk/contraception>
- <https://www.fsrh.org/ukmec/>
- <https://learning.nspcc.org.uk/research-resources/briefings/gillick-competency-and-fraser-guidelines/>
- [www.ippf.org](http://www.ippf.org)
- [www.mariestopes.org.uk](http://www.mariestopes.org.uk)
- <https://www.fsrh.org/standardsandguidance/documents/ceuguidancequickstartingcontraception/>
- <https://www.rcog.org.uk/globalassets/documents/guidelines/unscheduledbleeding23092009.pdf>
- <https://www.fsrh.org/standards-and-guidance/current-clinical-guidance/emergency-contraception/>
- <https://www.ellaone.com/country-list/>
- <https://www.merckconnect.com/nexplanon/clinical-efficacy/return-to-ovulation/>
- <https://www.ncbi.nlm.nih.gov/pubmed/6102234>

## Effect of established maternal conditions on pregnancy (see separate topics)

- <https://www.nice.org.uk/guidance/qs37/chapter/quality-statement-8-maternal-health-weight-management>
- <https://www.nice.org.uk/guidance/ng3/chapter/1-recommendations> (diabetes)

## Aspirin prophylaxis indications

- <https://www.evidence.nhs.uk/search?q=aspirin+in+pregnancy>
- <https://cks.nice.org.uk/antiplatelet-treatment>
- <https://www.rcog.org.uk/search-results/?q=aspirin%20in%20pregnancy>

## Antenatal complications

- <https://www.nice.org.uk/guidance/ng121>
- <https://pathways.nice.org.uk/pathways/intrapartum-care-for-women-with-obstetric-complications>

## Normal delivery

- <https://www.nice.org.uk/guidance/CG190>
- <https://www.nice.org.uk/guidance/ng25/chapter/recommendations>
- <https://www.evidence.nhs.uk/search?q=normal%20birth>

### **Assisted delivery**

- <https://www.evidence.nhs.uk/search?q=birth%20assisted%20delivery>
- <https://www.rcog.org.uk/en/patients/patient-leaflets/assisted-vaginal-birth-ventouse-or-forceps/>
- <https://www.nice.org.uk/guidance/cg70/chapter/introduction>
- [https://www.rcog.org.uk/globalassets/documents/guidelines/gtg\\_26.pdf](https://www.rcog.org.uk/globalassets/documents/guidelines/gtg_26.pdf)

### **Routine neonatal examination**

- <https://www.evidence.nhs.uk/search?q=initial+examination+of+the+newborn>
- [https://www.evidence.nhs.uk/search?om={%22ety%22:\[%22Guidance%22\]}&q=newborn+examination](https://www.evidence.nhs.uk/search?om={%22ety%22:[%22Guidance%22]}&q=newborn+examination)

### **Maternal 6 week check**

- <https://www.evidence.nhs.uk/search?q=postnatal+check>
- <http://www.nice.org.uk/Guidance/CG37>

### **Infant feeding** (Please also see Topic Guide on Children and Young People)

- <https://www.evidence.nhs.uk/search?q=INFANT+FEEDING+GUIDELINES>
- <https://www.nice.org.uk/guidance/population-groups/infants-and-neonates>

### **Postnatal problems**

- <https://cks.nice.org.uk/depression-antenatal-and-postnatal#!scenariorecommendation:1>
- <https://www.rcog.org.uk/en/careers-training/specialty-training-curriculum/core-curriculum/core-module-12-postpartum-problems-the-puerperium/>
- <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/gtg52/>

### **Post natal contraception**

- <https://www.fsrh.org/documents/contraception-after-pregnancy-executive-summary-document/>
- <https://www.evidence.nhs.uk/search?pa=2&q=postpartum+contraception>

### **Mental health /Dependency Alcoholism/ Eating disorders**

- NICE. Eating Disorders: core interventions in the treatment and management of anorexia nervosa, bulimia nervosa and related eating disorders London: National Institute for Health and Clinical Excellence, 2004
- Royal College of Obstetricians and Gynaecologists (RCOG). Management of Women with Mental Health Issues during Pregnancy and the Postnatal Period (Good Practice No. 14) London: RCOG, 2011