

Introduction

- One in five pregnant women in the United Kingdom is obese
- Obesity is associated with increased risk of both maternal and foetal adverse outcomes
- Guidelines recommend all women with a booking BMI over 40kg/m²:
 - Should be reviewed antenatally by a senior obstetric anaesthetist to guide risk assessment, medical optimisation and shared decision making (RCOG guidelines)¹
 - Should be reweighed in the third trimester for accurate venous thromboembolism risk scoring and prophylactic low molecular weight heparin dosing (2021 MMBRACE report)²
- The COVID-19 pandemic inadvertently impacted the obstetric anaesthetic service in our institution:
 - Consultations had to be adapted to telephone and virtual methods
 - Reconfiguration of hospital areas led to a loss of designated clinic space

Aim and methods

- Aim: to assess whether our practice continued to meet national standards in the wake of the above changes
- Method: retrospective review of:
 - All women with a BMI over 40 kg/m²
 - Undergoing caesarean section (elective or emergency)
 - Over a six-month period (1/4/22 to 31/9/22)

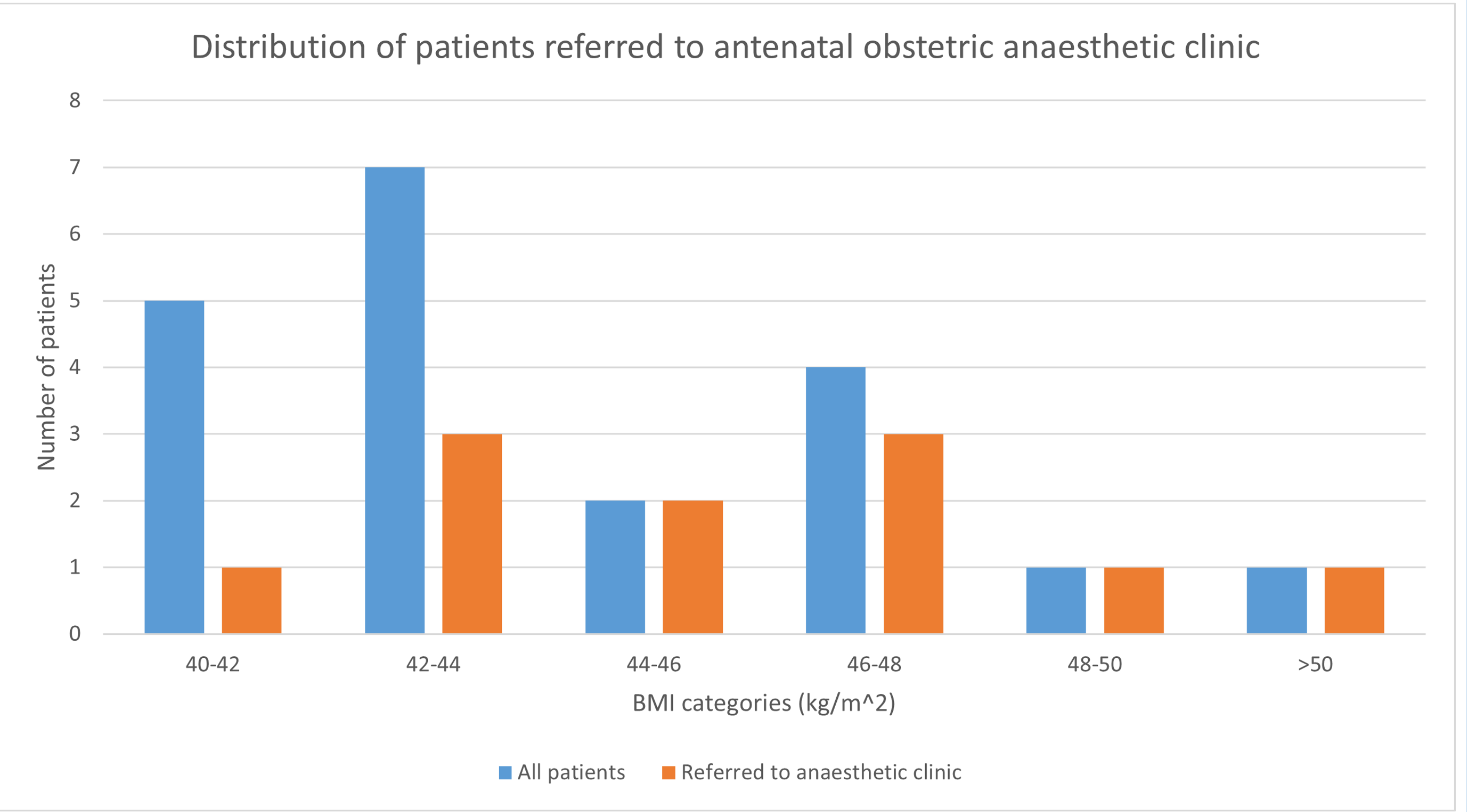
References

1. Royal College of Obstetricians and Gynaecologists. Care of Women with Obesity in Pregnancy. Green-top Guideline No. 72. London: RCOG; 2018

2. Saving Lives, Improving Mothers' Care Lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2017-19

Results

- 20 women met inclusion criteria
 - Category 1-3 CS—12 women
 - Category 4 CS—8 women
- 100% of patients had booking height, weight and BMI recorded
- Only 20% (4/20) of patients were reweighed in the third trimester
- 55% (11/20) of patients had been referred to and reviewed in the antenatal obstetric anaesthetic clinic



Discussion

- Our audit showed that our institution did not meet national standards following the COVID-19 pandemic
- Possible reasons identified:
 - Lack of awareness of the RCOG standards and referral criteria (especially for women with a BMI of 40-45kg/m²)
 - Lack of awareness of new MMBRACE recommendations on reweighing in the third trimester
 - Logistical issues in undertaking face-to-face reviews without designated clinic space
- Interventions
 - Dissemination of results at joint anaesthetic, obstetric and midwifery governance meeting
 - Raising awareness of national standards to ensure referral of all women with a BMI over 40kg/m² and reweighing in the third trimester
 - Resumption of face-to-face reviews at designated anaesthetic clinic since March 2023

- A reaudit is planned in 6 months