



# Burdwood Surgery

Wheelers Green Way, Thatcham, Berkshire, RG19 4YF

Tel: **01635 868006**

Email: [burdwoodsurgery@nhs.net](mailto:burdwoodsurgery@nhs.net)

Website: [www.burdwoodsurgery.nhs.uk](http://www.burdwoodsurgery.nhs.uk)

## Antenatal Care Schedule Protocol

Patients with early pregnancy symptoms attend their GP Surgery and are asked to make a 'Booking In' appointment by the Receptionists for 8 – 10 weeks with the midwife following their last menstrual period. They are asked to bring a urine sample.

Our patients have the choice to go to any of our four main hospitals:-

Royal Berkshire Hospital, Reading

Basingstoke & North Hampshire Hospital

John Radcliffe Hospital, Oxford

Great Western Hospital, Swindon

Please bear in mind that the only hospital that holds clinics at the West Berkshire Community Hospital in Newbury is the Royal Berkshire Hospital. If you choose any of the other hospitals, you would have to attend that specific hospital for all your scans/booking in and bloods tests.

Midwife General Enquiries at the West Berkshire Community Hospital: 0118 322 8059 (8.30-17.00)

<u>Stage of Pregnancy</u>	<u>Mother</u>	<u>Who will you see</u>	<u>Recommendations</u>
Pre-booking Appointment <8 weeks	All	GP	<p>Provide the following:-</p> <p>Information Pack (RBFT maternity Services) which includes DVD Your Journey to Parenthood containing the 'Quick Look Book' with all antenatal information.</p> <ol style="list-style-type: none"><li>1. the NHS UK National Screening Committee information booklet 'Screening Tests for you and baby'</li><li>2. Advice on how to download the NHS Pregnancy Book from NHS website</li><li>3. Discuss Folic Acid prophylaxis &amp; Vitamin D supplements and/or Healthy Start Vitamins</li><li>4. Provide named Midwife contact information.</li><li>5. Arrange a booking in appointment between 8-10 weeks of pregnancy.</li></ol> <p>For women already 12 weeks or over they MUST be seen by a Midwife within 2 weeks of referral.</p>

8-10 weeks	All	Midwife	<p>Booking Appointment:  Discuss:  Lifestyle considerations, pregnancy care services.  Using the booking form identifies women who may need additional care; determine risk factors for gestational diabetes.  Advise women on benefits of taking Vitamin D supplements/Healthy Start Vitamins.  Screening, early ultrasound.  Provide leaflet 'Parent Guide to Money'.  Discuss place of birth and give information choosing where to have your baby.  Clinical examination to include as minimum:-      blood pressure      urinalysis      weight      body mass index      screening bloods (full blood count, serology, group, antibody screen and haemoglobinopathies)      mid-stream urine sample  Inform women &lt;25 years about high prevalence of Chlamydia infection and offer screening.  Ask if any previous group B strep infection?  Booking forms and scan request form to hospital of patient's choice, within 5 days for Nuchal/dating scan (11-13 weeks).  Physiotherapy information.  Referral to Consultant care if risk factors identified – attach referral letter to booking forms.  If previous LSCS – give patient information re: VBAC.  Gain consent to share information with Health Visitor and Local Authority if social risk factors are identified.  Advise patient that the Flu Vaccine is available from September to January/February, book one at Reception.  Answer patients' questions.</p>
11-13 weeks and 6 days	All		<p>Combined down syndrome screening (USS Nuchal translucency and Serum)  dating scan</p>

16 weeks	All	Midwife	<p>Discuss/record booking screening test results. Review blood pressure, discuss signs and symptoms PET. urinalysis listen to foetal heart</p> <p>For women with previous gestational diabetes (see ‘Screening for gestational diabetes’’) arrange a diagnostic test as per policy for those women who did not have combined screening, offer second trimester down syndrome screening.</p> <p>Discuss and arrange Anti D prophylaxis (if blood group Rh Negative) and book appointment for a 30 weeks gestation.</p> <p>Discuss antenatal education: first time mothers only, all antenatal classes will be through the NCT only</p>
18-20 weeks	Scan		<p>Anomaly scan Discuss whooping cough vaccine (Pertussis vaccination) can be given from 20 weeks Call in to surgery for MatB1 and include name and due date</p>
25 weeks	First time mothers	GP	<p>Review measure and plot symphysis – fundal height listen to foetal heart blood pressure urinalysis</p>
28 weeks	All	Midwife	<p>Review measure and plot symphysis - fundal height Listen to foetal heart blood pressure urinalysis full blood count and antibody screen If appropriate (if blood group is Rh Negative), ensure Anti D appointment has been given for 30 weeks gestation. For women at <u>high risk of developing diabetes</u> (see guideline) arrange a diagnostic test. Discuss options for place of birth. Ensure antenatal classes have been booked – for first time mothers only – all antenatal classes will be through the NCT only</p>
31 weeks	All	GP	<p>review discuss/record test results Check blood results. measure and plot symphysis-fundal height listen to foetal heart blood pressure urinalysis</p>

**From this time it is important to keep a careful note of the baby’s movements. Patients should recognise patterns of movements. If no movement contact GP, Midwife or hospital.**

34 weeks	All	Midwife (double appt if having baby at RBH)	<p>review</p> <p>measure and plot symphysis-fundal height</p> <p>listen to foetal heart</p> <p>blood pressure</p> <p>urinalysis</p> <p>full blood count</p> <p>Discuss birth preferences/place of birth.</p> <p>Complete 34 week checklist.</p> <p>Complete infant feeding assessment.</p> <p>Gain consent to share current information with Health Visitor and GP</p> <p>Weight, if body mass index &gt;40 refer for ANC appointment.</p> <p>Screen for MRSA as per flow chart.</p> <p>Identify those women whose babies require BCG vaccination (Tuberculosis (TB)) and give BCG information leaflet</p> <p>Also give information leaflets on:-</p> <ul style="list-style-type: none"> <li>Prevention of SIDS – reducing the risk of cot death</li> <li>Vitamin K for Babies</li> <li>Neonatal Blood Spot Screening – using NHS UK Screening Tests for you &amp; baby</li> <li>Foetal Monitoring in labour</li> <li>Post-natal care: Where &amp; When</li> </ul>
36 weeks	All	Midwife	<p>Review</p> <p>Measure and plot symphysis-fundal height</p> <p>Check the position of baby, if breech , refer to ANC</p> <p>listen to foetal heart</p> <p>blood pressure</p> <p>urinalysis</p> <p>Check and record full blood count and MRSA screening result.</p> <p>Discuss option of stretch and sweep at term for first time mothers.</p>
38 weeks	All	GP	<p>Review</p> <p>Measure and plot symphysis-fundal height</p> <p>listen to foetal heart</p> <p>blood pressure</p> <p>urinalysis</p>
40 weeks	PRIMIP	Midwife	<p>Review</p> <p>Measure and plot symphysis-fundal height</p> <p>listen to foetal heart</p> <p>record presentation</p> <p>blood pressure</p> <p>urinalysis</p> <p>Offer membrane sweep and book induction of labour – provide PIL: re induction of labour.</p>

41 weeks	All	Midwife	Review Measure and plot symphysis-fundal height listen to foetal heart record presentation blood pressure urinalysis Discuss and arrange induction of labour. Offer a membrane sweep.
<p>At <b>41+ weeks</b> patients are offered a vaginal examination to sweep the membranes. This may be enough to begin labour, without the need to be induced An appointment will be made to attend the Delivery Suite of patient's choice 12 days after due date (EDD) – (NB: 12 days at NHH &amp; GWH) for induction of labour if the sweep has not resulted in labour.</p>			

Additional information leaflets will be given on an individual basis depending on clinical need.

If during any antenatal assessment the midwife detects a deviation from the normal, she must refer to the Consultant clinic for assessment.

All women who do not attend antenatal appointments must be followed up as per the guidelines Non-Attendees at Antenatal Clinics/No access visits.

**References:**

- Antenatal care – Routine care for the healthy pregnant woman. NICE Clinical guideline 62 March 2008.
- Diabetes in pregnancy – management of diabetes and its complications from preconception to the postnatal period. NICE Clinical Guideline 63 March 2008.

**Postnatal Care for Burdwood Surgery patients:**

The midwife will usually see patients at home the day after hospital discharge (after birth) for first time mothers or C-section deliveries. The midwife will usually see mothers having their second (plus) baby 2 days after birth at home.

Day 3, Day 4 – for baby weight check + feeding evaluation

Day 5 – neonatal blood spot screening + feeding evaluation

Day 10 – baby weight check and blood pressure for mother. Discharge to Health Visitor and GP care – if appropriate. Women are offered an appointment at the Surgery to see their GP – for wellbeing / contraception / mood checks

All postnatal checks are carried out at the patient's home or attend the WBCH Clinic (by appointment with the midwife). Other visits can be arranged when necessary.

**The Following hospitals offer Maternity Services:**

Royal Berkshire Hospital London Road Reading Berkshire RG1 5AN	Delivery Suite Switchboard Triage line	0118 322 7303 0118 322 5111 0118 322 7304 (24/7)
Basingstoke & North Hampshire Hospital Aldermaston Road Basingstoke Hampshire RG24 9NA	Delivery Suite Antenatal Ward Ultrasound Switchboard Antenatal Clinic	01256 313795 (triage) 01256 473202 ext 4464 01256 314776 01256 473202 01256 314720

Great Western Hospital Marlborough Road Swindon Wiltshire SN3 6BB	Antenatal Clinic Antenatal Appointments Delivery Suite Scan Department	01793 604071 01793 604070 01793 604575 01793 604822
John Radcliffe Hospital Headley Way Headington Oxford OX3 9DU	Ultrasound & Prenatal Diagnosis Unit Delivery Suite Switchboard	01865 221715 01865 221987 01865 741166

**Private Scanning** - the following hospitals can offer scans such as:-

Foetal Viability (6-11 weeks)

Dating (6-11 weeks)

Foetal well-being & reassurance (14 weeks +)

Foetal sex (20 weeks +) and 3D/4D scans (27-36 weeks).

Please note, these are PRIVATE scans and do incur a PRIVATE FEE (anything from £100-£500 depending on which type of scan), please enquire below for up to date charges.

Berkshire Independent Scanning 11 Kendrick Road Reading RG1 5DU <a href="http://www.berkshireindepentscanning.co.uk">www.berkshireindepentscanning.co.uk</a>	0870 027 4321
Princess Margaret Hospital Osborne Road Windsor Berkshire SL4 3SJ	01753 743405
Ridgeway Hospital Moormead Road Wroughton Swindon Wiltshire SN4 9DD	01793 816012
137 Harley Street London W1G 6BG	0207 486 0476
Spire The Glen Hospital Bristol	07747 031 393 (Mr Akande)
The Bridge Clinic Oldfield Lodge Bridge Road Maidenhead SL6 8DG	01628 760 900

Midwives give the following information to the patients:

- Anti D Clinic at WBCH: Appointment arranged by midwife, RBH patients only.
- Antenatal Classes: Information given by midwife for patient to make booking
- Postnatal Clinics: everyday by appointment- 01183228694
- Health Visitors: 01635 295444 at Thatcham Medical Surgery
- Planned Home Births: Contact a midwife at onset of labour on:- 0118 322 7304

**Websites:**

[www.rbhmaternity.co.uk](http://www.rbhmaternity.co.uk) - for patient information on pregnancy and birth related topics from RBH

[www.infochoice.org](http://www.infochoice.org) – information about options of procedures for births, breach, epidurals,

[www.womens-health.co.uk](http://www.womens-health.co.uk) – information for women having babies

[www.nctpregnancyandbabycare.com](http://www.nctpregnancyandbabycare.com) – National Childbirth Trust information

[www.dsa-uk.com/frameset.htm](http://www.dsa-uk.com/frameset.htm) - re Downs Syndrome Association – Local: 07847 327 528 / National helpline: 0208 682 4001

[www.eatwell.gov.uk](http://www.eatwell.gov.uk) – more detailed information about healthy eating and drinking

[www.alcoholconcern.org.uk](http://www.alcoholconcern.org.uk) – for concerns about drinking

NHS Pregnancy Helpline for smoking cessation – 0800 169 9169

[www.berkshirerwomensaid.org.uk](http://www.berkshirerwomensaid.org.uk) – for vulnerable women - 0118 950 4003

Other information can be accessed by the midwife / GP / Health Visitors

For antenatal education – please contact the NCT: 0208 7522315 and speak to your midwife for more information.