

Current awareness for Midwifery

Recent guidelines, reports and articles

July 2020

Guidelines

The following guideline(s) may be of interest:

[COVID-19 - guidance for neonatal settings](#)

British Association of Perinatal Medicine (BAPM); 2020.

<https://www.rcpch.ac.uk/resources/covid-19-guidance-neonatal-settings>

[Updates in this version (24 June):

Parents and visitors to NNU: updated RCM breastfeeding review information and download added.

Breastfeeding by suspected or confirmed COVID-19 mothers: RCM breastfeeding review information added.]

Freely available online

Reports

The following report(s) may be of interest:

[First Do No Harm: The report of the Independent Medicines and Medical Devices Safety Review.](#)

Independent Medicines and Medical Devices Safety Review; 2020.

<https://www.immdsreview.org.uk/Report.html>

[This report from Baroness Cumberlege's review looking at Primodos (hormone based pregnancy test), sodium valproate and pelvic mesh found the healthcare system (NHS, private providers, regulators, professional bodies, pharmaceutical & device manufacturers, policymakers) is disjointed, siloed, unresponsive and defensive.]

Freely available online

[Online infant mental health training resources for professionals.](#)

Parent-Infant Foundation; 2020.

<https://parentinfantfoundation.org.uk/online-infant-mental-health-training-resources-for-professionals/>

[Reviews and describes the online infant mental health training available for professionals. The nature of online content is such that it evolves continually and therefore this resource is not promoted as a comprehensive summary.]

Freely available online

[Patients are often unsatisfied with the explanation they receive when something goes wrong.](#)

NIHR Evidence; 2020.

<https://evidence.nihr.ac.uk/alert/patients-are-often-unsatisfied-with-the-explanation-they-receive-when-something-goes-wrong/>

[NIHR Alert. Researchers in Leeds and Bradford explored the expectations and challenges faced by both patients and healthcare professionals in talking about clinical errors. They found patients and professionals have different attitudes. Patients want accountability, an apology and a commitment that the same mistake will not be made again. In most cases, they are not satisfied with how they were told about a

clinical error.]
Freely available online

Articles

The following journal articles are available from the Library and Knowledge Service electronically or in print. Please follow links to access full text online, contact me to order copies, or call into the library.

[Accuracy of PE rule-out strategies in pregnancy: secondary analysis of the DiPEP study prospective cohort.](#)

Goodacre S. *Emergency Medicine Journal* 2020;37(7):423-428.

[Strategies using clinical probability and D-dimer have limited diagnostic accuracy and do not accurately rule out all PE in pregnancy. It is uncertain whether PE missed by these strategies lead to clinically important consequences.]

[Comparative effectiveness of risk mitigation strategies to prevent fetal exposure to mycophenolate.](#)

Sarayani A. *BMJ Quality & Safety* 2020;29(8):636-644.

[Conclusion: While the Risk Evaluation and Mitigation Strategy (REMS) programme achieved less pregnancies at treatment initiation, it failed to prevent the onset of pregnancy during treatment. Enhanced approaches to ensure effective contraception during treatment should be considered.]

[Dietary Factors During Pregnancy and Atopic Outcomes in Childhood: A Systematic Review From the European Academy of Allergy and Clinical Immunology.](#)

Venter C. *Pediatric Allergy and Immunology* 2020;;doi: 10.1111/pai.13303.

[Prenatal supplementation with vitamin D may have beneficial effects for prevention of asthma. Additional nutritional factors seem to be required for modulating the risk of skin and gastrointestinal outcomes. We found no consistent evidence regarding other dietary factors, perhaps due to differences in study design and host features that were not considered. Whilst confirmatory studies are required, there is also a need for performing RCTs beyond single nutrients/foods.]

Available with an NHS OpenAthens password for eligible users

[Dismantling racism in education: In 2020, the year of the nurse & midwife, "it's time." \[Editorial\]](#)

Nurse Education Today periodical 2020;;Available online 12 July 2020.

[SLAM Nursing Associate apprentice Mushtag Kahin is a co-author of this timely editorial. "Worldwide, seismic upheavals and demonstrations demand the dismantling of structural, individual and ideological racism (SIIR). ... #BlackLivesMatter momentum is building and we hope and urge, in this International Year of the Nurse and Midwife, that nursing and midwifery educators respond to this call with insight, honesty and fierce actions that eradicate SIIR from nursing, midwifery and the academy."]

Freely available online

[Does prenatal attachment increase over pregnancy?](#)

Close C. *British Journal of Midwifery* 2020;28(7):436–441.

[Prenatal measurement can highlight early attachment issues in mothers and prenatal attachment could be a predictor of postnatal attachment. It is necessary to better understand prenatal attachment trends in both genders to identify and intervene quicker when attachment issues are present. This paper explores the changes in parent-fetal attachment throughout pregnancy, examining attachment score changes and differing gender trends.]

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[Emotional intelligence and coping with stressful conditions: the case of Iranian midwives.](#)

Yaralizadeh M. *British Journal of Midwifery* 2020;28(7):430–434.

[This study aimed to evaluate the relationship between emotional quotient (EQ) and coping with stress among midwives in Ahvaz, Iran. This was a cross-sectional study involving (n=300) midwives employed in the university hospitals of Ahvaz, Iran. Midwives with an associate or higher degree in midwifery and with at least three years of service were recruited.]

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Exercise during pregnancy.

Gerrard J. *British Journal of Midwifery* 2020;28(7):450.

[What physical activity is considered safe during pregnancy? The author offers key advice from a midwife's point of view. Exercise during pregnancy is safe for women and their unborn babies. It is essential that midwives advise women of the UK chief medical officer's ([CMO], 2019) physical activity guidance and support them during pregnancy to be physically active and to exercise safely.]

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Fathers get depressed too: lifestyle and relationship factors, stress and sleep quality are associated with depression in new fathers in the first 6 months postbirth.

Oyelade O O. *Evidence-Based Nursing* 2020;23(3):76.

[Men's resilience towards the transition to fatherhood should be assessed as part of prenatal preparation for couples expecting their first baby.

Research on psychological management of postdelivery stress for families of new babies should include interventions on adjustment strategies.]

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Higher versus lower protein intake in formula-fed low birth weight infants.

Fenton TR. *Cochrane Database of Systematic Reviews* 2020;6:CD003959.

[BACKGROUND: The ideal quantity of dietary protein for formula-fed low birth weight infants is still a matter of debate. Protein intake must be sufficient to achieve normal growth without leading to negative effects such as acidosis, uremia, and elevated levels of circulating amino acids.]

Maternal weight status before pregnancy is strongly associated with offspring weight status in childhood.

Cooper R. *Evidence-Based Nursing* 2020;23(3):91.

[When designing strategies to prevent childhood obesity, the weight status of women prepregnancy is a potential target for intervention. Research is needed to identify interventions that are effective in reducing the prevalence of maternal prepregnancy obesity.]

Available with an NHS OpenAthens password

Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis

Chu DK. *Lancet* 2020;;S0140-6736(20)31142-9.

[Chu et al systematically review 172 observational and 44 comparative studies. No RCT data is available. The findings show a reduction in risk of 82% with a physical distance of 1 m. Every additional 1 m more than doubles protection. Masks and respirators reduce risk of infection by 85%. Multilayer masks are more protective than single. Eye protection results in 78% reduction. A combination of physical distancing, face mask use and other interventions are needed until we have a vaccine.]

Freely available online

Probiotic treatment for women with gestational diabetes to improve maternal and infant health and well-being.

Okesene-Gafa KA. *Cochrane Database of Systematic Reviews* 2020;6:CD012970.

[BACKGROUND: Gestational diabetes mellitus (GDM) is carbohydrate intolerance first recognised during pregnancy and associated with complications for mothers and babies. Probiotics are naturally occurring micro-organisms, which when ingested in adequate amounts, may confer health benefits. Evidence of the

role of probiotics as treatment for GDM is limited.

OBJECTIVES: To evaluate the safety and effectiveness of probiotics in treating women with GDM on maternal and infant outcomes.]

REMS in pregnancy: system perfectly designed to the get the results it gets. [Editorial]

Zipursky J. *BMJ Quality & Safety* 2020;29(8):615-618.

["Most REMS programmes that aim to restrict drug use in pregnancy focus on education. Anecdotally, providers report that when pregnancies do occur, they were unlikely to have been prevented by written protocols and guidelines. 20 Patients feel that REMS such as iPLEDGE are anxiety-provoking, focus too heavily on teratogenicity, and lack appropriate guidance on effective contraception..."]

Skin preparation for preventing infection following caesarean section.

Hadiati DR. *Cochrane Database of Systematic Reviews* 2020;6:CD007462.

[The risk of maternal mortality and morbidity is higher after caesarean section than for vaginal birth. With increasing rates of caesarean section, it is important to minimise risks to the mother as much as possible. This review focused on different skin preparations to prevent infection. OBJECTIVES: To compare the effects of different antiseptic agents, different methods of application, or different forms of antiseptic used for preoperative skin preparation for preventing postcaesarean infection.]

The Effect of Antenatal Pelvic Floor Muscle Exercises on Labour and Birth Outcomes: A Systematic Review and Meta-Analysis.

Sobhgol SS. *International Urogynecology Journal* 2020;doi: 10.1007/s00192-020-04298-1.

[Antenatal PFME may be effective at shortening the second stage of labour and reducing severe perineal trauma. These findings need to be interpreted considering the included studies' risk of bias. More high-quality RCTs are needed.]

Contact the library for a copy of this article

The value of clinical mnemonics.

McEwan T. *British Journal of Midwifery* 2020;28(7):398–399.

[Tom McEwan, midwifery lecturer and honorary advanced neonatal nurse practitioner, offers some aids for supporting staff and students to perform the newborn and infant physical examination. In the final article of my series exploring neonatal topics relevant to the midwife, I'd like to explore the newborn and infant physical examination (NIPE), and share some aids I have created to support health professionals and student midwives to undertake this screening examination.]

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Ask us about **KnowledgeShare** to receive fortnightly emails highlighting relevant reports and articles



Black Lives Matter: we will work with others to drive forward positive change



The events of the past few months have led to a lot of discussion and reflection here at the NMC. For many colleagues, this discussion has been against a backdrop of personal pain, anger and sorrow.

The statistics around how Covid-19 disproportionately affects people from black, Asian and ethnic minority backgrounds are deeply concerning. Time and time again the Covid-19 pandemic exposed deep seated inequalities, including those faced by ethnic minority nursing and midwifery professionals.

Our Chief Executive and Registrar, Andrea Sutcliffe wrote a blog about the Black Lives Matter movement. We've also since released a statement in response to the PHE report: Beyond the data: Understanding the impact of Covid-19 on BAME groups.

[Read more here](#)

Our role as the lockdown eases



We've had an important role to play during the Covid-19 pandemic to support you to continue delivering safe, effective and kind care for people during these unprecedented times.

As we move from the emergency into recovery, we're gradually introducing changes to support professionals to provide the best and safest care to people as health and social care transitions towards a new normal.

[More information here](#)

Guest articles



Experience of a Windrush midwife and nurse

"It was the spring of 1970 when I boarded the aircraft for the nine and a half hour flight across the Atlantic, bound for the UK. As a young 18-year-old I was both excited and nervous to be leaving the beautiful island of Trinidad in the West Indies – also known as the land of the hummingbird."

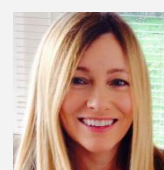
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**Patrice
Corea**
Retired
midwife and
nurse

Professionalism and trust during a pandemic

"Throughout this extraordinary time, the four Ps of the Code have acted as a cornerstone to every action and decision taken."



**Caroline
Diamond**
Head of
Midwifery and

Whilst the four Ps are interwoven and normally without hierarchy of importance, during the pandemic it is clear Preserving Safety was a driving force.”

Gynaecology

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Have your say on what post-lockdown society looks like

The charity, Demos has opened a new debate about Britain's future, and they're asking you to contribute. Don't miss the chance to have your say.

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Future midwife standards: first courses approved

After launching our new standards for midwifery in January, we're delighted to announce that we've begun approving courses against them.

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Become an associate



Revalidating during the

Council member

Gain experience of being part of a Council and develop the skills needed to be a non-executive director.

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Covid-19 emergency

Find out how we'll support you to meet your revalidation requirements during this time.

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Are you a health visitor or have a SCPHN qualification?



We're holding webinars to review our post-registration standards. Nursing practice is different today than it was a decade ago and we know it will evolve further in the next ten years.

That's why we're reviewing the education standards we set for specialist community public health nursing (SCPHN) and specialist practice qualifications (SPQs). These are the post-registration qualifications people gain after they've joined our register.

So please do get involved by joining one of our [upcoming webinars](#), especially if you work as a health visitor and/or have a SCPHN qualification.

[Read More](#)

Webinar dates



29 June 2020, 12:00 - 13:00



30 June 2020, 13:00 - 14:00



10 July 2020, 13:00 - 14:00



15 July 2020, 13:00 - 14:00



21 July 2020, 13:00 - 14:00



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NMC Nursing &
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As the professional regulator of nurses and midwives in the UK, and nursing associates in England, we work to ensure these professionals have the knowledge and skills to deliver consistent, quality care that keeps people safe.

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