

Current awareness for Midwifery

Recent guidelines, reports and articles

June 2020

Guidelines

The following guideline(s) may be of interest:

Coronavirus (COVID-19) infection and pregnancy. Updated Version 10

Royal College of Obstetricians and Gynaecologists (RCOG); 2020.

<https://www.rcog.org.uk/coronavirus-pregnancy>

[Version 10: updated 4 June 2020.

Version 10 of the coronavirus (COVID-19) infection in pregnancy guidance has been restructured to condense its content and ensure the evidence and rationale for advice is explicit. This version also contains new content on labour and birth for women who are asymptomatic of COVID-19, updates to advice for women with clinical deterioration, reference to the new testing frameworks and further advice regarding prevention of venous-thromboembolism.]

Freely available online

COVID-19 & clinical management of mental health issues.

NIHR; 2020.

<https://oxfordhealthbrc.nihr.ac.uk/our-work/oxppl/covid-19-and-mental-health-guidance/>

[Summary of the best available guidance about key COVID-19 questions that frontline mental health clinicians are facing every day.]

Freely available online

Genital Examination in Women.

Royal College of Nursing (RCN); 2020.

<https://www.rcn.org.uk/professional-development/publications/rcn-genital-examination-in-women-pub007961>

[This new edition provides standards and sample assessment tools for training in genital examination in women for registered nurses working in sexual and reproductive health settings, and related health and social care settings.]

Freely available online

Reports

The following report(s) may be of interest:

Beyond the data: understanding the impact of Covid-19 on BAME groups.

Public Health England; 2020.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/892376/COVID_stakeholder_engagement_synthesis_beyond_the_data.pdf

[This report is a descriptive summary of stakeholder insights into the factors that may be influencing the impact of Covid-19 on BAME communities and strategies for addressing inequalities. The report summarises requests for action, which have been used to inform a number of recommendations. It also

includes a rapid literature review. These insights will form the basis of the next steps being taken forward by the Equalities Minister.]

Freely available online

[The mental health effects of the first two months of lockdown and social distancing during the Covid-19 pandemic in the UK.](#)

Institute for Fiscal Studies (IFS); 2020.

<https://www.ifs.org.uk/publications/14874>

[IFS Working Paper W20/16. This report discusses the impact of Covid-19 on mental health. It finds that mental health in the UK has worsened substantially as a result of the Covid-19 pandemic, particularly for groups that already had lower levels of mental health before Covid-19, such as young adults and women.]

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.

[A systematic scoping review of COVID-19 during pregnancy and childbirth.](#)

International journal of gynaecology and obstetrics : the official organ of the International Federation of Gynaecology and Obstetrics. 2020 Apr 24. doi: 10.1002/ijgo.13182.

CONCLUSION: COVID-19 infection during pregnancy probably has a clinical presentation and severity resembling that in non-pregnant adults. It is probably not associated with poor maternal or perinatal outcomes.

Available with an NHS OpenAthens password

[Against the grain: midwives' experiences of facilitating home birth outside of guidelines.](#)

Larner L. *British Journal of Midwifery* 2020;28(6):370–376.

[Midwifery standards promote autonomous decision-making and informed choice, resulting in maternal home birth choices which may contravene guidelines. There is a paucity of evidence exploring midwives' experiences of managing these choices. This study aimed to explore the lived experiences of midwives facilitating home birth outside of guidelines.]

Available with an NHS OpenAthens password for eligible users

[Association Between Mode of Delivery Among Pregnant Women With COVID-19 and Maternal and Neonatal Outcomes in Spain.](#)

Martínez-Perez O. *JAMA* 2020;;doi:10.1001/jama.2020.10125.

[This cohort study estimates associations between mode of delivery (vaginal vs cesarean delivery) and maternal and neonatal birth outcomes among SARS-CoV-2–infected women giving birth in Spain.]

Freely available online

[Caring for Women Who Are Planning a Pregnancy, Pregnant, or Postpartum During the COVID-19 Pandemic.](#)

Rasmussen SA. *JAMA* 2020;;doi:10.1001/jama.2020.8883.

[This JAMA Insights Clinical Update discusses what is known about the epidemiology and effects of SARS-CoV-2 infection in pregnancy, and summarizes Centers for Disease Control and Prevention (CDC) and professional organization (AAP and ACOG) recommendations for care of pregnant women with COVID-19.]

Freely available online

[Characteristics and outcomes of pregnant women hospitalised with confirmed SARS-CoV-2 infection in the UK: a national cohort study using the UK Obstetric Surveillance System \(UKOSS\)](#)

medRxiv 2020;;online pre-print.

[Conclusions: The majority of pregnant women hospitalised with SARS-CoV-2 were in the late second or

third trimester, supporting guidance for continued social distancing measures in later pregnancy. Most had good outcomes and transmission of SARS-CoV-2 to infants was uncommon. The strong association between admission with infection and black or minority ethnicity requires urgent investigation and explanation.]

Freely available online

[Comparative impact of pharmacological treatments for gestational diabetes on neonatal anthropometry independent of maternal glycaemic control: A systematic review and meta-analysis.](#)

PLoS Med; 2020.

<http://dx.plos.org/10.1371/journal.pmed.1003126>

[There are significant differences in body mass between babies whose mothers were randomised to glyburide, metformin, and insulin to treat GDM. Our results highlight the importance of considering the effects of treatment on both mother and baby when managing GDM. There is a need for better understanding of exactly how oral treatments for GDM impact on growth of babies in the womb and in later life, particularly whether there are implications for long-term health.]

Freely available online

[Coronavirus: maternity leaflets: looking after yourself and your baby in pregnancy – translated versions.](#)

NHS England; 2020.

<https://www.england.nhs.uk/coronavirus/publication/maternity-leaflets-looking-after-yourself-and-your-baby-in-pregnancy-translated-versions/>

[Available in Arabic, Bengali, Cantonese, French, Gujarati, Mandarin, Polish, Portuguese, Punjabi and Urdu.]

Freely available online

[COVID-19: what are the physical and mental challenges? \[Comment\]](#)

Winter G. *British Journal of Midwifery* 2020;28(6):342–343.

[The global emergence of COVID-19 a matter of months ago means that while its relatively thin evidence base expands, the need to interpret new findings with caution implies that the science of this agent remains unsettled. Accepting this caveat, some midwifery related aspects of COVID-19 can be considered.]

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[How should severe vitamin B12 deficiency in pregnancy be managed?](#)

Specialist Pharmacy Service (SPS); 2020.

<https://www.sps.nhs.uk/articles/how-should-severe-vitamin-b12-deficiency-in-pregnancy-be-managed/>

[Updated Q&A highlights there is no evidence vitamin B12 treatment increases the risk of congenital malformations or other adverse foetal effects, but there is evidence that maternal vitamin B12 deficiency increases the risk of neural tube defects in the newborn.]

Freely available online

[Importance of vitamin D during the antenatal period for maternal well-being.](#)

Jarvis G. *British Journal of Midwifery* 2020;28(6):353–358.

[Vitamin D deficiency is widely recognised as a major public health issue around the world; and is essential for optimal development and strengthening of the musculoskeletal system including the prevention of conditions such as osteoporosis, osteopenia and rickets. The association between vitamin D and childhood rickets has led to the fortification of food sources and consequently the eradication of the rickets disease. Vitamin D levels are of particular importance for pregnant women.]

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[Neonatal transitional care: what it is and isn't.](#)

McEwan T. *British Journal of Midwifery* 2020;28(6):338–339.

[In the second article of my series exploring neonatal topics relevant to the midwife, I'd like to discuss the contemporary topic of neonatal transitional care (NTC). This is an area of particular interest for me after working with midwifery and medical colleagues in NHS Greater Glasgow and Clyde to develop an

educational resource for staff preparing to work within their newly established NTC environments.]
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Obesity in pregnancy. [Comment]

Kerelo S. *British Journal of Midwifery* 2020;28(6):344.

[As the world changes, new pandemics come to light, stress increases, anxiety skyrockets, and in order to combat all of that fear, many develop certain ways to cope. Some take exercise, some find creative outlets such as painting or writing, while others choose to indulge in food. Copious amounts of eating has become a coping mechanism for thousands across the globe as well as seen as a form of enjoyment. Extensive eating is easy to do, especially for pregnant woman.]

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Physical activity while pregnant may help prevent postpartum depression.

The Mental Elf; 2020.

<https://www.nationalelfservice.net/populations-and-settings/perinatal-mental-health/physical-activity-while-pregnant-may-help-prevent-postpartum-depression/>

[Briana Applewhite summarises a systematic review and meta-analysis on the effects of physical activity during pregnancy and the risk of postpartum depression.]

Freely available online

Supporting women with breast cancer during pregnancy.

Brauten-Smith G. *British Journal of Midwifery* 2020;28(6):340–341.

[Breast cancer is the UK's most common cancer, with around 55 000 women and 370 men being diagnosed each year (an average total of UK invasive breast cancer cases between 2014–2016 were recorded at 55 214) (Breast Cancer Now, 2020). Around 10 000 women are diagnosed with breast cancer under the age of 50 every year in the UK (Cancer Research UK, 2017) and being diagnosed during pregnancy or soon after giving birth is rare, with the disease reported in just 1 in every 3 000 pregnancies.]

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