

# Current awareness for Midwifery

## Recent guidelines, reports and articles

### November 2021

#### Guidelines

*The following guideline(s) maybe of interest:*

##### [Inducing labour.](#)

National Institute for Health and Care Excellence (NICE); 2021.

<https://www.nice.org.uk/guidance/qs60>

[This quality standard covers the induction of labour in hospital outpatient or inpatient settings. It includes advice and care for pregnant women who are considering or having induction of labour. It describes high-quality care in priority areas for improvement. In November 2021, changes were made to align this quality standard with the updated NICE guideline on inducing labour. Statement 2 and statement 4 were updated to better reflect the updated guideline.]

*Freely available online*

#### Reports

*The following report(s) may be of interest:*

##### **Avoidance of bottles during the establishment of breastfeeds in preterm infants.**

Allen E. *Cochrane Database of Systematic Reviews* 2021;10:CD005252.

[BACKGROUND: Preterm infants often start milk feeds by gavage tube. As they mature, sucking feeds are gradually introduced. Women with preterm infants may not always be in hospital to breastfeed their baby and need an alternative approach to feeding. Most commonly, milk (expressed breast milk or formula) is given by bottle. Whether using bottles during establishment of breastfeeds is detrimental to breastfeeding success is a topic of ongoing debate.]

##### **Feasibility and design of a trial regarding the optimal mode of delivery for preterm birth: the CASSAVA multiple methods study.**

Norman JE. *Health Technology Assessment* 2021;25(61):DOI: 10.3310/hta25610.

[This study confirmed evidence was lacking about the optimal mode of delivery for women in preterm labour and found agreement that a trial should be conducted.]

##### [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.](#)

National Perinatal Epidemiology Unit (NPEU); 2021.

<https://www.npeu.ox.ac.uk/mbrance-uk/reports>

[This report finds that pregnancy remains safe in the UK, with the overall maternal death rate showing a slight decrease. Among 2,173,810 women who gave birth in 2017-2019, 191 died during or up to six weeks after pregnancy, and 495 during or up to one year after their pregnancy. However, the findings show a continued inequality in the mortality rates for women of different ethnic backgrounds, ages and socio-economic circumstances.]

*Freely available online*

## [The state of health care and adult social care in England 2020/21.](#)

Care Quality Commission (CQC); 2021.

<https://www.cqc.org.uk/publications/major-report/state-care>

[The CQC's annual assessment of the state of health and social care in England looks at the quality of care over the past year. This year's is the first of these reports to cover a full year of the pandemic. Staffing pressures are being felt across all health and care settings. However, the impact is being seen most acutely in adult social care, where providers are competing for staff with the retail and hospitality industries.]

*Freely available online*

## **Articles**

*The following articles maybe of interest:*

### [A review of third stage of labour care guidance.](#)

Baker K. *British Journal of Midwifery* 2021;29(10):557–563.

[Concerns exist regarding the suitability of national and international guidance informing third stage of labour care for women at low risk of postpartum haemorrhage. Expectant management may be more appropriate for women at low risk of postpartum haemorrhage who choose to birth in a midwife-led unit or home birth setting and want to experience a birth with minimal intervention. However, more research into third stage management practices in these settings is needed.]

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### [“Anxious and traumatised”: Users’ experiences of maternity care in the UK during the COVID-19 pandemic](#)

Julia Sandersa & Rebecca Blaylock. *Midwifery* 2021;102:103069.

[Widespread changes to services caused unintended negative consequences including essential clinical care being missed, confusion over advice, and distress and emotional trauma for women. COVID-19 restrictions have resulted in women feeling their antenatal and postnatal care to be inadequate and has also come at great emotional cost to users. Women reported feeling isolated and sad in the postnatal period, but also frustrated and upset by a lack of staff to help them care for their new baby.]

*Contact the library for a copy of this article*

### [Effectiveness of conservative therapy on pain, disability and quality of life for low back pain in pregnancy: a systematic review of randomized controlled trials.](#)

Maia LB. *Brazilian Journal of Physical Therapy* 2021;:https://doi.org/10.1016/j.bjpt.2021.06.007.

[Efficacy of conservative therapy for low back pain in pregnancy (PLBP) is unclear. To investigate the efficacy of conservative therapy on pain, disability, and quality of life in PLBP.]

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### [Labour after caesarean counselling documentation: a quality improvement intervention on labour and delivery.](#)

Hill E. *BMJ Open Quality* 2021;10(4):DOI: 10.1136/bmjopen-2020-001232.

[Conclusions: Documentation of labour after caesarean (LAC) counselling improved the consistency with which providers incorporated LAC counselling into postpartum care. Addressing future mode of birth (FMOB) at the time of primary low transverse cesarean section (pLTCS) and documenting that counselling may be an effective first step in empowering women to pursue LAC in future pregnancies.]

### [Motivational interviewing to increase physical activity in women with gestational diabetes.](#)

Smith R. *British Journal of Midwifery* 2021;29(10):550–556.

[Regular physical activity improves glycaemic control in pregnant women with gestational diabetes. Motivational interviewing is an effective technique for increasing activity levels. This report evaluates a clinical pathway developed to integrate physical activity motivational interviewing into routine gestational diabetes care. This clinical pathway provides encouraging results that physical activity increased significantly in the short term.]

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### [Negotiating the new normal: flexible working.](#)

Allkins S. *British Journal of Midwifery* 2021;29(10):545.

[NHS workers in England and Wales can now request flexible working from their first day on the job, after a recent

update to the NHS Terms and Conditions of Service (NHS Staff Council, 2021). The Royal College of Midwives has announced its wholehearted support for this move, and alongside Maternity Action, published guidance for its members on how to request flexible working (Royal College of Midwives and Maternity Action, 2021).]  
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**[Postpartum haemorrhage and synthetic oxytocin dilutions in labour.](#)**

Tohofari M. *British Journal of Midwifery* 2021;29(10):590–596.

[This study investigated postpartum haemorrhage and historic oxytocin usage, because haemorrhage rates are rising. During the evolution of practice from intravenous bovine post-pituitary extract to synthetic oxytocin, experimental interventions had produced improved outcomes in certain cases and the postpartum haemorrhage rate was low. In this study, current synthetic oxytocin regimes from across the UK were compared with the 1977 (unchanged) licensed instructions for infusion.]

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**[Tranexamic acid for prevention of bleeding in cesarean delivery: An overview of systematic reviews.](#)**

Hurskainen T. *Acta Anaesthesiologica Scandinavica* 2021;;doi: 10.1111/aas.13981.

[Systematic reviews investigating prophylactic tranexamic acid in cesarean delivery are heterogeneous in terms of methodological and reporting quality. Tranexamic acid may reduce blood transfusion and bleeding outcomes, but rigorous well-designed research is needed due to the limitations of the included studies. Data on safety and adverse effects are insufficient to draw conclusions.]

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