



Global Care Standards for Pregnant Women

Summer Hunt

The World Health Organization (WHO) has released WHO Recommendations: Intrapartum Care for a Positive Childbirth Experience, which includes 56 evidence-based recommendations for childbirth care for women and newborns. Although a majority of the

estimated 140 million births that take place every year occur without complications, trends over the last 20 years indicate increased use of interventions such as oxytocin administration or cesarean birth, which were previously used only to avoid risks or treat complications.

These recommendations establish global care standards for healthy pregnant women and aim to reduce any unnecessary medical interventions. Find the document here: www.who.int/reproductivehealth/publications/intrapartum-care-guidelines/en.

Pregnancy, Motherhood, and Surgical Training



Multiple challenges facing pregnant surgical residents may negatively influence career satisfaction, according to a study published in *JAMA Surgery*. Researchers set out to directly assess the resident experience of childbearing during training and learn more about the perception and experience of pregnant general surgery residents. To better characterize their experiences and target interventions, investigators

conducted a national survey of 347 general surgery residents who had at least one pregnancy during residency. Results from their research show significant cultural challenges and infrastructure shortcomings that led 39% of respondents to seriously consider leaving residency and 30% to report that they would advise a female medical student against pursuing a career in surgery. Find the study here: <https://doi.org/10.1001/jamasurg.2018.0153>.

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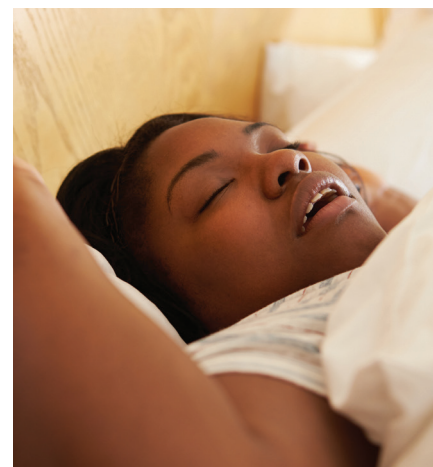
Biologics in Pregnancy

Biologic therapies for women with autoimmune diseases do not increase risk of preterm birth or having a small-for-gestational-age infant, according to a study in *Annals of the Rheumatic Diseases*. Researchers studied 6,218 women with 8,607 pregnancies who had an autoimmune disease diagnosis; of those, 109 women with 120 pregnancies received a biologic medication during pregnancy or 3 months before becoming pregnant. They found no significant difference from the risk for preterm birth when compared with women with autoimmune diseases who did not receive biologics. Likewise, they found no significant difference in the risk of small-for-gestational-age infants among the two groups. Find the study here: <https://doi.org/10.1136/annrheumdis-2018-213023>.

Sleep Apnea in Pregnancy

Snoring, older age, and obesity may increase a pregnant woman's risk for sleep apnea, according to a study in the *American Journal of Obstetrics and Gynecology*. Participants responded to questionnaires about sleep habits, snoring, and daytime sleepiness in early pregnancy (6–15 weeks) and mid-pregnancy (22–29 weeks). The women also underwent sleep apnea testing with the use of an at-home monitoring device. The researchers found that 3.6% of 3,264 women in early pregnancy and 8.3% of 2,512 women in mid-pregnancy had sleep apnea. Risk factors included frequent snoring (3 or more nights per week), older maternal age, and being overweight or obese. The authors developed a calculator using maternal age, body mass index, and frequency of snoring to arrive at a woman's

probability of sleep apnea in early and mid-pregnancy. This tool may be used by obstetric providers to identify women at risk for the condition. Find the study here: <https://doi.org/10.1016/j.ajog.2018.01.031>.



Diabetes Report Card

The Centers for Disease Control and Prevention's Division of Diabetes Translation has released its 2017 Diabetes Report Card, which provides the most current information and data available about diabetes and prediabetes, along with diabetes-related preventive care practices, health outcomes, risk factors, and national and state trends. Key findings include the following:

- The rate of new cases of diabetes among U.S. adults has decreased.
- Overall rates of diagnosed diabetes seem to be stabilizing (although not in all populations).
- The number of organizations that deliver the National Diabetes Prevention Program and the number of adults participating in the program have increased.

The Diabetes Report Card also recognizes ongoing challenges among members of some racial and ethnic minority groups that are more likely to have diagnosed diabetes than non-Hispanic Whites. Find the report here: www.cdc.gov/diabetes/library/reports/reportcard.html.



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