Introducing the Pregnancy Online Platform NALHN (POPN) trial

The Northern Adelaide Local Health Network (NALHN) acknowledges your support and care of pregnant women in our catchment. As you may be aware, we are the second largest birthing hospital in South Australia, and we are very proud of the services we provide to our women. Our focus is to provide the best service possible to our pregnant women and their families. This includes providing them with timely and accurate information to facilitate their involvement in the pregnancy process.

With this aim, the NALHN maternity service is currently trialing a new digital platform to register pregnant women for their antenatal care. It also has the ability to provide regular information to the women, which is programmed to arrive at the appropriate time during their pregnancy journey. The Pregnancy Online Platform NALHN (POPN) is being developed in Adelaide in association with our pregnant women and NALHN clinicians. We are now seeking your support and feedback as we implement the trial.

Essentially the pathway of booking for pregnant women remains the same. When a referral is received by the hospital, the woman’s details are entered onto the platform. If the woman selects GP Obstetric Shared Care, then the triage remains the same, with an appointment is made with the GP Shared Care midwife. GP Obstetric Shared Care is not currently included in the trial.

Women who do not choose GP Obstetric Shared Care will then receive a link on their mobile phone to POPN. This link asks them to complete their medical and obstetric history online. Once completed, their questionnaires will be reviewed by a midwife and an appointment will be made between 14-15 weeks gestation. A message will also be sent to the woman asking that they see a GP to have the routine antenatal screening tests performed prior to their 1st face-to-face appointment.

NALHN’s research has shown that around 25% of pregnant women are not booked into the correct model of antenatal care due to inadequate information at the time of booking their first appointment. In addition, most women do not read the paper-based literature that is provided to them. Women informed us they prefer digital information and face-to-face education.
POPN provides many benefits to our patients. These include:

- Giving women more control and involvement in their booking process, allowing them to provide their medical and pregnancy history in a more relaxed environment and at a time that suits them
- Allowing accurate and timely decision making by providing all the relevant information at the patients first visit
- Reducing the time pregnant women spend at their first hospital appointment (triage)
- Enabling the midwife to allocate urgent obstetric appointments (often before the routine triage time)
- Allowing the triage midwife more time to provide face-to-face education at the first hospital appointment, which can be tailored to the individual woman’s needs

To assist NALHN in providing the best possible care for the women we are asking General Practitioners to arrange the antenatal screening tests required prior to 14 weeks gestation. I have included an outline of the tests required (attachment 1). You may also like to refer to the SA Health GP Obstetric Shared Care Protocols – Clinical Directive available via the internet.

We recognise that this change may impact on your practice as NALHN moves to be in line with the other South Australian Local Health Networks, where the GPs instigate these initial screening tests.

If you require further information, have any questions regarding this change in process, or would like to be more involved in the Pregnancy Online Platform please contact Julia Dalton Nurse/Midwife Unit Manager on 0481919532.

Kind regards,

Martin Ritossa and Meredith Hobbs

Co-Divisional Directors – Women’s and Children’s Division

NORTHERN ADELAIDE LOCAL HEALTH NETWORK

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Attachment 1

Routine Antenatal screening tests prior to 14 weeks gestation
- Antenatal Blood Group & Antibody Screen
- Chlamydia trachomatis NAT urine
- Complete Blood Examination
- Culture urine
- Ferritin Level
- Folate level Red Cell
- Glucose Level
- Hepatitis B virus surface Ag
- Hepatitis C virus Ab
- HIV
- Neisseria gonorrhoea NAT urine
- Rubella virus Ab IgG
- Treponema Pallidum Ab

Women choosing to have the 1st trimester screening test for Down Syndrome, Trisomy 18 and Trisomy 13 require:
- SAMSAS blood test- form must include Ethnicity, Age, Weight, LMP or EDC (if known) and can be taken at 9-14 wks gestation
- Nuchal translucency ultrasound (12-13 weeks gestation)- please ensure the form states “RISK OF FETAL ABNORMALITY” to reduce any out of pocket costs for our disadvantaged women

Women at greater risk of developing Gestational Diabetes Mellitus (GDM) are required to have an early Oral Glucose Tolerance Test (OGTT) booked between 12-15 weeks gestation.
Women at greater risk of GDM are identified as:
- Non- Caucasian ethnicity
- BMI >30
- Family history of Diabetes- Type 1, 2, GDM
- Previous GDM
- Previously elevated blood glucose level
- Maternal age of ≥ 40 years
- Previous macrosomic baby (birth weight >4.5 kg or > 90percentile)
- Polycystic Ovarian Syndrome
- Medication with corticosteroids or antipsychotics

Women who have had gastric bypass/ gastric sleeve surgery may have an HbA1C instead of an OGTT due to ‘dumping syndrome’