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Bwrdd Iechyd Prifysgol
Cwm Taf Morgannwg
University Health Board



Freedom of Information Request: Our Reference CTMUHB_419_24

You asked:

I would like to know with regard to your fertility, maternity, childbirth and post-natal services:

1. Do you have a policy for the management of larger women and birthing people? If so, what is the BMI cut off (or other criteria) where this policy applies?
2. Please attach a copy of the above policy(ies).
3. Please could you attach any other policies/guidelines/protocols relating to fertility, maternity, childbirth and post-natal which address the management of higher BMI women and birthing people? This could include (but not be limited to):

Inclusion/exclusion criteria for use of midwife led unit, hospital birthing pool, pool hire, home birth, IVF etc.

Glucose Tolerance Testing and Gestational Diabetes,

Clexane prophylaxis

Pre-Birth Anaesthetist referral

Additional growth scans

Our response:

There is a policy for the management of women and birthing people. This includes guidance relating to women with a Body Mass Index (BMI) of 30 or above. Please use the following link to access a copy of this guideline: [Management of Women with Obesity in Pregnancy \(nhs.wales\)](https://www.nhs.uk/publications/management-of-women-with-obesity-in-pregnancy/) Please note that this guideline has been very recently updated and ratified within the last fortnight. This will be available very soon.

Please use the following link to access a copy of the All-Wales Midwifery-Led Guideline, which includes information regarding recommendations for inclusion/exclusion of midwife-led unit and homebirth (please note that all women are supported to make informed decisions regarding their place of birth, therefore women with a BMI >35 who choose to access care in a midwife-led unit/birth centre are supported to make an informed decision to birth here) Pages 19-20 and 48-56 include specific information relating to your inquiry wisdom.nhs.wales/health-board-guidelines/guidelines-by-health-board/cwm-taf-morgannwg/cwm-taf-morgannwg-maternity/all-wales-midwifery-led-care-guideline-2022pdf/

Please use the following link to access a copy of the CTMUHB waterbirth guideline, which includes information around the use of water immersion during labour, Page 5-7 include information specific to risk assessment and considerations for women who are following both midwife led and consultant led pathways relating to use of water. There are birth pools available in all settings across CTMUHB,

including consultant-led labour wards and access to waterproof telemetry monitors to support continuous fetal heart rate monitoring during labour if this is recommended/chosen. Again, please note that all women are supported to make informed decisions regarding the use of water immersion during labour, therefore women with a BMI >35 who choose this for labour and birth wisdom.nhs.wales/health-board-guidelines/cwm-taf-maternity-file/water-immersion-for-labour-and-birth/

The Health Board does offer inflatable birth pools for women planning homebirth, although this is not an official hire arrangement, and does not incur any cost. All women planning homebirth would be supported to access these birth pools for use during planned homebirth.

In relation to Glucose Tolerance Test (GTT) for gestational diabetes is included within the 'Management of Women with Obesity in Pregnancy' guideline (link above) and is stated on Page 6 of this guideline: *A Glucose Tolerance Test (GTT) should be undertaken at 28 weeks gestation for all women with a BMI > 30kg/m².*

In relation to additional growth scans for women with raised BMI, this is included within the 'Management of Women with Obesity in Pregnancy' guideline (link above) and is stated on Page 6 of this guideline: *All women with BMI ≥ 35 to have serial ultrasound scans for fetal growth carried out at 28 weeks, 32 weeks, 36 weeks and 39 weeks as per "Fetal Growth Assessment Guideline" and "GAP and GROW" guideline. However, ultrasound measurements may not be as accurate in women with high BMI. Fundal height measurement should NOT be carried out on this cohort of women as it is an unreliable means of estimating foetal growth and will contradict scan measurements on the GROW chart.*

In relation to pre-birth Anaesthetist referral for women with raised BMI, this is included with the 'Management of Women with Obesity in Pregnancy' guideline (link above) and is stated on Page 6 of this guideline: *An anaesthetic alert should be sent for all pregnant women with BMI ≥ 45 kg/m². These women should be offered an antenatal consultation with an obstetric anaesthetist at approximately 32 weeks gestation. An obstetric anaesthetic management plan for labour and delivery should be discussed and clearly documented in the notes. If they have not been seen in antenatal clinic, they should be seen and assessed by the duty anaesthetist when they are admitted.*

If women are diagnosed with gestational diabetes, care and support will be managed according to the following guideline: wisdom.nhs.wales/health-board-guidelines/cwm-taf-maternity-file/diabetes-in-pregnancyctm-maternity-guideline-2022pdf/

Please use the following link to access a copy of the CTMUHB venous thromboembolism guideline, which includes information and recommendations around thromboprophylaxis for all women, including those with a BMI >30/35 wisdom.nhs.wales/health-board-guidelines/cwm-taf-maternity-file/venous-thromboembolism-vte-risk-assessment-prophylaxis-and-treatment-in-pregnancy-and-puerperium/

In relation to IVF, we can't refer to Welsh Fertility Institute (WFI) for treatment unless BMI <30(wfi criteria). We are now not offering ovulation induction unless bmi<35.