

SCOPE DEFINITION

Guideline Title: *Care of pregnant women who are living in larger bodies (including post bariatric surgery)*
(working title)

Scope framework	
Population	<p><i>Which group of people will the guideline be applicable to?</i></p> <p>Pregnant women or women who are planning a pregnancy who:</p> <ul style="list-style-type: none"> • Have an elevated body mass index (BMI) • Have had bariatric surgery
Purpose	<p><i>How will the guideline support evidence-based decision-making on the topic?</i></p> <p>Identify evidence relevant to the woman and baby about:</p> <ul style="list-style-type: none"> • The risks related to pregnancy and an elevated BMI or previous bariatric surgery • Diagnosis, assessment and management across the pregnancy continuum for women who are living in a larger body or have had bariatric surgery
Outcome	<p><i>What will be achieved if the guideline is followed?</i> (This is not a statement about measurable changes / not SMART goals)</p> <p>Support:</p> <ul style="list-style-type: none"> • Increased awareness among women and clinicians of the benefits and importance of weight management in relation to pregnancy • Early identification and management of risks for pregnant women who are living in a larger body or who have had previous bariatric surgery
Exclusions	<p><i>What is not included/addressed within the guideline</i></p> <ul style="list-style-type: none"> • Routine antenatal, intrapartum and postpartum care • Management of pregnant women considered underweight • Detailed preconception counselling • Detailed infertility management • Detailed weight management counselling and pregnancy • Specialist dietary and nutrition support • Detailed anaesthetic management • Elements specific to Queensland Clinical Guideline: <i>Standard care</i>

Clinical questions

Question	Likely Content/Headings/Document Flow
Introduction	<ul style="list-style-type: none"> • Introduction • Clinical standards
1. How should weight be assessed and monitored during pregnancy?	<ul style="list-style-type: none"> • Strategies to minimise weight stigma • Weight calculation • Weight classifications (including ethnic variations) • Gestational weight gain <ul style="list-style-type: none"> ○ Recommended weight gain during pregnancy ○ Monitoring gestational weight gain
2. What are the health risks of obesity for pregnancy?	<ul style="list-style-type: none"> • Woman • Baby <ul style="list-style-type: none"> ○ Incremental increase of risk
3. What preconception care is recommended for women living in larger bodies and are planning pregnancy?	<ul style="list-style-type: none"> • Pre-conception and inter-pregnancy assessment and management • Supplementation • Infertility diagnosis and referral
4. What antenatal care is recommended for women living in larger bodies?	<ul style="list-style-type: none"> • Healthy lifestyle • Supplementation • Comorbidities • Anaesthetic consultation • Fetal surveillance • Breastfeeding preparation • Timing of birth
5. What intrapartum care is recommended for women living in larger bodies?	<ul style="list-style-type: none"> • Induction of labour considerations • Intrapartum assessment and management • Risk reduction • Caesarean section considerations
6. What postpartum care is recommended for women living in larger bodies?	<ul style="list-style-type: none"> • Clinical surveillance • Breastfeeding support • Discharge and ongoing referral
7. What are the recommendations relating to pregnancy and previous bariatric surgery?	<ul style="list-style-type: none"> • Background <ul style="list-style-type: none"> ○ Queensland data ○ Types of surgery • Risks to mother and baby • Clinical care • Supplementation

Potential areas for audit focus (to be refined during development)*Audit items will relate to the desired outcomes and the clinical questions*

Area	Audit criteria
Antenatal	<ul style="list-style-type: none"> • Proportion of pregnant women with pre/early pregnancy weight and body mass index (BMI) recorded and at least three weight measurements during the antenatal period • Proportion of pregnant women with a BMI equal to or greater than 25 kg/m² who were offered: <ul style="list-style-type: none"> ○ A detailed discussion about recommended gestational weight gain ○ Weight measurement and review at each antenatal appointment • Proportion of pregnant women with a BMI equal to or greater than 30 kg/m² who were offered/recommended: <ul style="list-style-type: none"> ○ Screening for diabetes mellitus on entry to pregnancy care ○ Assessment of venous thromboembolism (VTE) risk • Proportion of pregnant women with a BMI equal to or greater than 40 kg/m² who were offered an anaesthetic review • Proportion of pregnant women with a history of bariatric surgery offered: <ul style="list-style-type: none"> ○ Alternate testing for gestational diabetes ○ Assessment for micronutrient deficiencies ○ Referral to: <ul style="list-style-type: none"> ▪ Obstetric team ▪ Dietician
Intrapartum	<ul style="list-style-type: none"> • Proportion of women with a BMI equal to or greater than 30 kg/m² offered: <ul style="list-style-type: none"> ○ Modified active management of the third stage of labour • Proportion of pregnant women with a BMI equal to or greater than 40 kg/m² who were offered continuous fetal monitoring during labour
Postpartum	<ul style="list-style-type: none"> • Proportion of women with a BMI equal to or greater than 30 kg/m² offered: <ul style="list-style-type: none"> ○ VTE risk assessment ○ Ongoing breastfeeding support ○ Diabetes mellitus screening at six (6) weeks postpartum ○ Information on the benefits of inter-pregnancy weight loss