

Ref: FOIA Reference 2022/23-354

Date: 7<sup>th</sup> November 2022

Email [foi@uhn.nhs.uk](mailto:foi@uhn.nhs.uk)

Dear

I am writing to acknowledge receipt of your email dated 26th September 2022 requesting information under the Freedom of Information Act (2000) regarding maternity guidelines relating to obesity

As of 1<sup>st</sup> November 2014 University Hospitals of North Midlands NHS Trust (UHNM) manages two hospital sites – Royal Stoke University Hospital, and County Hospital (Stafford). Therefore the response below is for the two sites combined from that date where appropriate.

**Q1 Copy of any maternity/midwifery/obstetric care guidelines or policies specifically relating to the care of obese women/women with a raised BMI (>30kg/m<sup>2</sup>)**

A1 The attached documents only relate to care for women with BMI over 35; we have no definitive guidelines for BMI over 30

**Q2 Copies of any other maternity/midwifery/obstetric care guidelines or policies which contain information relating to the care of obese women/women with a raised BMI (>30kg/m<sup>2</sup>) even if this is not the sole focus of the guideline/policy**

A2 As answer 1- note:  
The dose of prophylactic aspirin is incorrect (75mg) the guideline still reflects the national RCOG guideline that was published in 2018. As aspirin prophylaxis is used primarily to prevent pre-eclampsia (150mg, daily), this risk assessment is covered by the hypertension guideline. It is also used to prevent foetal growth restriction in specific cases and 'consideration for aspirin prophylaxis' is advocated in the SGA guideline. The risk assessments are also automated in K2 meaning that women are advised of the need for aspirin at the correct dose (150mg).

The NICE guideline on this topic has not been updated since it was published in 2010.

In addition to women with a BMI of 40 receiving Consultant led care, every woman with a BMI over 40 has a Consultant Midwife Lifestyle appointment around 14 weeks.

This appointment offers:

Individualised risk assessment (including a repeat risk assessment for aspirin) and advice re care pathways offered to this cohort (consultant led; growth scans from 28/40)

- Vitamin D supplementation
- Screening for gestational diabetes

- Referral for consultation with a Consultant Anaesthetist to have a detailed discussion regarding pain relief in labour and anaesthetic options
- Advice re vaccinations, smoking, diet, weight control and PMH due to the associated risks in women with raised BMI.

The only thing we are unable to offer is referral to a dietician to provide support antenatally and in the postpartum period.

\*Please note that any individuals identified do not give consent for their personal data to be processed for the purposes of direct marketing.

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An anonymised copy of this request can be found on the Trust's disclosure log, please note that all requests can be found at the following link: <http://www.uhnm.nhs.uk/aboutus/Statutory-Policies-and-Procedures/Pages/Freedom-of-Information-Disclosure-Log.aspx>

This letter confirms the completion of this request. A log of this request and a copy of this letter will be held by the Trust.

If you have any queries related to the response provided please in the first instance contact my office.

Should you have a complaint about the response or the handling of your request, please also contact my office to request a review of this. If having exhausted the Trust's FOIA complaints process you are still not satisfied, you are entitled to approach the Information Commissioner's Office (ICO) and request an assessment of the manner in which the Trust has managed your request.

The Information Commissioner may be contacted at:

Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, Cheshire SK9 5AF or via [www.ico.org.uk](http://www.ico.org.uk).

If following review of the responses I can be of any further assistance please contact my secretary on 01782 671612.

Yours,



University Hospitals  
of North Midlands  
NHS Trust

*L Carlisle*

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Head of Data, Security & Protection/ Data Protection Officer

