The role of the Recurrent Miscarriage Clinic

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Guidance for Recurrent Miscarriage care:

- ESHRE ‘Recurrent Pregnancy Loss’ (updated 2022)
- RCOG Green Top Guideline No 17 ‘Recurrent Miscarriage (updated June 2023)

Essentials:

- Criteria
- Referral framework
- Robust SOP
- Location
- MDT working
- Access to Imaging

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Investigations, treatment and management of women with 1st and 2nd Trimester Recurrent Pregnancy Loss

CATEGORY:	Clinical Guidelines
CLASSIFICATION:	Clinical
PURPOSE:	To ensure all women presenting at University Hospital Birmingham with 1st and 2nd trimester recurrent pregnancy loss follows a recognised pathway of care.
Controlled Document Number:	CG807
Version Number:	2.0
Controlled Document Sponsor:	Clinical Service Lead for Gynaecology
Controlled Document Lead (Author):	Rachel Birrell, Lead Midwife Early Pregnancy Pratima Gupta, O&G consultant
Approved By:	O&G Guidelines Committee 17.11.2022 Clinical Guidelines Group
On:	July 2023
Review Date:	July 2026
Distribution: • **Essential Reading for:** **Information for:**	All clinicians, consultants, registrars and specialist nurses who care for women attending the Recurrent Pregnancy Loss clinic within the University Hospital Birmingham Trust.

First Visit:

- History
- Investigations – USS, bloods, height & weight
- Psychological support
- Lifestyle advice
- Supportive care
- Begin continuity of care

Useful tools

Age	Risk of miscarriage
12-19	13%
20-24	11%
25-29	12%
30-34	15%
35-39	25%
40-44	51%
>45	93%

Previous no miscarriages	Risk of miscarriage
1	11%
2	17%
3	28%
4	39%
5	47%
6	64%

Second visit:

- Discuss results
- Supportive care continues
- Plan for treatment for any abnormal results
- Plan for all patients for the subsequent pregnancy regardless of results
- Offer relevant research studies

Subsequent Pregnancy

- Patient has direct access to clinic, calls when has positive PT
- Maintain supportive and continuity of care
- Perform USS for reassurance every fortnight until 12 -16 weeks (or when loss occurred if further)
- Counsel patient following outcome of USS
- Offer cytogenetics for miscarriages
- Follow up in clinic for further results, plan and support

Reassurance Scans – why?

- Reduce anxiety
- Reduce ED attendance
- Improve livebirth rate

Consider:

- Appointment times
- Skilled Sonographer
- Location of USS room
- Slave monitor/pictures
- History
- Impact of USS

Patient feedback

- *'the investigations were important but what was life saving were the scans in the next pregnancy as I was so scared it would happen again'*
- *'just having the same person who knew what I have been through meant so much'*
- *'not having to explain what I have been through each time I go to the hospital was so important to me'*

News › Midlands News › Heartlands Hospital

Miracle baby is a dream come true for Birmingham couple after 13 miscarriages

Little Awais Haider was born after pioneering work by medical experts at Heartlands Hospital

NEWS By Mike Lockley

10:17, 25 AUG 2014 UPDATED 09:19, 26 AUG 2014

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Haider Zaman with his son Awais Haider

Medical trial results in baby joy for couple who suffered four miscarriages in 13 months

A WOMAN who suffered the anguish of four miscarriages in 13 months has finally given birth after pioneering treatment at a Birmingham hospital.

NEWS By Alison Dayani

10:00, 14 OCT 2010 UPDATED 12:42, 24 OCT 2012

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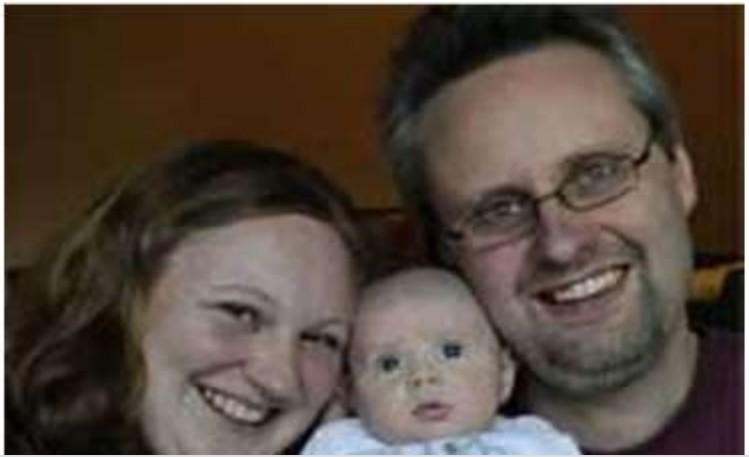
A WOMAN who suffered the anguish of four miscarriages in 13 months has finally given birth after pioneering treatment at a Birmingham hospital.



Any questions?

Thank you