

An Audit Of The Outcomes of Pregnancy In Morbidly Obese Women Over One Year. Eileen Moss, Mary McCauley, Janitha Costa. Royal Jubilee Maternity Hospital, Belfast, Queen's University Belfast.



Aims and hypothesis:

The link between low mood and emotional eating is well established. Emotional eating can lead to obesity. Morbid obesity in pregnancy (BMI>40) contributes to adverse outcomes for both the mother and the foetus and has major cost implications for the National Health Service. Our aims were to compare current practice to national guidelines for management of obese patients in pregnancy and to review the outcomes of pregnancy for morbidly obese women with regards to mode of delivery and maternal complications.

Background:

People who feel low may eat more than they should or more than they want to. Mood, eating habits and the consequent implications on the health of a mother and her baby are all interlinked.

Methods:

Anaesthetic referral records, dietician records and information from the hospital electronic database were used to assess the number of morbidly obese pregnant women over 1 year. A random sample of 50 women was selected and their case notes reviewed retrospectively.

Results:

168 women were recorded with BMI>40 over 1 year. A random sample of 50 medical records was studied in detail. There was a lack of co-ordinated and standardised antenatal care for these women. Women with BMI>40 were at higher risk of induction of labour (64%) and at higher risk of having to have a Caesarean section (39%). 53% of these morbidly obese women had significant antenatal complications requiring frequent antenatal attendances and 18% had a significant postnatal complication requiring hospital admission.

Conclusion:

A substantial number of morbidly obese pregnant women require specialised antenatal, intrapartum and postnatal care. These women require more outpatient monitoring and hospital admissions. Patients with low mood and who are at high risk of emotional eating should have joint care between Psychiatry and Obstetrics and Gynaecology. Hopefully this will be implemented in the future.

