

TLC Clinic

A valuable addition to 1st Trimester Care following Recurrent Pregnancy Loss (RPL)

BACKGROUND

RPL affects 1-2% of women in the 1st trimester. To help meet the needs of these women & their partners, the TLC clinic was set up to provide additional psychological support, including weekly reassurance scans. Run by a senior Midwife, the clinic is overseen by Prof Cathy Allen and supported by the Bereavement team.

AIM

A retrospective review of the TLC clinic, including details of care received and identifying pregnancy outcomes for this group of women.

METHOD

Data was collected from patient records on 103 women who attended the TLC Clinic over a 2-year period.

Feedback from women who have attended the TLC clinic in NMH:

"I'm currently 5 months pregnant and under their constant supervision which is very reassuring, as both my husband and I are so anxious throughout this pregnancy."

"It enabled me to see my baby's heartbeat and offered great reassurance and support."

"For me those scans were vital. I looked forward to reaching each week – another milestone towards my baby!"

RESULTS

103 women attended the clinic during the study period. **Medications prescribed** included progesterone 75.7% (n=78), aspirin 30.7% (n=32), LMWH 19.4% (n=20) and levothyroxine 21.3% (n=22)

Pregnancy outcomes:

- 1st trimester miscarriage 12.6% (n=13)
- 2nd trimester miscarriage 0.9% (n=1)
- Livebirth rate was 69.2% (n=72) with the average birth weight 3512.6g (SD=545.2) and 93.9% (n=67) of women delivered at full term.
- There were no stillbirths or neonatal deaths.
- Outcomes unknown for 2.9% (n=3) and 13.4% (n=14) were still pregnant at the time of the review.

CONCLUSION

The study highlights the importance of supportive antenatal care following RPL. The results provide reassurance to women & healthcare professionals regarding pregnancy outcomes following RPL with supportive care.

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TLC clinic

Tender
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