

# Pregnancy pathways

# First steps of pregnancy

Women will be advised to phone the Central Booking Office to book an appointment with the Midwife and their first ultrasound scan.



The booking appointment is a woman's first major appointment and usually happens between 8 to 12 weeks to help plan the care they will have during pregnancy. During this appointment the midwife will:

- Take height and weight
- Check blood pressure
- Test urine
- Ask women about their health and family health
- Ask about any previous pregnancies
- Ask about previous medical history and social circumstances
- Discuss choices for place of birth

This information will help the Midwife to advise women which pregnancy pathway is appropriate for them. This means they will be allocated to either the:



Green Pathway (Midwife Led Care)



Red Pathway (Obstetric Led Care)

# Pregnancy Pathway Assessments

We follow national “Keeping Childbirth Natural and Dynamic” (KCND) referral guidelines, so that women receive care from the team appropriate for their medical and pregnancy history. This will also guide their choice for place of birth.

## Midwife Led Care



For healthy women with a normal pregnancy and with no significant complicating social factors

## Obstetric Led Team Care



For women with significant medical / obstetric / social risks identified.  
For example :

- Age
- Diabetes, high BMI, epilepsy, heart conditions
- Previous complications of pregnancy – stillbirth or neonatal death, severe pre-eclampsia
- Alcohol or drug misuse, significant mental health issues

# Care during pregnancy

## Green Pathway



- 25% - 35% of women at booking
- Midwife led care
- Can see Midwife in the unit or by the GP up to 8 or 9 times
- Ultrasound scans including first baby picture
- Screening tests
- Parent Education Classes
- Breast Feeding Support Classes
- Telephone advice
- Day care
- Discussion of birthing options

## Red Pathway



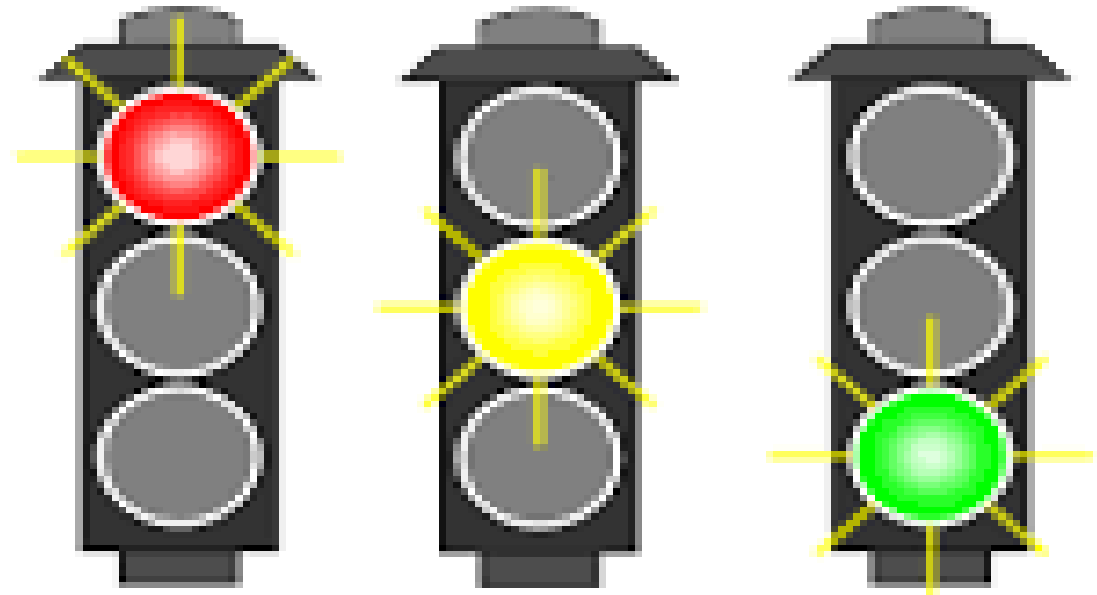
- 65%– 75% of women at booking
- Shared care between Midwife and an Obstetrician
- Appointments according to clinical need
- Ultrasound scans including first baby picture
- Screening tests
- Parent Education Classes
- Breast Feeding Support Classes
- Telephone advice
- Day care
- Discussion of birth plan

# Dynamic Risk Assessment

Throughout pregnancy women will be seen regularly by their care provider – 9 or 10 times as a minimum.

Every time they visit their Midwife or Doctor, their health and pregnancy will be reassessed to ensure they are receiving the right care.

The criteria for each pathway is based on national guidelines in use across all maternity units in Scotland.



**This means that throughout pregnancy women can go from green to red and back again, or vice versa. Women will be involved in all decisions regarding their care.**

# Labour and Birth Care

## Green Pathway



**Labour and Birth care overseen by Midwife**

### Options for Birth

- Home Birth
- Community Maternity Unit
- Consultant Led Unit

## Red Pathway



**Labour and birth overseen by Obstetrician**

### Options for Birth:

- Consultant Led Unit
- Home Birth (may be an option depending on reasons for red pathway – discuss with your obstetrician / midwife)

- **Regardless of place of birth, all women will receive one to one care by midwife**
- **Discussion of birth plan throughout pregnancy and leaflet provided**
- **Often as pregnancy progresses, clinical circumstances may change that can lead to a change in the birth plan particularly in the later stages of pregnancy**