

Perinatal counselling after unfavourable obstetric outcomes. Implementation of a specialized consultation in a low-volume hospital.

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Objective: to review the characteristics of a Perinatal Assessment clinic in a secondary low-volume hospital, after its first year of implementation.

Methods: a Perinatal Assessment clinic was created in a secondary hospital with a volume of 1000-1200 yearly deliveries, with 2 weekly slots, to provide specialized perinatal counseling in patients with unfavourable obstetric outcomes. Results of the first year of implementation (between 9th February 2022 and 30th March 2023) were reviewed.

Results:

- 105 appointments were scheduled on the 108 available slots (97.2% occupancy) for 82 patients, with a compliance rate of 86/105 (81.9%).
- 14 patients (17.0%) required a follow-up appointment to complete the study protocol.
- 10 patients (12.1%) never showed up for their appointments, despite rescheduling in some cases.

Figure 1 depicts the referral reasons for the Perinatal Assessment Clinic in both attending and no-show patients.

Follow-up appointments were more frequently scheduled in patients referred for preconception counseling in maternal pathology (1/4, 25%), counseling after the termination of pregnancy (5/24, 20.8%), severe placental complications (2/9, 22.2%), familiar hereditary disease (2/13, 15.4%) and pregnancy loss (4/27, 14.8%).

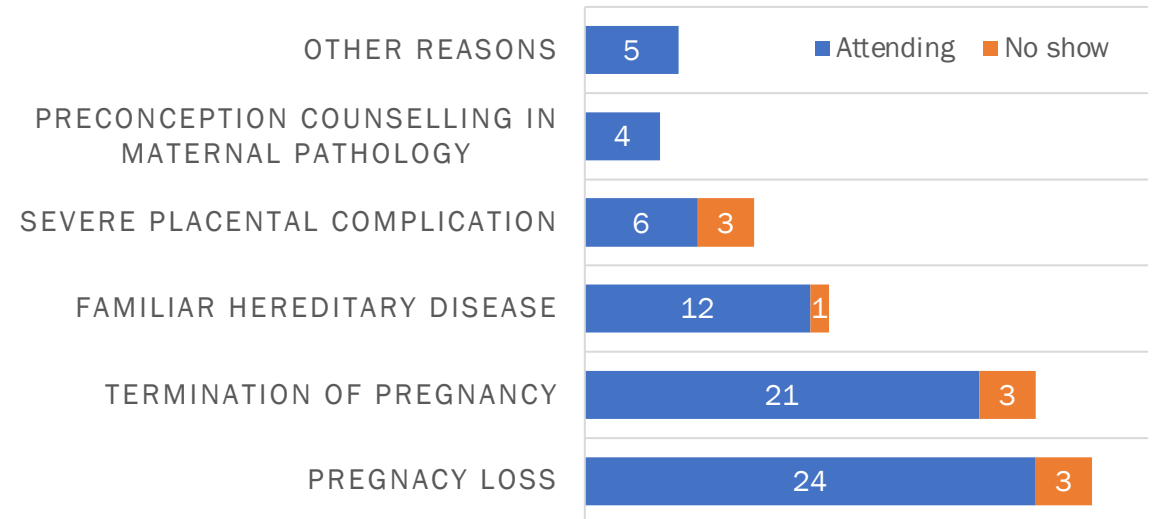


Figure 1. Referral indications for the Perinatal Assessment Clinic in attending and no-show patients

Conclusion

Implementing a specialized Perinatal Assessment clinic attending patients with unfavourable obstetric outcomes in a low-volume hospital was feasible, the dimension of the clinic (with 2 weekly slots) was appropriate and patient compliance was high in our setting.

Data concerning the referral reasons for non-compliant patients may help to develop strategies to increase attendance in this subset of patients.