

Implementation of a Perinatal Palliative Care Program in a Fetal Medicine Unit

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Objective:

To assess the impact of a Perinatal Palliative Care (PPC) Program on pregnant women and families with a prenatal diagnosis of life-limiting fetal conditions.

Methods:



Retrospective study 2008-2022
Fetuses life-limiting fetal conditions

- ✓ Trisomy 21
- ✓ Bilateral renal agenesis
- ✓ Acrania-anencephaly

Results:

Significant improvements were observed after PPC implementation ($p < 0.05$):

Reduced medical interventions:

Cesarean delivery (70% vs 9%)
Neonatal resuscitation (70% vs 0%)
NICU admissions (80% vs 0%)

More natural birth processes:

Labor induction (10% vs 82%)
No fetal monitoring (90% vs 0%).

Enhanced holistic care: interdisciplinary approach, skin-to-skin contact, bereavement support, memory-making, and attention to spiritual, psychological, and social needs (from <10% to 90–100%).

2 groups:
Before PPC implementation
After PPC implementation

Conclusion:

PPC implementation significantly improves the quality of care—both medically and emotionally—for families facing life-limiting fetal diagnoses.