Biochemical tests of placental function versus ultrasound assessment of fetal size for stillbirth and small-for-gestational-age infants.
Heazell AE. Cochrane Database of Systematic Reviews 2019;5:CD012245.
[Critically, small-for-gestational age (SGA) is the most significant antenatal risk factor for a stillborn infant. Correct identification of SGA infants is associated with a reduction in the perinatal mortality rate. However, currently used tests, such as measurement of symphysis-fundal height, have a low reported sensitivity and specificity for the identification of SGA infants.]

Cancer in pregnancy.
[Receiving a diagnosis of cancer during pregnancy can be frightening, and a woman may worry for her future and the outcome of the pregnancy. It makes coping extremely difficult. There has been a long-standing lack of national data regarding cancer during pregnancy and post birth in the UK. This has led to the figures about ante- and postnatal cancer diagnosis being obscured for some time, especially given the different systems that are used to record clinical information about patients.]

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Physical activity during pregnancy and postpartum depression: Systematic review and meta-analysis.
Nakamura A. Journal of Affective Disorders 2019;246:29-41.
[PA during pregnancy appears to reduce the risk of PPD symptoms. High quality studies addressing the role of PA in the perinatal period and its impact on new mother’s mental health remain necessary.]

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Sociocultural factors associated with the development of postnatal anxiety symptoms.
[Postnatal anxiety is relatively common when transitioning to parenthood; however, there are relatively few studies assessing postnatal anxiety in Middle Eastern women. This study aimed to identify the prevalence of postnatal anxiety among Jordanian women and associated sociocultural factors. It concluded that there is a need for routine assessment, ongoing support, counselling and emotional care, which are important to enhance maternal satisfaction and psychological wellbeing.]

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Systematic review of the association between dietary patterns and perinatal anxiety and depression.
[There is no definitive evidence about the relationship between Western dietary patterns and perinatal anxiety and depression (PAAD). However, review found an inverse association among the healthy dietary pattern and PAAD. Future studies will be required to better evaluate associations between meal patterns and PAAD. Such studies may provide new insights and assist in the development of new prevention and treatment strategies.] Freely available online

Techniques of monitoring blood glucose during pregnancy for women with pre-existing diabetes.
Jones LV. Cochrane Database of Systematic Reviews 2019;5:CD009613.
[There are a number of ways of monitoring blood glucose in women with diabetes during pregnancy, with self-monitoring of blood glucose (SMBG) recommended as a key component of the management plan. No existing systematic reviews consider the benefits/effectiveness of different techniques of blood glucose monitoring on maternal and infant outcomes among pregnant women with pre-existing diabetes. The effectiveness of the various monitoring techniques is unclear. ]

Reports
The following report(s) may be of interest:

How can nausea and vomiting be treated during pregnancy?
Specialist Pharmacy Service (SPS); 2019.
[This updated Medicines Q&A considers the safety and efficacy of treatment options for nausea and vomiting in pregnancy. It includes information on antihistamines (promethazine, cyclizine, prochlorperazine), domperidone, metoclopramide, ondansetron and Xonvea (doxylamine with pyridoxine).] Freely available online
This Bulletin was created by Barbara Peirce, Outreach Librarian of NHS East Dorset Knowledge and Library Service

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