

HPA RECOMMENDATIONS FOR HEALTH PATHWAYS

FIRST ANTENATAL CONSULT

Note on HPA pathway guide

This guide is intended to inform pathway writers on the national key messages and recommended resources for healthy weight gain, smoking cessation and alcohol. This is not an exhaustive list of pathway recommendations.

Assessment section

Note: Recommend that the assessment and recording of smoking, drinking, weight, nutrition and physical activity are in the Assessment section (not the Management section).

Record

Note use of term 'healthy weight' not 'normal weight'.

- Weigh, and calculate  **BMI**.

 Drop down box for **BMI** above.

- Body mass index = kg/m² (weight divided by height squared)
- Use [MOH's online calculator](#).
- Less than 18.5 = underweight
- Between 18.5 and 24.9 = healthy weight
- Between 25 and 29.9 = overweight
- Over 30 = obese

- Ask about  **alcohol intake**.

 Drop down box for **alcohol intake** above.

Advise to stop drinking alcohol if you are pregnant. There is no safe time, amount or type of alcohol to drink while pregnant.

- [Ask about smoking status and record](#).

Management Section

Discuss

- If BMI < 18.5 or > 30, give [dietary](#), [physical activity](#), [healthy weight gain](#) advice and consider [maternal green prescription](#).
- [+](#) [Weight gain in pregnancy](#).

 Drop down box for **weight gain in pregnancy** above.

Optimal weight gain during pregnancy is associated with improved outcomes for both the mother and the baby regardless of the mother's existing weight. Discuss the [importance of gaining the right amount of weight during pregnancy through appropriate eating and activity advice](#), and how weight gain could be monitored.

- [Healthy Eating](#).
- [Being active during pregnancy and breastfeeding](#).
- [+](#) [Alcohol-free pregnancy](#) - Advise there is no safe time, amount or type of alcohol to drink while pregnant.

 Drop down box for **alcohol-free pregnancy**.

Offer cessation support if required – [Alcohol and Drug Helpline](#) or link to local Community Alcohol Drugs Service, or CADS Pregnancy and Parental Service (if available).

- Give information about [+](#) **smoking cessation**.

 Drop down from **smoking cessation** above

- Referring to a local stop smoking service or Quitline, increases the chances of a woman quitting smoking. These services provide advice on the use of NRT and vaping and often offer financial incentives. [List of local stop smoking services](#).
- During pregnancy it is best to be tobacco free **and** nicotine free.
- For pregnant women struggling to become tobacco free, NRT should be considered. Discuss the [risks vs benefits](#) and, if women choose to use a nicotine patch, advise that this is best removed overnight.
- If your patient has tried everything else, and is considering vaping, [discuss the risks vs benefits](#).
- Vaping is not harmless, but is less harmful than smoking while pregnant.
- Patients who switch to vaping should be encouraged to cease smoking cigarettes entirely and, ideally, aim to stop vaping when they feel safe to not go back to smoking.

Ensure there are links to the Health Pathway for smoking cessation and NRT. Ensure these pathways have advice on NRT and vaping relevant to pregnant women.

Recommended clinical resources

- [Guidance for healthy weight gain in pregnancy.](#)
- [Weight gain quick reference guide.](#)
- [MOH – alcohol and pregnancy a guide for health professionals](#)
- [Hazards of alcohol use by pregnant women and women of reproductive age](#)
- [ABC Alcohol for Pregnancy – A guide for health professionals](#)
- [MoH Guidelines for Helping People to Stop Smoking](#)
- [MoH Guide to prescribing NRT](#)
- [Use of electronic cigarettes in pregnancy](#)
- [Healthcare professionals guide to vaping and pregnancy](#)
- [Stop smoking medicines](#)
- [Vape to quit in general practice](#)

Recommended patient resources

- [Healthy Eating](#)
- [Being active during pregnancy and breastfeeding](#)
- [Weight gain in pregnancy](#)
- [Alcohol and pregnancy – what you might not know](#)
- [Alcohol and pregnancy FAQs](#)
- [Alcohol and Drug Helpline](#)
- [I quit smoking for baby and me](#)
- [NRT and pregnancy](#)
- [Pregnancy and vaping](#)