

HPA RECOMMENDATIONS FOR HEALTH PATHWAYS

PRE-CONCEPTION 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 baseline

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

- Weigh, and calculate **+** BMI. A BMI in the healthy range (18.5-24.9) will increase the chance of conception and a healthy pregnancy.

+ 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 current **+** alcohol intake.

+ Drop down box for alcohol intake above.

Stop drinking alcohol if you could be pregnant, or are **trying to get pregnant**. There is no known safe level of alcohol consumption during pregnancy.

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

Management Section

Discuss

- If BMI < 18.5 or > 30, give [dietary and physical activity advice](#), and consider [Green Prescription](#).
- [Healthy eating and physical activity](#)
- **+ Alcohol-free pregnancy.**

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

Stop drinking alcohol if are **trying to get pregnant**. There is no known safe level of alcohol consumption during pregnancy, including in the first few weeks.

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).

Link to Alcohol Intervention pathway for AUDIT C or similar screening tool. Ensure alcohol pathway includes advice that women planning pregnancy should stop drinking.

- **+ Smoking cessation.**

Drop down box for **smoking cessation**.

- There are a wide range of options available for patients who want help to stop smoking.
- 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. [List of local stop smoking services](#).
- Ideally, women should enter pregnancy tobacco free **and** nicotine free. However, the risks of smoking are many times greater than the risks of nicotine use. Discuss the [risks vs benefits of NRT](#) use during pregnancy, including the [risks vs benefits of vaping](#).
- 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.
- Smokers can be advised to get advice from a local vape shop on products and strength of nicotine containing liquid.

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

- [Weight management advice](#)
- [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](#)
- [Vaping and pregnancy key messages](#)
- [Electronic Cigarettes: Information for health care workers](#)
- [Use of electronic cigarettes in pregnancy](#)
- [Healthcare professionals guide to vaping and pregnancy](#)
- [Vape to quit in general practice](#)
- [Stop smoking medicines](#)

Recommended patient resources

- [Healthy Eating and Physical Activity](#)
- [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](#)