

A Clinical Carepath for Obese Pregnant Women: A Pragmatic Pilot Cluster Randomized Controlled Trial

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Supplementary Information 3. Midwifery outcome rates in pilot cluster randomized controlled trial of a carepath for obese pregnant women

Steps offered to eligible women		Intervention Number (%)¹	Control Number (%)	RR (95% CI)
1 st trimester	Early screen for undiagnosed pre-pregnancy diabetes	14 (100)	5 (17.9)	5.60 (2.53-12.39)
	Nuchal translucency ultrasound	11 (100)	23 (100)	--
	Body mass index calculation from pre-pregnancy height and weight	15 (100)	27 (96.4)	1.03 (0.97-1.11)
	Counselled about exercise	9 (60)	24 (85.7)	0.70 (0.45-1.09)
	Counselled about weight gain	8 (53.3)	3 (10.7)	4.98 (1.55-16.03)
	Counselled about nutrition/food choices	11 (73.3)	24 (85.7)	0.86 (0.61-1.20)
	Advised about cardiac/pulmonary disease	4 (26.7)	0 (0.0)	--
	Advised about gestational hypertension	7 (46.7)	4 (14.3)	3.27 (1.14-9.39)
	Advised about gestational diabetes mellitus	15 (100)	28 (100)	--
	Obstructive sleep apnea screen	11 (73.3)	0 (0.0)	--
	Maternal-fetal medicine specialist referral if history of bariatric surgery ²	--	--	--
2 nd trimester	Maternal serum alpha-fetoprotein screen	14 (100)	24 (100)	--
	Anatomy ultrasound	15 (100)	27 (96.4)	1.04 (0.97-1.11)
	Screen for diagnosis of gestational diabetes mellitus	10 (90.9)	27 (96.4)	0.94 (0.77-1.15)
3 rd trimester	Obstetrician consult	9 (60)	9 (33.3)	1.80 (0.92-3.53)
	Anaesthesiology consult	8 (53.3)	8 (28.6)	1.87 (0.88-3.96)
	Ultrasound for growth & wellbeing	13 (86.7)	19 (67.9)	1.28 (0.92-1.76)
	Counselled about shoulder dystocia	4 (26.7)	3 (10.7)	2.49 (0.64-9.69)
	Counselled about risk of caesarean section	6 (40)	2 (7.1)	5.60 (1.28-24.41)
	Counselled about operative risk associated with caesarean section	3 (20)	1 (3.6)	5.60 (0.64-49.27)
	Counselled about risks of high body mass index	2 (13.3)	0 (0.0)	--
	Discussed breastfeeding	7 (46.7)	26 (92.9)	0.50 (0.29-0.87)
Total Compliance		196 (64.3)	284 (49.1)	1.31 (1.16-1.47)
Steps received in eligible women				
Early screen for undiagnosed pre-pregnancy diabetes		10 (71.4)	3 (60)	1.19 (0.54-2.62)
Nuchal translucency ultrasound		6 (54.6)	13 (56.5)	0.97 (0.50-1.84)
Obstructive sleep apnea screen		7 (63.6)	0 (0.0)	--
Maternal-fetal medicine specialist referral if history of bariatric surgery		--	--	--
Maternal serum alpha-fetoprotein screen		7 (50)	14 (58.3)	0.86 (0.46-1.60)
Anatomy ultrasound		15 (100)	27 (100)	--
Screen for diagnosis of gestational diabetes mellitus		8 (80)	24 (88.9)	0.90 (0.64-1.26)
Anaesthesiology consult		5 (62.5)	5 (62.5)	1.00 (0.47-2.14)
Ultrasound for growth and wellbeing		12 (92.3)	15 (79.0)	1.17 (0.88-1.55)
Clinical outcomes detected in eligible women tested				
Maternal				
Pre-pregnancy diabetes mellitus		3 (30)	0 (0.0)	--
Obstructive sleep apnea		1 (14.3)	0 (0.0)	--
Gestational diabetes mellitus		2 (25)	1 (4.4)	5.75 (0.60-55.19)
Fetal				
Cardiac defect		0 (0.0)	0 (0.0)	--

Neural tube defect	0 (0.0)	0 (0.0)	--
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Note: Proportions not always out of total number per group due to some women being ineligible for the screen, test, or consult
RR: relative risk; 95% CI: 95% confidence interval; "--": not applicable
¹Guideline-directed step in the clinical carepath is considered feasible if >80% rate of offer; ²None of the women had a history of bariatric surgery

