**Canberra Health Services**

**Pregnancy Care Guidelines**

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| Purpose |

The Australian Government Pregnancy Care Guidelines are an online resource designed to support maternity services to provide high-quality, evidence-based antenatal care to pregnant women in a variety of settings.

The Guidelines were developed to help ensure that women in Australia are provided with consistent, high- quality, evidence-based maternity care. The Guidelines are intended for all health professionals who contribute to pregnancy care including midwives, obstetricians, general practitioners, Aboriginal and Torres Strait Islander health workers and allied health professionals.

Development of the Guidelines was coordinated by the Australian Government in collaboration with state and territory governments. The current Guidelines were approved by the National Health and Medical Research Council (NHMRC) in 2020. This edition brings together the two previous modules and contains updates of several topics including weight and body mass index (weight monitoring reviewed), fetal growth and wellbeing, risk of preterm birth, risk of pre-eclampsia (risk factors and prediction reviewed), family violence, hyperglycaemia (early testing reviewed), hepatitis C, thyroid dysfunction, vitamin D status and chromosomal anomalies (cell- free DNA testing reviewed). The new topic substance use has also been incorporated. NHMRC approval is valid for a period of 5 years.

Canberra Health Services endorses the use of this document.

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| Scope |

These guidelines are applicable to all Canberra Health Services team members, including midwifery and medical students under direct supervision, who provide care for pregnant women regardless of where the woman is being cared for in the organisation.

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| Which area in Canberra Health Services can I contact for more information? |

**Contact Officer**:

Clinical Support Midwife

Women Youth and Children

Division of Women and Babies

Phone 512 47561

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| How can I access the document? |

[Pregnancy Care Guidelines | Australian Government Department of Health and Aged Care](https://www.health.gov.au/resources/pregnancy-care-guidelines)

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| Search Terms |

Pregnancy, antenatal, pregnancy care, antenatal care, antenatal visits, fetal growth, assessing fetal growth

**Disclaimer**: *This document has been developed by Canberra Health Services specifically for its own use. Use of this document and any reliance on the information contained therein by any third party is at his or her own risk and Canberra Health Services assumes no responsibility whatsoever.*

*Policy Team ONLY to complete the following:*

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| *Date Amended* | *Section Amended* | *Divisional Approval* | *Final Approval* |
| *28/11/2022* | *Full review* | *Susan Frieberg, ED WYC* | *CHS Policy Committee* |
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*This document supersedes the following:*

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| *Document Number* | *Document Name* |
| *CHHS18/201* | *Pregnancy Care Guidelines* |
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