INTRA-UTERINE GROWTH RESTRICTION (CONFIRMED): MATERNAL FETAL ASSESSMENT UNIT - QUICK REFERENCE GUIDE ASSESSMENT OF

This Quick Reference Guide must be used in conjunction with its respective Clinical Guidelines, Intrauterine growth restriction.

CRITERIA FOR REFERRAL

Women with confirmed fetal Intra-Uterine Growth Restriction (IUGR) on ultrasound scan at ≥ 24 weeks gestational age.

MANAGEMENT

Women with confirmed IUGR are assessed on an out-patient basis if the clinical condition allows. The frequency of outpatient visits is:

- **Fortnightly** if the amniotic fluid index (AFI) and Uterine Artery (UA) Doppler velocities were normal at the initial assessment and subsequent visits.
- **Twice-weekly** if the ultrasound results for either/or both parameters of amniotic fluid volume (AFV) and Doppler studies are abnormal. More frequent surveillance may be required according to the maternal or fetal clinical condition.
- **Daily** if the UA Doppler shows absent/ reversed end diastolic velocities (AREDV).

ASSESSMENT

1. Arrange the weekly assessment on the woman’s Obstetric team day on duty for the antenatal clinic.
2. Check and record maternal temperature, pulse, blood pressure and urinalysis.
3. Perform an abdominal palpation noting:
   - Symphysis pubis measurement for fundal height
   - Lie if gestation more than 30 weeks
   - Presentation if more than 30 weeks gestation
4. Arrange an ultrasound assessment for:
   - Each visit assessment for AFI and Doppler velocities
   - Fortnightly assessment of fetal biometry
5. Cardiotocograph monitoring
   - Monitor at each weekly visit if > 32 weeks gestation
   - Twice weekly if the AFI and/or the Doppler studies are abnormal and the Obstetric team requests further monitoring. Daily if AREDV.
6. Consider administering a course of Betamethasone if pre-term birth is anticipated.
FLOW CHART FOR MANAGEMENT OF CONFIRMED INTRA-UTERINE GROWTH RESTRICTION

Woman presents to MFAU with confirmed IUGR

Midwife/RMO performs assessment as outlined in the Quick Reference Guide

Midwife/RMO reviews all maternal and fetal assessments

Are all the measurements/tests within the normal limits?

YES

Inform the Obstetric team of the results. Arrange review in the antenatal clinic or MFAU as appropriate.

Arrange continued weekly or biweekly assessment and review in MFAU.

Team Consultant review as required.

NO

Inform the Level 3 Obstetric team Registrar / Consultant and arrange urgent review.

ABNORMAL RESULTS INCLUDE:

- **CTGs**
  - two or more Non Reactive
  - features suggestive of fetal compromise

- **Ultrasound results**
  - AFI persistently low or decreasing
  - Abnormal Doppler studies
  - Fetal growth plateau or declining
  - No fetal movements observed during the scan

- **Fetal movements**
  - Maternal reporting of decreased fetal movements