Quality Academy Knowledge & Evidence Team

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| **Your request for evidence:**  Guidance for staff who are pregnant and working from home – resources for health and wellbeing | **Date of literature search: 25/03/2020**  **Search conducted by:** Emma Child  **Contact details:** emma.child@nhs.net |
| **In Summary:**   * Guidance from Gov.uk strongly advises that all pregnant women should work from home [1]. * The Royal College of Obstetricians and Gynaecologists states that women in their first or second trimester, with no underlying health conditions, can continue to work in customer facing roles as long as social distancing precautions are taken. The RCOG agrees that from 28 weeks gestation pregnant women should work from home where possible [2]. * The National Childbirth Trust is now running virtual antenatal courses in light of social distancing guidelines [3]. This will support expectant parents and still connect them with other parents-to-be in their local area. * The NHS recommends 150 minutes of exercise per week in pregnancy [6]. See resources 5 & 6 for advice, videos, customisable exercise plans and gentle exercises to do at your desk. * The NHS has an approved list of baby apps to support new and expectant parents [7]. Practice mindfulness and meditation during pregnancy to reduce stress and anxiety with free Mind the Bump App [8]. | |

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| **No.** | **Key information** | **Document** |
| 1. | Gov.uk, 2020. **Guidance on social distancing for everyone in the UK** *Public Health England, page last updated 23 March 2020*  The latest government guidance advises that pregnant women should be particularly stringent in following social distancing measures as they face increased risk of serious illness for COVID-19 and that home working is strongly advised for this group.  The page also offers advice on looking after mental wellbeing whilst social distancing including exercises that can be done at home, eating and drinking healthily and getting fresh air and sunlight.  Summary of advice on social distancing broken down into action to be taken and group of people it relates to. | Please click [**here**](https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults) to view page |
| 2. | Royal College of Obstetricians and Gynaecologists, 2020. **Coronavirus (COVID-19) infection and pregnancy – guidance for healthcare professionals: Version 4 - 21 March 2020***Royal College of Obstetricians and Gynaecologists*  On p.37 of this document the RCOG advise that pregnant women in their first or second trimester (less than 28 weeks pregnant), with no underlying health conditions, should practise social distancing but can continue to work in a public-facing role, provided the necessary precautions are taken. For pregnant women after 28 weeks’ gestation, or with underlying health conditions such as heart or lung disease, a more precautionary approach is advised. Women in this category should work from home where possible, avoid contact with anyone with symptoms of COVID-19, and significantly reduce unnecessary social contact. For many healthcare workers, this may present opportunities to work flexibly in a different capacity, for example by undertaking telephone or videoconference consultations, or taking on administrative duties. All NHS employers should consider how to maximise the potential for homeworking given current relaxation of NHS Information Governance requirements, wherever possible. | Please click [**here**](https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/) to read the document |
| 3. | NHS, 2019. **How to sit at your desk correctly**. *NHS, Last updated 18 July 2019*  NHS advice on how to help your posture if you are working from home and sit in front of a computer a lot | Please click [**here**](https://www.nhs.uk/live-well/healthy-body/how-to-sit-correctly/) to view the page |
| 4. | NCT. **NCT Virtual Antenatal Course**. *National Childbirth Trust*  The NCT is running virtual antenatal courses in place of their regular face-to-face courses to support parents to be whilst adhering to social distancing guidance. The virtual courses will continue to be a great way for you to meet other parents, local to you, as well as providing essential unbiased information and knowledge about pregnancy, birth and early days with your baby.  A group chat will allow you to discuss and talk to the people on your course at any time. Helping you make connections and lifelong friends in your local community and providing an essential lifeline during pregnancy and beyond.  The NCT is a registered charity. All information provided via the NCT is evidence based and peer reviewed by NCT practitioners (antenatal teachers, postnatal leaders and breastfeeding counsellors), academics and representatives from other relevant organisations and charities, who are specialists in their subject area. | Please click [**here**](https://www.nct.org.uk/courses-workshops/nct-virtual-antenatal-course) to view the page |
| 5. | Tommy’s, 2018. **Exercise and activity in pregnancy**. *Tommy’s Pregnancy Hub Last reviewed on July 31st, 2018*  These resources cover a wide range of information related to exercise in pregnancy including [what kind of exercises are safe to do in pregnancy](https://www.tommys.org/pregnancy-information/im-pregnant/exercise-pregnancy/what-kind-exercises-can-i-do-during-pregnancy), [exercises to avoid in pregnancy](https://www.tommys.org/pregnancy-information/im-pregnant/exercise-pregnancy/exercises-avoid-pregnancy)  and [how active you should be](https://www.tommys.org/pregnancy-information/im-pregnant/exercise-pregnancy/how-active-should-i-be-pregnancy). There is also a useful page on [5 easy office exercises to do when you’re pregnant](https://www.tommys.org/pregnancy-information/im-pregnant/exercise-pregnancy/5-easy-office-exercises-do-when-youre-pregnant) for women working from home. The resources include videos, infographics and [customisable weekly exercise plans](https://www.tommys.org/sites/default/files/Weekly%20keeping%20active%20goals%20grid.pdf)  Tommy’s is the largest registered charity funding research into the causes of miscarriage, stillbirth and premature birth. They also provide information for parents-to-be to help them have a healthy pregnancy and baby. All information on the site is evidence based, led by a team of Tommy’s midwives and follows a rigorous process that was accredited by the (now closed down) NHS England Information Standard Scheme. | Click [here](https://www.tommys.org/pregnancy-information/im-pregnant/exercise-and-activity-pregnancy) to view the website |
| 6. | NHS. **Start 4 Life:** **Exercising in Pregnancy**. *Public Health England*  Advice from Public Health England on gentle exercising during pregnancy. Key tips:   * Aim for 150 minutes for exercise per week * Start with 10 minutes of daily activity and gradually build up to 150 minutes, unless you are already used to exercising * As a general guideline, you should be able to hold a conversation while exercising. If you can't, you need to slow down * Avoid anything that risks your bump being hit * Exercise that involves lying on your back for longer than a few minutes (particularly after 16 weeks) is not advisable. This is because the weight of your bump presses on the main blood vessel bringing blood back to your heart. This could cause low blood pressure and make you feel dizzy. | Click [here](https://www.nhs.uk/start4life/pregnancy/exercising-in-pregnancy/) to view the page |
| 7. | NHS. **Pregnancy and Baby Apps**. *National Health Service*  This is a list of NHS approved apps including:   * Baby Buddy: find help and advice to give you and your baby the best start in life * Family Assist: find information on pregnancy and birth and chat to health professionals * Kicks Count: keep track of your baby’s movements in the womb and monitor any changes * Peanut: an online community for mothers to share advice   Only safe and secure apps and digital tools are published on the NHS Apps Library. Developers need to answer a range of digital assessment questions before they are approved. | Please click [here](https://www.nhs.uk/apps-library/category/pregnancy-and-baby/) to view page |
| 8. | Smiling Mind. **Mind the Bump**. *Smiling Mind*  Image result for mind the bump app  Mind the Bump is a free mindfulness meditation app to help individuals and couples support their mental and emotional wellbeing in preparation for having a baby and becoming a new parent. The program runs from day one of pregnancy through to 24 months after birth. It can also be used by health professionals working with new and expectant parents.  The app comes from Smiling Mind, an Australian mindfulness and mental health organisation.  It is available on android and iOS. | Please click [here](https://www.mindthebump.org.au/) to view page and download the app |

**Search Strategy:**

Pregnan\* + (work\* ADJ home)

Pregnan\* + exercis\* or health or wellbeing

**Resources searched:** AMED, BNI, CINAHL, Medline, NICE, NICE Evidence Search, advanced Google search