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]. | |

**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