

Ectopic Pregnancy
and the Psychosocial Supports
for Early Pregnancy Loss

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Case: JM

- 34 year old female
- G4P3
- Unplanned pregnancy
- Venlafaxine 37.5mg mane (Anxiety, Depression)
- Medical & Surgical Hx unremarkable otherwise

Case: JM

Diagnostic Pelvic Ultrasound:

- Live gestational sac the between the right ovary and uterus
- Estimated 9⁺⁰ weeks by crown rump length of 25mm
- Foetal heart rate 185bpm

Case: JM

Management:

- Surgery: Resection of right horn of uterus, right salpingectomy, and dilatation & curettage
- Histopathology: 55mm fallopian tube with corneal smooth muscle and noted disrupted foetal tissue, and uterine cuttings of secretory endometrium with decidual reaction
- Advised about contraceptive options and risks for future pregnancies
- Discharged day 3 post-op with analgesia and antibiotics, for GP follow-up in 6 weeks



Case: JM

Treat the patient



Why is psychosocial support important?

- Grief
 - Experienced by 40% of women after miscarriage (Lok et al., 2007)
- Psychological impact
 - Pathological grief, depression, anxiety
- Suicide
 - Accounts for 8% of maternal deaths (AIHW, 2017)



Support Options for Patients: Viewing

- Recommendation in clinical guidelines to offer and support
- Empirical evidence split
- Anecdotal evidence suggests benefit to viewing
- Influencing factors: staff support, individual needs



Support Options for Patients: Mementos

- Consensus *for* the collection of mementos
- Good alternative to Viewing
- Important to gain consent and maintain cultural appropriateness



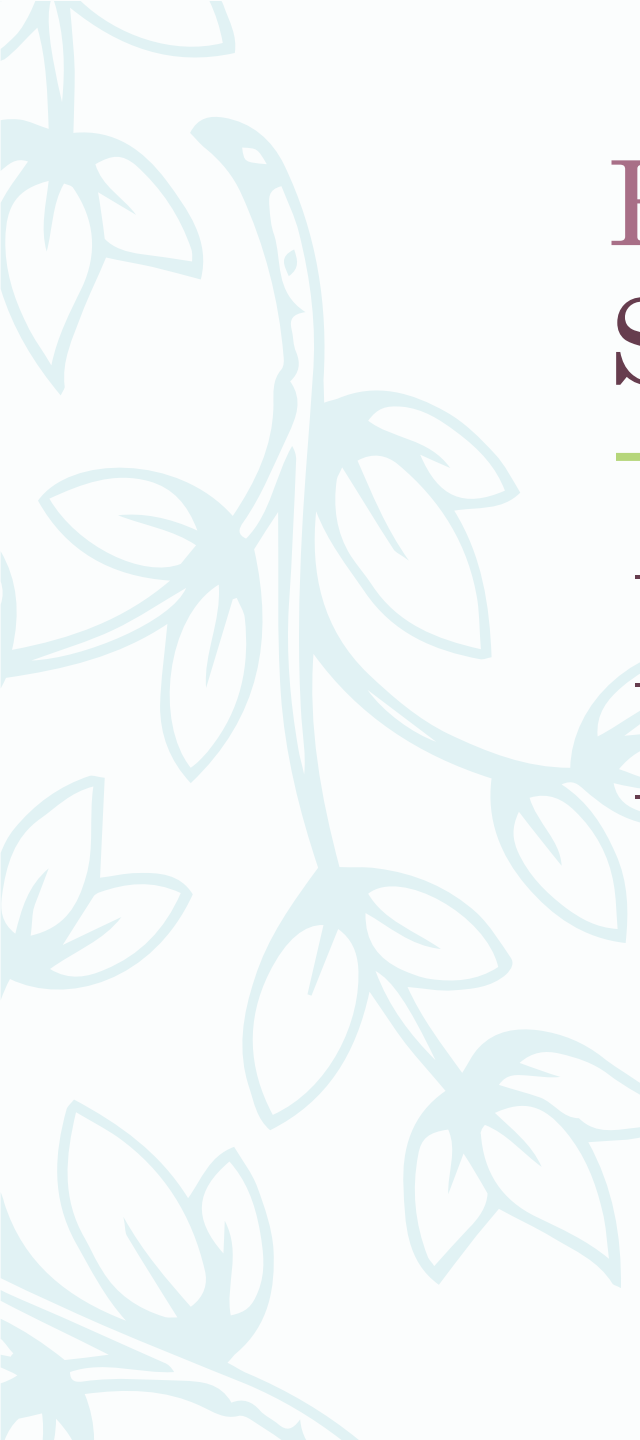
Support Options for Patients: Formal Recognition

- Early Pregnancy “invisible” loss
- Parents appreciate the opportunity to discuss arrangement
- Staff tendency to involve fathers for this option
- Culturally sensitive approach important



Role of Providers: Helpful Interactions

- Positives: emotional support, physical support, education
- Nurses play key role in emotional and physical support
- Doctors valued for patient education and communication



Role of Providers: Systems Improvements

- Issues: avoidance, insensitivity, poor communication
- Grief training and management pathways
- Communication protocol



Role of Providers: Prevention

- Awareness and screening for risk factors
- Early assessment and referral if required
- Proactive approach



Summary

- Support options for patients:
 - Viewing
 - Mementos
 - Formal recognition
- Role of providers:
 - Helpful interactions
 - Systems improvements
 - Prevention

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