

Napier Students: Orla Hain, Fiona Hamilton-Bulger, Laura Hannett and Florence James
HESAV Students: Elodie Mailhé, Cindy Mansiat and Tiffany Marion

1

Follow-up in Switzerland and Scotland

Switzerland

Pregnancy monitoring in Switzerland includes one consultation per month as well as two ultrasound scans (at 11-13+6 SA and 20-22 SA) by a doctor. The consultation can be provided by a midwife or a doctor and take 45 to 60 minutes.

One check-up before week 16 of pregnancy must be carried out by a gynecologist. The rest of the follow-up can be done by a midwife, but it is not yet common.

Several important screenings are to be done during pregnancy :

- Testing of numerous serologies (Rubella, syphilis, HIV, hepatitis B and C, CMV, Varicella. Toxoplasmosis is not automatically performed).
- The early test, a blood test is to be done during the first trimester, to assess the risk of trisomy 21, 18 or 13 in the fetus.
- NFTN screening in weeks 15 and 18.
- Screening for gestational diabetes is done systematically between weeks 24 and 28 (fasting glucose). Depending on the results, it is advised to do an HGPO test (orally induced hyperglycemia).
- Smear is taken at week 35 or 36 to screen Streptococcus B.

Scotland

- The midwife is the primary care provider for women considered to have a 'low risk' pregnancy. In most areas of Scotland, women will have a team of midwives responsible for the provision of their antenatal care, with one midwife being allocated as the named midwife. The named midwife will aim to see the woman at all of their antenatal appointments to provide continuity of carer where possible. The wider team of midwives will be available to provide antenatal care to women when their named midwife is not available. Risk factors for a more complex pregnancy are usually identified within the initial booking appointment from women's past and current medical history and past obstetric history and will be constantly re-evaluated throughout their pregnancy. Women with complex pregnancies may be seen throughout their pregnancy by several different team healthcare professionals including specialist midwives and obstetricians. Where possible, women attending specialist clinics will still be seen by a midwife for their routine antenatal care, with the aim of maintaining women's pregnancy experiences as close to normality as possible.
- In Scotland women are routinely offered two ultrasound scans during their pregnancy. Both scans are performed by a trained Sonographer and are not within the remit of the midwife. The first ultrasound scan takes place between 11 and 14 weeks gestation and is known as the dating scan. The dating scan confirms the gestation of the pregnancy and the presence of one or more foetuses. The sonographer will also assess the fetal growth, development and the fetal heartbeat. Several measurements of the fetus are taken throughout the scan including crown rump length and nuchal fold translucency which is required for trisomy screening along with a maternal blood sample. The second scan offered to all women is the fetal anomaly scan which takes place between 18 and 21 weeks gestation. The sonographer will check the development of the fetus and its systems including the brain, heart, spine and kidneys as well as noting any developmental abnormalities. The sonographer can also disclose the sex of the fetus during the fetal anomaly scan if the pregnant person requests this to be revealed. Aside from the routinely offered ultrasound scans, if during antenatal appointments after 20 weeks gestation the midwife providing care has concerns regarding fetal growth they may request a further ultrasound growth scan to confirm the fetus is continuing to grow and develop.



2

Health insurance coverage in Switzerland and Scotland

Switzerland

Pregnant women do not have to pay for health care services from week 13 on. For the first 12 weeks of pregnancy, they are subject to the same conditions as in the case of illness.

The health insurance companies pay for the following check-ups and training :

- Two ultrasound scans.
- Prenatal screening for trisomy 21, 18 and 13.
- Regular check-ups with a gynecologist or a midwife.
- 7 preventive examinations during pregnancy.
- Training preparation to childbirth (a contribution of 150 CHF has to be paid by the pregnant woman).

Scotland

Antenatal care in Scotland is offered to all women through the National Health Service. The NHS in Scotland is funded by the Scottish Government and aims to provide high quality health care services to all individuals living in Scotland. To help reduce inequality in accessing maternity services, maternity care in Scotland is free and pregnant woman have access to all aspects of maternity care regardless of their financial status.



3

Health promotion

Switzerland

Nutrition : The needs for energy, vitamins and minerals increase during pregnancy. The pregnant woman must adopt a varied and balanced diet. Some foods must be avoided to prevent food poisoning, parasites such as toxoplasmosis (carefully wash your fruits and vegetables) and bacteria like a listeriosis (no seafood and raw meat, ...). Alcohol is not recommended during pregnancy.

Physical activity : It is recommended that women with uncomplicated pregnancies do at least 150 minutes of moderate activity per week spread over several days, as well as muscle strengthening twice a week.

Dental care : Good dental hygiene is recommended. Gums are more sensitive during pregnancy and are more likely to bleed or become infected.

The skin is more sensitive to sun exposure during pregnancy : skin spots or pregnancy mask. It is highly recommended to apply sunscreen before any exposure.

Vaccine

- Covid-19 vaccination is recommended before or during pregnancy (from week 12). In case of symptoms (cough, fever, breathing difficulties, ...) do a test. Follow protection and hygiene instructions.
- Flu and whooping cough vaccines can be given in the second trimester (only in autumn and winter for flu). For whooping cough specifically, vaccination can also be done in the third trimester.
- If the woman is not already vaccinated or immunized a vaccination for chickenpox, measles or rubella is recommended after delivery.

Folic acid : It is recommended to take folic acid 3 months pre-conception and throughout week 12 of pregnancy to reduce the risk of non-closure of the neural tube.

Work : The working day must be limited to 9 hours and standing and walking activities be reduced (art. 60 al. 1 OLT1). The pregnant woman is entitled to paid maternity leave as soon as she has completed 5 months of work (Art. 16b al. 1 LAPG). Prohibition to work nights (8pm and 6am) 8 weeks before the delivery (art. 35b LTr).

Traveling during pregnancy : Ask gynecologist or midwife for advices before traveling. After 7 months of pregnancy, long trips are not advisable. During the trip move and walk as much as possible and wear compression stockings to avoid any risk of thrombosis.

Sexuality : There is no risk of disturbing the baby during sexual intercourse since it is well protected by the uterus and the water bag. Penetration is safe unless a complication is detected.

Scotland

In the initial booking appointment with a community midwife, they will discuss with the pregnant women recommendations about exercise and diet.

Exercise: Exercise during pregnancy is promoted. It is suggested that you should keep active during your pregnancy to help you adapt to the weight gain and the changing shape of their body.

It is recommended that pregnant women should not take up strenuous exercise or new exercise that they never did prior to pregnancy.

It is important that women are comfortable while they do it and should stop if they are becoming breathless or have pain.

Recommendation for the majority of pregnant women is to aim for 30 minutes walks and/or swimming.

Diet: It is important to keep a healthy balanced diet during pregnancy so the mother is getting the proper nutrients.

There are certain foods to avoid in pregnancy for example:

Some dairy – unpasteurised soft cheeses, mould-ripened soft cheese, blue cheeses, any unpasteurised milk or cream

Liver and paté – these contain large amounts of vitamin A and listeria which can be harmful to baby

Some meats – game meat (pheasants, hare), raw meat, ensure all meat is cooked thoroughly and the juices are clear.

Too much oily fish or tuna – no more than two portions of oily fish a week, no more than 4 medium cans of tuna a week

Sprouted seeds – ensure they are washed and hot throughout to avoid becoming ill

Unwashed fruit and veg – the soil that is stuck to them can be make you unwell.

