

Nutritional input during pregnancy in Cystic Fibrosis

Audit team: Claire Berry - Dietitian

Contact: Claire.Berry@UHSM.nhs.uk

Period of data collection: October 2008 - Feb 2009

Background: Publication of standards for management of pregnancy in Cystic Fibrosis, with new guidelines for nutritional management.



Aims: To assess the nutritional input during pregnancy in patients at the Manchester Adult Cystic Fibrosis Unit between Jan 2003 to Nov 2008 and compare to the new standards of care.

Data collection: Data collected on all aspects of nutritional care: general nutrition and pregnancy advice, folic acid, monitoring of vitamins levels, glycaemic control and frequency of input.

Analysis: Data collection sheet produced. When all data collected, inputted onto Excel spreadsheet and data extrapolated to produce graphs and percentages.

Findings: The retrospective data showed that nutritional input during pregnancy in CF patients only met one of the standards recommended by Edenborough et al (2008).

Implications for practice: Recommendations have been made for improvement to dietetic input during pregnancy, such as more frequent input, update of literature and production of patient assessment proforma specifically for pregnancy. MDT recommendations also made as the new guidelines covered all members of the multidisciplinary team.