The number of pregnancies in women with cystic fibrosis (CF) has been increasing. According to the United Kingdom CF Registry, 58 women gave birth in 2019, which represents 1.2% of the female population with CF over 18 years old (Charman et al. 2020).

To explore Royal Papworth Hospital Adult CF centre patient views on dietetic care in pregnancy.

Over a 12-month period, nine women with CF gave birth. Four women post-partum were included in this qualitative descriptive project. Semi-structured interviews were conducted via face-to-face, telephone or video consultation and inductive thematic analysis were undertaken.

The experiences of the women interviewed were varied, however 5 main themes were identified:

Support and advice
Support and advice from Dietitians and the multidisciplinary team (MDT), from preconception and throughout pregnancy, was considered positive, although could feel like an overload of information at each appointment.

Earlier nutritional intervention
Not all woman required nutritional intervention. Some women experienced nutritional challenges during pregnancy that were not present prior to conception. With hindsight, earlier nutritional intervention during the initial stages of pregnancy was suggested as a way to improve weight outcomes. Suggestions included dietary advice, oral nutritional support and nasogastric feeding.

Diabetes
All the women interviewed had, or developed, diabetes during pregnancy. This was universally seen as a challenge. Balancing adequate nutritional intake whilst maintain blood glucose control felt like an area of conflict for some women.

Communication between teams
MDT working is part of CF services, obstetrics and diabetes services were involved during pregnancy. Additional scans and appointments were seen as supportive, however managing the priorities and communication between teams was viewed as difficult. As appointments with different service were separate women felt they had to repeat information to several professionals.

Working during pregnancy
Managing working during pregnancy was a strain due to health challenges and frequency of hospital appointments.

Over a 12-month period, nine women with CF gave birth. Four women post-partum were included in this qualitative descriptive project. Semi-structured interviews were conducted via face-to-face, telephone or video consultation and inductive thematic analysis were undertaken.

The experience during pregnancy can be varied. Dietetic support and advice received from preconception and throughout was highlighted as a strength. Having been through the experience of pregnancy, patients felt earlier nutritional intervention would have been beneficial. Improving cross-service working and communication emerged as a theme for further exploration.

REFERENCES

CONTACT INFORMATION
Marilyn Hagan, marilyn.hagan@nhs.net