Placenta Praevia and Placenta Accreta

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Are there any eCARE implications? No					
CQC Fundamental standards: Regulation 9 – person centered care Regulation 10 – dignity and respect Regulation 11 – Need for consent Regulation 12 – Safe care and treatment Regulation 13 – Safeguarding service users from abuse and improper treatment Regulation 14 – Meeting nutritional and hydration needs Regulation 15 – Premises and equipment Regulation 16 – Receiving and acting on complaints Regulation 17 – Good governance Regulation 18 – Staffing Regulation 19 – Fit and proper					



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Guideline Statement

This document provides guidance to all practitioners to correctly identify cases of potential placenta praevia and placenta accrete and to manage care for the best possible outcome for mother and baby.

Executive Summary

Placenta praevia and placenta accreta are associated with high maternal and neonatal morbidity and mortality.

For pregnancies greater than 16 weeks of gestation, the placenta should be reported as 'low lying' when the placental edge is less than 20 mm from the internal os, and as normal when the placental edge is 20 mm or more from the internal os on Trans Abdominal Scan or Trans Vaginal Scan.

The estimated incidence of placenta praevia at term is 1 in 200 pregnancies whereas placenta accreta ranges between 1in 300 and 1in 2000 pregnancies.

"The rates of placenta praevia and accreta have increased and will continue to do so as a result of rising rates of caesarean deliveries, increased maternal age and use of assisted reproductive technology (ART), placing greater demands on maternity-related resources." (RCOG, 2018, pp.9-10)

Definitions

According to new research, the term 'placenta praevia' is used when the placenta lies directly over the internal os.

Placenta accreta is a histopathological term. It is a spectrum disorder ranging from abnormally adherent to deeply invasive placental tissue.

Cases of placenta accreta are also often subdivided into total, partial or focal according to the amount of placental tissue involved and the different depths of accreta placentation have been found to co-exist in the same case.

1.0 Roles and Responsibilities:

- Doctors diagnosis, management
- Sonographers- scanning as per guideline.
- Midwives review of ultrasound results, appropriate referral for consultant care, inpatient care as appropriate to scope of practice

2.0 Implementation and dissemination of document

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3.0 Processes and procedures

3.1 Risk factors

The following are identified risk factors:

- Increasing age
- Increasing parity
- Previous Caesarean Section delivery is associated with an increased risk of placenta praevia in subsequent pregnancies. This risk rises as the number of prior caesarean sections increase
- Previous placenta praevia
- Smoking
- Artificial Reproductive Techniques
- Multiple pregnancy
- Previous dilatation and curettage

3.2 Grades of Placenta Praevia and Accreta

If the distance between the internal os and the placental edge is 20 mm or more on TVS, the placental location should be recorded as normal and managed as per routine

Depending on the depth of villous tissue invasiveness, placenta accreta is subsequently subdivided into:

- 1. 'creta' or 'adherenta' where the villi adhere superficially to the myometrium without interposing decidua;
- 2. 'increta' where the villi penetrate deeply into the uterine myometrium down to the serosa;
- 3. 'percreta' where the villous tissue perforates through the entire uterine wall and may invade the surrounding pelvic organs, such as the bladder.

3.3 Identification

The definitive diagnosis of a low-lying placenta is achieved with ultrasound imaging.

Clinical suspicion should be raised in any service user with vaginal bleeding, a high presenting part or an abnormal lie, irrespective of previous imaging results.

"The mid pregnancy routine fetal anomaly scan should include placental localisation thereby identifying women at risk of persisting placenta praevia or a low-lying placenta. [New 2018]" (RCOG, 2018, p.12)

3.4 Recommendations for further ultrasound follow up

"Clinicians should be aware that TVS for the diagnosis of placenta praevia or a low-lying placenta is superior to transabdominal and transperineal approaches and is safe. [New 2018]" (RCOG, 2018, p.13)

If it is either an anterior low lying placenta or anterior placenta previa in a service user with a scarred uterus, a repeat scan should be requested at 28 weeks. If still low lying or anterior placenta previa, then these service users should be booked to have a scan by the visiting fetal medicine consultant from Oxford or referred to Oxford in his absence, to exclude placenta accreta. Service user's with a history of previous caesarean section seen to have an anterior low-lying



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placenta or placenta praevia at the routine fetal anomaly scan should be specifically screened for placenta accreta spectrum.

In service users with a persistent low-lying placenta or placenta praevia at 32 weeks of gestation who remain asymptomatic, an additional TVS is recommended at around 36 weeks of gestation to inform discussion about mode of delivery.

In service users with a US diagnosis of low lying placenta or placenta previa at 32 weeks, it is recommended to book an elective caesrean section for 37 weeks, at the 32 weeks antenatal appointment (ANC). The service users must be informed that in case of the placenta no longer being low at 36 weeks scan, the C/S will be cancelled with an aim for NVD or if having CS for any other indication, it will be moved to 39 weeks gestation.

Cervical length measurement may help facilitate management decisions in asymptomatic service users with placenta praevia. A short cervical length on TVS before 34 weeks of gestation increases the risk of preterm emergency delivery and massive haemorrhage at caesarean section.

3.5 Antenatal Management of low-lying placenta or placenta praevia:

3.5.1 Place of care of low-lying placenta or placenta praevia:

3.5.1.1 Service users with recurrent bleeding (low-lying placenta or placenta praevia):

Tailor antenatal care, including hospitalisation, to individual service user's needs and social circumstances, e.g. distance between home and hospital and availability of transportation, previous bleeding episodes, haematology laboratory results, and acceptance of receiving donor blood or blood products.

Where hospital admission has been decided, an assessment of risk factors for venous thromboembolism in pregnancy should be performed as outlined in the antenatal risk assessment proforma. This will need to balance the risk of developing a venous thromboembolism against the risk of bleeding from a placenta praevia or low-lying placenta.

It should be made clear to any service user being treated at home in the third trimester that they should attend the hospital immediately if they experience any bleeding, including spotting, contractions or pain (including vague suprapubic period-like aches).

3.5.1.2 Asymptomatic service users (low-lying placenta or placenta praevia):

Service users with asymptomatic placenta praevia or a low-lying placenta in the third trimester should be counselled about the risks of preterm delivery and obstetric haemorrhage, and their care should be tailored to their individual needs.

Service users with asymptomatic placenta praevia confirmed at the 32-week follow-up scan and managed at home should be encouraged to ensure they have safety precautions in place, including having someone available to help them as necessary and ready access to the hospital.

3.5.2 Use of antenatal corticosteroids:

Antenatal corticosteroid therapy is recommended as per AHSN preterm birth guideline.



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<u>The use of tocolytics in service users presenting with symptomatic low-lying placenta or placenta praevia, who are in suspected preterm labour:</u>

Tocolysis for service users presenting with symptomatic placenta praevia or a low-lying placenta may be considered for 48 hours to facilitate administration of antenatal corticosteroids.

If delivery is indicated based on maternal or fetal concerns, tocolysis should not be used in an attempt to prolong gestation.

Magnesium sulphate should be offered if delivery is indicated in less than or equal to 30 weeks gestation.

3.5.3 Signs and Symptoms;

3.5.3.1 Symptoms:

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The most prominent symptom is vaginal bleeding. The loss is usually painless, in contrast to an abruption, bright red (as the blood is still oxygenated) and can vary in the amount from 'spotting' to 'torrential/life threatening'. The bleeding may be recurrent and could be provoked by sexual intercourse or the onset of labour. In a small proportion of cases placental abruption coexists with placenta praevia so pain and uterine irritability may also be present. Bleeding might coexist with prelabour or preterm rupture of membranes therefore a clear history must be elicited.

3.5.3.2 Signs

The mother may be in shock, the shock tends to be proportional to the amount of blood lost vaginally. The presenting part may be high and there may be a non-cephalic presentation. The uterus is usually soft and non-tender with evidence of relaxation in between contractions.

3.5.4 Investigations

Digital VE is contraindicated but a speculum examination is useful in a minor bleed (to exclude local causes of bleeding). A speculum is unlikely to be of use if there is heavy bleeding. CTG will assist in diagnosing fetal distress.

If the service user is bleeding, they will require IV access, FBC, Group & Save, and if heavily bleeding then Cross match renal function, LFTS and clotting.

Service users with a previous caesarean section and an anterior placenta praevia should be offered a scan at the John Radcliffe Hospital fetal medicine unit (FMU) or magnetic resonance imaging (MRI) or with the visiting fetal medicine specialist from Oxford to rule out adherent placenta. Ideally, if anterior placenta in a previous cs, then request repeat scan at 28 weeks and if still anterior and low then request a repeat scan with the visiting fetal medicine Consultant from Oxford to rule oy placenta accreta.

3.6 Delivery

Prior to delivery all service users and their partners should have had an antenatal discussion and consenting for additional procedures and a plan documented regarding delivery, haemorrhage, possible blood transfusion, use of balloon tamponade and the potential need for major surgical interventions, such as a B-Lynch suture, uterine artery embolisation or hysterectomy. Any objections or queries must be documented and effectively addressed – please refer to the Trust guideline on declining blood and blood products.

3.6.1 Timing of delivery

"Late preterm (34+0 to 36+6 weeks of gestation) delivery should be considered for service users presenting with placenta praevia or a low-lying placenta and a history of vaginal bleeding or other associated risk factors for preterm delivery. [New 2018]

Delivery timing should be tailored according to antenatal symptoms and, for service users presenting with uncomplicated placenta praevia, delivery should be considered between 36+0 and 37+0 weeks of gestation. [New 2018]" (RCOG, 2018, p.18

3.6.2 Mode of delivery

In service users with a third trimester asymptomatic low-lying placenta the mode of delivery should be based on the clinical background, the service user's preferences, and supplemented by ultrasound findings, including the distance between the placental edge and the fetal head position relative to the leading edge of the placenta on TVS.

Caesarean section is offered as the mode of delivery for major placenta praevia.

3.6.2.1 Preparations that should be made before surgery

Prior to delivery, all service users with placenta praevia and their partners should have a discussion regarding delivery. Indications for blood transfusion and hysterectomy should be reviewed and any plans to decline blood or blood products should be discussed openly and documented.

Placenta praevia and anterior low-lying placenta carry a higher risk of massive obstetric haemorrhage and hysterectomy. Delivery should be arranged in a maternity unit with on-site blood transfusion services and access to critical care.

Service users with atypical antibodies form a particularly high-risk group and the care of these service users should involve discussions with the local haematologist and blood bank.

Prevention and treatment of anaemia during the antenatal period is recommended for service users with placenta praevia or a low-lying placenta as for any pregnant service user.

In patients with suspected placenta accreta six elements reflective of good care should be in place, when delivery is planned by caesarean section otherwise known as the 'care bundle' which are:

- 1. Consultant Obstetrician planned and directly supervising delivery
- 2. Consultant Anaesthetist planned and directly supervising anaesthetic at delivery
- 3. Blood and Blood products available
- 4. Multidisciplinary involvement in pre-op planning
- 5. Discussion and consent includes possible interventions such as (hysterectomy, leaving the placenta in place and interventional radiology)
- 6. Local availability of a level 2 critical care bed. (RCOG, RCM and NPSA, 2010, p.24)

3.6.3 Resources at delivery



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3.6.3.1 Grade of obstetrician and anaesthetist at the caesarean delivery of a service user with placenta praevia:

As a minimum requirement for a planned caesarean section for a service user with placenta praevia, the surgical procedure should be carried out by an appropriately experienced operator.

In cases of planned caesarean section for placenta praevia or a low-lying placenta, a senior obstetrician (usually a consultant) and senior anaesthetist (usually a consultant) should be present in theatre where the surgery is occurring.

When an emergency arises, the senior obstetrician and senior anaesthetist should be alerted immediately and attend urgently.

3.6.3.2 Anaesthetic procedure most appropriate for service users having a caesarean section for placenta praevia:

"Regional anaesthesia is considered safe and is associated with lower risks of haemorrhage than general anaesthesia for caesarean delivery in service users with placenta praevia or a low-lying placenta. Service users with anterior placenta praevia or a low-lying placenta should be advised that it may be necessary to convert to general anaesthesia if required and asked to consent to this. [New 2018]" (RCOG, 2018, p.20)

3.6.3.3 The blood products that should be available:

Close liaison with the hospital transfusion laboratory is essential for service users presenting with placenta praevia or a low-lying placenta.

Rapid infusion and fluid warming devices should be immediately available.

Cell salvage is recommended for service users where the anticipated blood loss is great enough to induce anaemia, in particular, in service users who would decline blood products. If the service user chooses to use cell salvage, then they will need referral to either Northampton General Hospital of the John Radcliffe Hospital in Oxford as this facility is not available at MKUH.

3.7 Surgical approach to be used for service users with placenta praevia or a low-lying placenta:

Consider vertical skin and/or uterine incisions when the fetus is in a transverse lie to avoid the placenta, particularly below 28 weeks of gestation.

Consider using preoperative ultrasonography to precisely determine placental location and the optimal place for uterine incision.

If the placenta is transected during the uterine incision, immediately clamp the umbilical cord after fetal delivery to avoid excessive fetal blood loss.

If pharmacological measures fail to control haemorrhage, initiate intrauterine tamponade and/or surgical haemostatic techniques sooner rather than later. Interventional radiological techniques should also be urgently employed where possible. Consider insertion of embolisation catheters prior to commencing the caesarean section and inform the theatre team in advance to perform the procedure in a room compatible for the use of the radiograph instrument.





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Early recourse to hysterectomy is recommended if conservative medical and surgical interventions prove ineffective.

4.0 Antenatal diagnosis and outcome of service users with placenta accreta spectrum

4.1 Risk Factors for Placenta Accreta Spectrum:

The major risk factors for placenta accreta spectrum are history of accreta in a previous pregnancy, previous caesarean delivery and other uterine surgery, including repeated endometrial curettage. This risk rises as the number of prior caesarean sections increases.

Service users requesting elective caesarean delivery for non-medical indications should be informed of the risk of placenta accreta spectrum and its consequences for subsequent pregnancies

4.2 Suspicion and Diagnosis of Placenta Accreta Spectrum:

Antenatal diagnosis of placenta accreta spectrum is crucial in planning its management and has been shown to reduce maternal morbidity and mortality.

Previous caesarean delivery and the presence of an anterior low-lying placenta or placenta praevia should alert the antenatal care team of the higher risk of placenta accreta spectrum.

4.3 Ultrasound Screening and Diagnosis of Placenta Accreta Spectrum:

Ultrasound imaging is highly accurate when performed by a skilled operator with experience in diagnosing placenta accreta spectrum.

Refer service users with any ultrasound features suggestive of placenta accreta spectrum to a specialist unit with imaging expertise to the John Radcliffe Hospital in Oxford.

Service users with a history of previous caesarean section seen to have an anterior low-lying placenta or placenta praevia at the routine fetal anomaly scan should be specifically screened for placenta accreta spectrum.

4.4 Role of MRI:

Clinicians should be aware that the diagnostic value of MRI and ultrasound imaging in detecting placenta accreta spectrum is similar when performed by experts.

MRI may be used to complement ultrasound imaging to assess the depth of invasion and lateral extension of myometrial invasion, especially with posterior placentation and/or in service users with ultrasound signs suggesting parametrial invasion.

5.0 Place of delivery of service users with Placenta Accreta Spectrum:

Service users diagnosed with placenta accreta spectrum should be cared for by a multidisciplinary team in a specialist centre with expertise in diagnosing and managing invasive placentation.



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Delivery for service users diagnosed with placenta accreta spectrum should take place in a specialist centre with logistic support for immediate access to blood products, adult intensive care unit and NICU by a multidisciplinary team with expertise in complex pelvic surgery.

6.0 Delivery Timings of service users with Placenta Accreta Spectrum:

In the absence of risk factors for preterm delivery in service users with placenta accreta spectrum, planned delivery at 35+0 to 36+6 weeks of gestation provides the best balance between fetal maturity and the risk of unscheduled delivery.

7.0 Planning delivery of service users with suspected placenta accreta spectrum:

Once the diagnosis of placenta accreta spectrum is made, a contingency plan for emergency delivery should be developed in partnership with the service user, including the use of an institutional protocol for the management of maternal haemorrhage.

7.1 Points to include in Consent form:

Any service user giving consent for caesarean section should understand the risks associated with caesarean section in general, and the specific risks of placenta accreta spectrum in terms of massive obstetric haemorrhage, increased risk of lower urinary tract damage, the need for blood transfusion and the risk of hysterectomy.

Additional possible interventions in the case of massive haemorrhage should also be discussed, including cell salvage (consider referral to either Northampton General Hospital or the John Radcliffe Hospital in Oxford) and interventional radiology where available.

7.2 Staff Required for delivery of service users with placenta accreta spectrum:

If placenta accrete or percreta is suspected the delivery needs to take place in a tertiary centre.

The elective delivery of service users with placenta accreta spectrum should be managed by a multidisciplinary team, which should include senior anaesthetists, obstetricians and gynaecologists with appropriate experience in managing the condition and other surgical specialties (urology, general or vascular surgeon) if indicated. In an emergency, the most senior clinicians available should be involved. Haematologists and interventional radiologists are informed of the plan.

The six elements considered to be reflective of good care are listed in section 3.6.2.

7.3 Most appropriate anaesthetic for delivery with placenta accreta spectrum:

The choice of anaesthetic technique for caesarean section for service users with placenta accreta spectrum should be made by the anaesthetist conducting the procedure in consultation with the service user and the obstetrician prior to surgery.

The service user should be informed that the surgical procedure can be performed safely with regional anaesthesia but should be advised that it may be necessary to convert to general anaesthesia if required and asked to consent to this.

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Surgical approach to be used for service users with placenta accreta spectrum: 7.4

Caesarean section hysterectomy with the placenta left in situ is preferable to attempting to separate it from the uterine wall.

When the extent of the placenta accreta is limited in depth and surface area, and the entire placental implantation area is accessible and visualised (i.e. completely anterior, fundal or posterior without deep pelvic invasion), uterus preserving surgery may be appropriate, including partial myometrial resection.

Uterus preserving surgical techniques should only be attempted by surgeons working in teams with appropriate expertise to manage such cases and after appropriate counselling regarding risks and with informed consent.

There are currently insufficient data to recommend the routine use of ureteric stents in placenta accreta spectrum. The use of stents may have a role when the urinary bladder is invaded by placental tissue.

7.5 Surgical approach to be used for service users with placenta percreta:

There is limited evidence to support uterus preserving surgery in placenta percreta and service users should be informed of the high risk of peripartum and secondary complications, including the need for secondary hysterectomy.

7.6 Expectant management (leaving the placenta in situ):

Elective peripartum hysterectomy may be unacceptable to service users desiring uterine preservation or considered inappropriate by the surgical team. In such cases, leaving the placenta in situ should be considered.

When the placenta is left in situ, local arrangements need to be made to ensure regular review, ultrasound examination and access to emergency care should the service user experience complications, such as bleeding or infection.

Methotrexate adjuvant therapy should not be used for expectant management as it is of unproven benefit and has significant adverse effects.

8.0 Use of interventional radiology:

Larger studies are necessary to determine the safety and efficacy of interventional radiology before this technique can be advised in the routine management of placenta accreta spectrum, however, we still use embolisation catheters in this unit.

Service users diagnosed with placenta accreta spectrum who decline donor blood transfusion should be cared for in a unit with cell salvage and an interventional radiology service.

9.0 Management of service users with undiagnosed or unsuspected placenta accreta spectrum at delivery

If at the time of an elective repeat caesarean section, where both mother and baby are stable, it is immediately apparent that placenta percreta is present on opening the abdomen, the caesarean section should be delayed until the appropriate staff and resources have been assembled and

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adequate blood products are available. This may involve closure of the maternal abdomen and urgent transfer to a specialist unit for delivery.

In case of unsuspected placenta accreta spectrum diagnosed after the birth of the baby, the placenta should be left in situ and an emergency hysterectomy performed.

10.0 Clinical governance:

10.1 Debriefing:

- Postnatal follow up with debriefing and explanation of events
- Implication on future pregnancy
- Risk of recurrence.

10.2 Training:

Raise awareness about clinical risk factors of placenta accreta spectrum. There should be appropriate training for ultrasound staff in the antenatal diagnosis of placenta accreta spectrum.

10.3 Clinical incident reporting

Any lack of compliance with the care bundle by the clinical team for a service user with either placenta praevia or accreta should be investigated.

There should be written protocols for the identification of and planning further care of service users suspected to have placenta accreta spectrum.

11.0 Statement of evidence/references

References:

Jauniaux, E., et al. on behalf of the Royal College of Obstetricians & Gynaecologists (2018) Placenta praevia and placenta accreta: diagnosis and management. Green-top Guideline No.27a. *BJOG* **126** (1). Available from: <u>https://obgyn.onlinelibrary.wiley.com/doi/full/10.1111/1471-</u> <u>0528.15306</u> (Accessed 23 June 2022)

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12.0 Governance

12.1 Document review history

Version number	Review date	Reviewed by	Changes made
5	Jun 2022	E Khan, W Bryant	Review and Update
4	Mar 2019		Update
3.63			Review and updated

12.2 Consultation History

Stakeholders Name/Board	Area of Expertise	Date Sent	Date Received	Comments	Endorsed Yes/No
Consultant Obstetrician & Gynaecologist- AJB	Obstetrics	24/06/2022	24/06/2022	Re steroids Could we add at diagnosis of low lying placenta - these women should be checked for anaemia - and routinely given FeS04 supplements (ONCE a day) with a multi vit or increase folic acid 5mg, to try and avoid term anaemia. if heavy bleeding - we should be doing renal function , LFTS and clotting as well. Formatting	Yes, all endorsed except formatting One is for placenta previa and the other is for accreta spectrum so cannot be amalgamated together- headings made clearer
Consultant midwives: LH and JS	Obstetrics	24/06/2022	24/06/2022	3.5.2 and then appendix one about steroids don't align as they should. Can we have a look at 3.5.2 which could refer to the flow chart.	Yes, addressed
Consultant Obstetrician- JE	Obstetrics	23/06/2022	23/06/2022	In aysymptomatic women with suspected pp,	Yes, addressed



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guideline is suggesting repeat TVS at 36/40 to confirm as well as plan for delivery between 36-37/40.
Given the logistics of booking lscs dates and ANC appointments could there be some clarifications on how can this be achieved?

	dit/Monitoring teria	ΤοοΙ	Audit Lead	Frequency of Audit	Responsible Committee/Board
,	Percentage requiring CS for placenta praevia Appropriate follow up occurring following diagnosis of a low- lying placenta at the 20 week ultrasound scan.	Audit and stitistics	Obstetricians and midwives	Every 2 years	Womens and Child Health CSU
c)	Percentage with diagnosed placenta praevia who were not identified at their 20 week ultrasound scan				



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12.4 Equality Impact Assessment

As part of its development, this Guideline and its impact on equality has been reviewed. The purpose of the assessment is to minimise and if possible remove any disproportionate impact on the grounds of race, gender, disability, age, sexual orientation, religion or belief, pregnancy and maternity, gender reassignment or marriage and civil partnership. No detriment was identified. Equality Impact assessments will show any future actions required to overcome any identified barriers or discriminatory practice.

Equality Impact Assessment									
Division	Women's and Children's Health				Depar	rtment	Maternity		
Person completing the EqIA	Erum Khan				Conta	ct No.			
Others involved:	yes				Date of	of assessment:	23/06/22		
Existing policy/service	yes				New p	oolicy/service	no		
Will patients, carers, the public or staffYesbe affected by the policy/service?									
If staff, how many/which grou affected?	ps will be	be All Maternity							
Protected characteristic	Any	imp	pact?	Comme	nts				
Age		1	NO		Positive impact as the policy aims to recognise diversity, promote inclusion and				
Disability		1	NO	-					
Gender reassignment		NO		fair treat	fair treatment for patients and staff				
Marriage and civil partnersh	nip	NO							
Pregnancy and maternity		NO							
Race		NO							
Religion or belief		NO							
Sex		NO							
Sexual orientation		NO							
What consultation method(s)	have you o	carri	ed out?						
Maternity guideline comment		<u> </u>		<u> </u>					
How are the changes/amend	ments to th	e po	olicies/servi	ces comn	nunicat	ed?			
Maternity guideline review gro	1 / 0								
What future actions need to be taken to overcome any barriers or discrimination?									
What? Who	Who will lead this? Date			ompletion		Resources nee	eded		
Review date of EqIA Jun 2	025								



Appendix 1: Flow diagram for ultrasound diagnosis and follow-up of placenta praevia and placenta accreta spectrum



Abbreviations: **BMI** body mass index; **PAS**, placenta accreta spectrum; **TAS**, transabdominal scan; **TVS**, transvaginal scan (RCOG, 2018, p.4)