

# HOME ULTRASOUND FOLLOW-UP AND MATERNAL ANXIETY IN WOMEN WITH PREVIOUS PREGNANCY LOSS

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## AIM

In this study we aimed to assess the rate of maternal anxiety and antenatal attachment in women with a history of previous pregnancy loss by complementing routine prenatal care with twice a-week telemedicine visits using home-ultrasound.



## METHODS

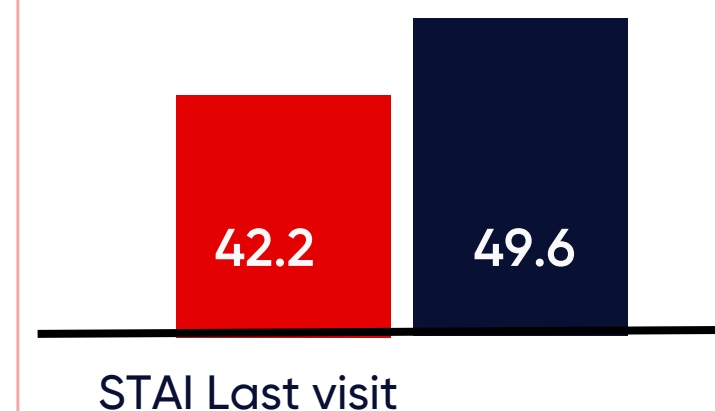
A randomized controlled trial comparing women with history of previous pregnancy loss greater than 20 weeks randomized to the control group which received routine prenatal high-risk care vs. the study group which received additional twice-a-week home-ultrasound scan using a Pulsenmore device guided via telemedicine by a physician. Maternal anxiety and attachment were evaluated by validated questionnaires (STAI and MAAS-2 respectively) at 3 time periods during pregnancy. The primary outcome was the STAI-S score at the last prenatal visit.

## RESULTS

Thirty-two patients completed follow-up, 16 in each group. The study group had lower anxiety levels at the last prenatal visit (STAI  $42.2 \pm 4.7$  vs.  $49.6 \pm 5.8$ ,  $p < 0.001$ ), a greater difference between STAI scores at the first and last visit ( $-9.9 \pm 2.7$  vs.  $-7.1 \pm 3.1$ ,  $p = 0.011$ ), and higher MAAS-2 scores ( $50.4 \pm 3.9$  vs.  $47.2 \pm 4.5$ ,  $p = 0.039$ ) at their last visit. There were no differences in demographics or pregnancy outcomes.

## PRIMARY OUTCOME

■ Home US  
■ STAI-3



## CONCLUSION

Routine home-ultrasound telemedicine visits can decrease maternal anxiety and improve maternal attachment in women with previous pregnancy loss.