

## What is Virtual Hyperemesis Gravidarum Care?

- A district wide service for women with Hyperemesis Gravidarum (HG) to provide education, support, and medical care. We provide comprehensive telehealth medical assessment and reviews, a tailored HG Action Plan and coordinate care for medications and intravenous fluids for those who need them.

## Hyperemesis Gravidarum Background

- HG is severe nausea and vomiting in pregnancy with an onset usually between the 4th and 10th week of pregnancy, with most symptoms resolved between 16 and 20 weeks. Some women continue to have symptoms until birth. Recurrence with future pregnancies is high.

## Goals of care

- Improving access to care and symptom management for pregnant women
- Provide personalised care and support
- Reduce ED presentations and hospital admissions
- Collaborate with key stakeholders including General Practitioners, Hospital in the Home, Emergency Departments, Maternity Services and Private Obstetric Providers to provide holistic antenatal care

## Who Can Refer Patients for Virtual Care Support

- General Practitioners, Hospital Obstetric Teams, Emergency Department, Private Obstetricians, Ambulance Services
- We currently do not accept patient self-referrals

## Who is eligible?

- Pregnant women with Hyperemesis Gravidarum, who have a PUQE-24 score > 7 and live within NSLHD

## Requirements for Referral

- Obstetric history, relevant past medical history, current medications, HG therapies trialled so far and Weight/Height/BMI.
- Pathology - EUC, CMP and LFT's
- We recommend completing an Edinburgh Depression Scale (EDS) as women with HG are high risk for experiencing depression

## Referral Pathway

- Information is available in the Sydney North Community HealthPathway
- GP to contact VCS by phoning **0400 303 716** during operation hours 9am-5pm 7 days a week

Pregnancy-Unique Quantification of Emesis (PUQE-24) Scoring				
<b>1. In the last 24 hours, how long have you felt nauseated or sick to your stomach?</b>				
Not at all (1)	1 hour or less (2)	2-3 hours (3)	4-6 hours (4)	>6 hours (5)
<b>2. In the last 24 hours, how many times have you vomited or thrown up?</b>				
I did not vomit (1)	1-2 times (2)	3-4 times (3)	5-6 times (4)	7 or more times (5)
<b>3. In the last 24 hours, have many times have you had dry retching or dry heaves without throwing up</b>				
None (1)	1-2 times (2)	3-4 times (3)	5-6 times (4)	7 or more times (5)
<b>PUQE-24 score</b>	<b>Mild: 4-6</b>	<b>Moderate: 7-12</b>	<b>Severe: ≥13</b>	