

Special Delivery



SOCIETY FOR MATERNAL-FETAL MEDICINE

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H1N1 FLU (SWINE FLU): WHAT WE SHOULD KNOW

H1N1 (formerly known as the Swine flu) has infected more 1,639 people and has resulted in 2 deaths so far. A total of 20 cases in pregnant women have



bee reported to date (15 confirmed and 5 probable). Since pregnant women are known to be at higher risk for seasonal influenza, it is reasonable to assume that pregnant women are also at higher risk for H1N1 flu. There is also evidence that influenza, including H1N1, can be more severe in pregnant women. Case reports and several epidemiologic studies conducted during interpandemic periods indicate that pregnancy increases the risk for influenza complications for the mother and might increase the risk from adverse perinatal outcomes or delivery complications. These adverse outcomes include

spontaneous abortions and preterm labor. Pregnant women with H1N1 flu would be expected to present with typical acute respiratory illness (rhinorrhea, coughing, sore throat) and would also include fever, lethargy, and lack of appetite. Most pregnant women, infected with H1N1 flu would go on to have a typical course of uncomplicated influenza. However, in some pregnant women, their illness might progress rapidly and be complicated by secondary bacterial infections including pneumonia.

Pregnant women who have suspected H1N1 flu should be tested (<http://www.cdc.gov/swineflu/specimencollection.htm>) and specimens from women who have influenza A virus infections that can not be sub typed should have those specimens sent to a state public health laboratory for additional testing to identify swine influenza.

Pregnant women who meet current case definitions for confirmed, prob-

able or suspected H1N1 flu - (http://www.cdc.gov/swineflu/casedef_swineflu.htm) should receive empiric antiviral treatment. Antiviral treatment with zanamivir or oseltamivir (both category C) should be initiated as soon as possible after the onset of influenza symptoms. The greatest benefits occur when treatment is begun within 48 hours of the onset of symptoms. The recommended duration of treatment is five days.

Pregnant women who are close contacts with people who meet current case definitions for confirmed, probable or suspected H1N1 flu should receive antiviral chemoprophylaxis for 10 days.

Breastfeeding women who come in contact with the flu or who are taking medicine to treat or prevent H1N1 flu should continue to breastfeed their infants. Women who are ill should take steps to reduce the risk to their infants with frequent hand washing and possibly wearing a mask.

SINCE PREGNANT WOMEN ARE KNOWN TO BE AT HIGHER RISK FOR SEASONAL INFLUENZA, IT IS REASONABLE TO ASSUME THAT PREGNANT WOMEN ARE ALSO AT HIGHER RISK FOR H1N1 FLU

Inside this issue:

A WORD FROM THE PRESIDENT	2
MFM PRACTICE MANAGEMENT GROUP	2
WEBSITE NEWS	3
COMMITTEE SPOTLIGHT	3
FELLOWS LECTURE SERIES	4
SURVEY	4
NEWS FROM THE CAPITOL	5
FEATURED MEMBER	5
ABSTRACT SUBMISSION	6

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A WORD FROM OUR PRESIDENT, SARAH KILPATRICK, MD, PHD



Sarah Kilpatrick, MD, PhD
SMFM President 2009—2010

The board of directors remains busy working on many endeavors for the Society. We are planning for our summer interim meeting, the 2010 Annual Meeting, and there is the ongoing work on all 12 committees. Our goals at the summer board meeting will be to review in depth the progress of each committee with particular focus on several of them. We will discuss how the first year with ERAS

went. If you have thoughts or concerns communicate with Vince Berghella. We will also be interviewing candidates for our next EVP. If you are interested in the job please see instructions on the website. Please note the progress made by the Practice Management Committee as they have developed another resource for our members: The Association for Maternal Fetal Medicine Management. Finally, I am

very excited about the 2010 meeting in Chicago. George Macones is the program director and promises me it will be a fantastic meeting. ACOG was recently in Chicago and had their biggest attendance ever! So Chicago is the place to be (no bias on my part, of course). Once again, I am happy to hear from any of you, so please email me thoughts, questions, ideas at sarahk@uic.edu.

ASSOCIATION FOR
MATERNAL-FETAL
MEDICINE
MANAGEMENT
(AMFMM)
MEMBERSHIP IS OPEN
FOR PRACTICE
MANAGERS AND
PHYSICIANS

NEW MFM PRACTICE MANAGEMENT GROUP!

A professional group of the Society for Maternal-Fetal Medicine (SMFM) has been formed called The Association for Maternal-Fetal Medicine Management (AMFMM).

Mission Statement

AMFMM's mission is to create an environment that facilitates individual and organizational learning between managers and physicians that enriches the MFM patient experience while enhancing the MFM business value. AMFMM is committed to:

- ◆ Encouraging the exchange of ideas through networking and collaboration
- ◆ Fostering cooperative relationships for the advancement of organizational learning
- ◆ Developing vital, timely, and pertinent practice management guidance,
- ◆ Supporting continuous quality improvement by defining best practices through on-going community-based research
- ◆ Developing best practices benchmark indicators and;

- ◆ Offering continuing education and program development

Membership is open for practice managers and physicians. The cost of membership is \$125 per person. Future plans include a web page for information and a blog for member interaction. A meeting is planned for October 13-14, 2009 in Washington D.C..

If you would like to join, contact:

AMFMM
ATTN: Pamela Young Hobbs
4616 Triangle Avenue
Suite 4113
Austin, TX 78751

or

E-mail: pyoung3075@gmail.com



IT'S HERE: WEBSITE RE-DESIGN

The public side of the revised SMFM website was launched on **March 16, 2009**. Among numerous improvements and additions to the site, members will find:

- ◆ New organization and tab navigation design
- ◆ Quick links for easy access to popular pages
- ◆ Rotating Flash® presentation on home page
- ◆ A featured member profiled on the homepage
- ◆ Fellows Lecture Series
 - Upcoming lecture announcement
 - Archives of previous lectures with pictures and links to presentations
- ◆ 2009 annual meeting plenary session videos are viewable
- ◆ Searchable database of 2009 annual meeting abstracts
- ◆ **Special Delivery** newsletter posted and archived
- ◆ Research funding opportunities page

Coming soon is the redesign of the members' side to include readily accessible educational and practice management materials developed by SMFM.

Members may send comments or suggestions to Chair of Informatics Committee, Kate Menard kmenard@med.unc.edu.



www.SMFM.org

COMMITTEE SPOTLIGHT – FELLOWSHIP COMMITTEE

Each newsletter will highlight one of the twelve standing SMFM committees. The featured committee for this edition is the Fellowship Affairs Committee which is Chaired by Dr. Vincenzo Berghella.

Education. Research. Clinical skills. Administration. -- These are the 'quadruple threat' aims of the Fellowship Affairs Committee. The purpose of the fellowship affairs committee is to support, expand, and foster education and research issues relating to fellows in Maternal Fetal Medicine.

Education: We have successfully begun a live Lecture Series via webcasts. The lectures are given the first Wednesday of each month at noon EST. You can view the ones that have already been given on www.smfm.org and tune in via this website for future ones (upcoming lectures listed below). Most of

the MFM programs in the country are already doing so. We plan to have a separate special lecture series on Genetics and Research methods by 2010.

Research: There is a list of grants available to fellows which has been compiled and is posted on the SMFM website. We will soon be adding a list of mentors available nationally to MFM fellows for research and other support. This list will also be available on the SMFM website.

Clinical skills: Together with the Education committee, simulation lectures, courses and materials are being prepared for enhancing skills in MFM procedures.

Administration: ERAS was implemented to make applications to MFM Fellowship Programs easy. The SMFM NRMP policy was reviewed and updated. All website con-

tent information regarding fellowships was updated and posted on www.smfm.org.

Look at all our activities under the 'Education and Research' tab of the www.smfm.org website. Please forward any ideas or just your willingness to volunteer to vincenzo.berghella@jefferson.edu.

I want to personally thank the SMFM Board for giving me the honor to serve such a great cause; Drs Menard and Goodnight at the Informatics Committee; Drs Platt and Satin at the Education Committee; all the volunteer speakers for our lecture series; Drs Blumenfeld, Brost, Foley, Fox, Galan, Gotkin, Mercer, Ness, Rothmenschen, Saade, Sheffield at the Fellowship Committee; and, of course, Julie Miller and Pat Stahr at SMFM.

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Dr. Vincenzo Berghella,
SMFM Fellowship Affairs
Committee Chair

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SMFM FELLOWS LECTURE SERIES

The Society for Maternal-Fetal Medicine is proud to introduce the Fellow Lecture Series. This series will highlight a monthly topic and include a lecture prepared by an internationally recognized expert on the selected subject. Past lecturers include Drs. Brian Mercer, Sarah Kilpatrick, Mike Foley, George Saade, Mary Norton and Kim Boggess.

The first Wednesday of the month, at 1200 EST, the invited speaker will give a live lecture via webcast. The forum is then open for a live question and answer session so SMFM members will have the opportunity to participate in the discussion.



THE FORUM IS THEN OPEN FOR A LIVE QUESTION AND ANSWER SESSION SO SMFM MEMBERS WILL HAVE THE OPPORTUNITY TO PARTICIPATE IN THE DISCUSSION

Recent and Upcoming Lectures

5.6.09	Dwight Rouse, MD	Magnesium for the Prevention of Preeclampsia
6.3.09	Lisa Hollier, MD	Sexually Transmitted Diseases in Obstetrics
7.1.09	Ronald Wapner, MD	Cytogenetics and Molecular Genetic Analysis
8.5.09	Joan Mastrobattista, MD	Solid Organ Transplantation and Obstetrics
9.1.09	Roberto Romero, MD	The Role of Infection and Inflammation in Preterm Labor and Fetal Injury
10.2.09	Bill Rayburn, MD	Substance Abuse in Pregnancy
11.4.09	Maurice Druzin, MD	Systemic Lupus Erythematosus and Pregnancy – The Prototype of Autoimmune Disease

To view prior lectures and participate in the live web conference lecture and question and answer session, go to www.SMFM.org and click the MFM fellowship tab on the left hand side of the screen for instructions.

WE WANT TO KNOW WHAT YOU THINK ABOUT SPECIAL DELIVERY!

The Communications Committee of SMFM would like to know your opinions regarding the "**Special Delivery**" newsletter and topics for inclusion in future issues. Please click on the link provided to answer the few questions which should take less than 2 minutes of your time. Your responses will allow SMFM to shape the newsletter and optimize our regular communications with members.

To take the **Special Delivery** survey, go to:

http://www.surveymonkey.com/s.aspx?sm=UpaVWd2ogZtPXQGI_2bBiJXg_3d_3d



WHAT'S NEW IN WASHINGTON, DC

The Administration's Top Healthcare Priorities

1. Protect Families' Financial Health. The plan must reduce the growing premiums and other costs American citizens and businesses pay for health care. People must be protected from bankruptcy due to catastrophic illness.

2. Make Health Coverage Affordable. The plan must reduce high administrative costs, unnecessary tests and services, waste, and other inefficiencies that consume money with no added health benefits.

3. Aim for Universality. The plan must put the United States on a clear path to cover all Americans.

4. Provide Portability of Coverage. People should not be locked into their job to secure health coverage, and no American should be denied coverage because of preexisting conditions.

5. Guarantee Choice. The plan should provide Americans a choice of health plans and physicians. They should have the option of keeping their employer based health plan.

6. Invest in Prevention and Wellness. The plan must invest in public health measures proven to reduce cost drivers in our system – such as obesity, sedentary lifestyles, and smoking – as well as guarantee access to proven preventive treatments.

7. Improve Patient Safety and Quality Care. The plan must ensure the implementation of proven patient safety measures and provide incentives for changes in the delivery system to reduce unnecessary variability in patient care. It must support the widespread use of health information technology and the development of data on the effectiveness of medical interventions to improve quality of care delivered.

8. Maintain Long-Term Fiscal Sustainability. The plan must pay for itself by reducing the level of cost growth, improving productivity, and dedicating additional sources of revenue.



PROVIDE
PORTABILITY OF
COVERAGE. PEOPLE
SHOULD NOT BE
LOCKED INTO THEIR
JOB TO SECURE
HEALTH COVERAGE,
AND NO AMERICAN
SHOULD BE DENIED
COVERAGE BECAUSE
OF PREEXISTING
CONDITIONS.

NOMINATE A "FEATURED MEMBER"

The SMFM is seeking nominations of members for the "Featured Member Online Series." The SMFM is made up of hundreds of individuals who uniquely contribute to our Society and to our field every day. We would like to recognize our members for their outstanding achievements! Do you know a member that has done something you feel should be acknowledged? Has a SMFM member made an impact on your professional or academic career and you would like to recognize them for it? If so, please nominate them for this honor. A SMFM member will be honored each month on the SMFM website where other members will be able to learn more about them and their accomplishments. Go to:

<https://www.smfm.org/Featured%20Member%20Nomination%20Page.cfm?ht=my>

For nomination information.





Society for Maternal-
Fetal Medicine

SOCIETY FOR MATERNAL-FETAL MEDICINE

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2010 ABSTRACT SUBMISSION NOW OPEN

To submit an abstract to the Society for Maternal-Fetal Medicine's 30th Annual Meeting, go to www.smfm.org and click on Annual Meeting Abstract Management. Please remember that the Community of Science abstract submission site and the SMFM website are two independent entities and you may have different usernames and passwords for both sites. If you have not previously submitted an abstract through the COS system, you will need to create a profile.

The deadline for abstract submission is August 7, 2009.

**The SMFM 30th Annual Meeting—The Pregnancy Meeting™
will be held February 1–6, 2010 at the Hilton Chicago in Chicago, IL**



LOOK FOR THE NEXT ISSUE OF SPECIAL DELIVERY IN MID-JULY

*Your editors for this issue:
Carol Major, Kim Gregory, Brian Iriye, Alison Steube and Laura Riley*

We're on the Web!
www.SMFM.org
