

Collaboration of Multiple Specialties for Education of Infertile Patients about Pregnancy at Advanced Women's Age

[Purpose]

The average age of female infertile patient is getting older in Japan. Their final goal is nothing but pregnancy during treatment. They get anxious about the condition of fetus just after they achieved pregnancy. Therefore, we provide information of chromosomal abnormalities, prenatal diagnosis, and childbirth at mini class for aged patients. The objective of this study was to find out what was their major concern about pregnancy from the analyses of questionnaire provided just after the class.

[Method]

Two hours mini class has been held five times. Our team consisted of a genetic counselor, a certified nurse for infertility nursing, a midwife, registered nurses, and a nutritionist. Patients are free to ask questions and share experiences with other participants. We provided information about the chromosomal abnormalities, prenatal diagnosis, maternal complications, delivery, and maternal care. The questionnaire included multiple choice and open ended questions. The patients were asked to answer voluntarily and confidentiality was guaranteed.

[Results]

The average number of patients participated was 12 and the average age was 41.3. The topics which patients concerned most were prenatal testing (40%) and complications during pregnancy and childbirth (29%). Ninety six percent of participants were satisfied with mini class, 90% thought helpful and 79% felt that they could improve their lifestyle by the information provided. Many participants were relieved to be informed and felt secure after sharing their experiences with other patients.

[Discussion]

The extensive and accurate information provided by a wide variety of specialists led to patients' satisfaction. The mini class provided patients the opportunity to communicate each other among patients and to share their concerns about the pregnancy and delivery at advanced maternal age. Mini class with multi specialists is beneficial for patients not only to provide information, but also to relieve their anxiety.