## Tommy’s clinic

Established the first pre-term birth clinic in the UK, helping over 1300 new patients each year. Tommy’s clinic model of care has been transferred throughout the UK to over 30 centres.

### Clinic outcomes:

- **90%**
  - Of 120 high risk women with multiple losses, referred from other hospitals, 90% have a healthy baby (expected reoccurrence 30–50%)

- **22%**
  - Hospital pre-term birth (reduction of 22%)
    - 2004: 9.17%
    - 2011: 7.18%

- **20%**
  - Hospital pre-term birth <32 weeks (reduction of 20%)
    - 2004: 3.47%
    - 2011: 2.79%

- **15%**
  - Dept. of Health Innovation Award
    - In 10 years pre-term birth reduced by 15% compared to surrounding hospital regions

## Research pipeline

(projects in progress)

- Raise national standards by implementation of guidance to reduce pre-term birth
- Screening in early pregnancy
- Refining interventions around personalised care

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**Pre-term birth impact report**

**THEN 2000**

- “I don’t know why this has happened and I don’t know if it will happen again” Obstetrician to mother of pre-term baby
- IVF:
  - Multiple embryos transferred resulting in more high risk multiple pregnancies
- Obstetric practice potentially caused harm by delivering babies early

**NOW 2017**

**Improved care: Identifying who is at risk**
- Prior pre-term birth
- Underweight
- Smoker
- Uterine abnormality
- Cervical surgery
- Full dilation caesarean

**Predictive tests** (saves health and human cost by reassuring women they will go to full-term/focusses care to those in most need)
- Cervical length
- Biomarkers such as fetal fibronectin
- Decision making apps developed

**Treatments**
- Cervical stitches
- Arabin pessary
- Progesterone

**Supporting parents and babies**
- Magnesium sulphate to reduce the risk of cerebral palsy
- Targeted steroid to improve baby’s lung function
- Better targeting of women to hospitals with neonatal care facilities improves the chances of the baby

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www.tommys.org