



TITLE: Telehealth for the Delivery of Prenatal Education Classes: Clinical Effectiveness and Guidelines

DATE: 11 June 2015

RESEARCH QUESTIONS

1. What is the clinical effectiveness of the use of telehealth for the delivery of prenatal education classes?
2. What are the evidence-based guidelines regarding the use of telehealth for the delivery of prenatal education classes?

KEY FINDINGS

No relevant literature was identified regarding the clinical effectiveness of the use of telehealth for the delivery of prenatal education classes. Additionally, no relevant evidence-based guidelines were identified regarding the use of telehealth for the delivery of prenatal education classes.

METHODS

A limited literature search was conducted on key resources including PubMed, The Cochrane Library, University of York Centre for Reviews and Dissemination (CRD) databases, Canadian and major international health technology agencies, as well as a focused Internet search. No filters were applied to limit the retrieval by study type. Where possible, retrieval was limited to the human population. The search was also limited to English language documents published between January 1, 2010 and May 29, 2015. Internet links were provided, where available.

SELECTION CRITERIA

One reviewer screened citations and selected studies based on the inclusion criteria presented in Table 1.

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Table 1: Selection Criteria

Population	Pregnant women (including their partners or a support person) who are unable to access prenatal education classes
Intervention	Prenatal education classes delivered via telemedicine (includes educational material, excludes prenatal care)
Comparator	No prenatal education; Prenatal education delivered in person; No comparator
Outcomes	Q1: Clinical effectiveness (e.g., healthy newborns, healthy pregnancy outcomes) Q2: Guidelines, best practice, requirements for telehealth and prenatal education
Study Designs	Health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, non-randomized studies, evidence-based guidelines

RESULTS

Rapid Response reports are organized so that the higher quality evidence is presented first. Therefore, health technology assessment reports, systematic reviews, and meta-analyses are presented first. These are followed by randomized controlled trials, non-randomized studies, and evidence-based guidelines.

No relevant health technology assessments, systematic reviews, meta-analyses, randomized controlled trials, or non-randomized studies were identified regarding the clinical effectiveness of the use of telehealth for the delivery of prenatal education classes. Additionally, no relevant evidence-based guidelines were identified regarding the use of telehealth for the delivery of prenatal education classes.

References of potential interest are provided in the appendix.

Health Technology Assessments

No literature identified.

Systematic Reviews and Meta-analyses

No literature identified.

Randomized Controlled Trials

No literature identified.

Non-Randomized Studies

No literature identified.

Guidelines and Recommendations

No literature identified.

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APPENDIX – FURTHER INFORMATION:

Randomized Controlled Trials – Mobile Phone Health Interventions

1. Evans WD, Wallace BJ, Szekely D, Nielsen P, Murray E, Abroms L, et al. Initial outcomes from a 4-week follow-up study of the Text4baby program in the military women's population: randomized controlled trial. *J Med Internet Res* [Internet]. 2014 [cited 2015 Jun 9];16(5):e131. Available from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4051747>
[PubMed: PM24846909](#)

Guidelines and Recommendations – Mental Health Interventions for Pregnant Women

2. Antenatal and postnatal mental health: clinical management and service guidance [Internet]. London: National Institute for Health and Clinical Excellence; 2014 [cited 2015 Jun 9]. (NICE clinical guideline 192). Available from: <http://www.nice.org.uk/guidance/cg192/evidence>
See: Full Guideline, section 7.7.1.12, page 650

Clinical Practice Guidelines – Uncertain Methodology, Web Based Intervention

3. Perinatal Services BC Provincial Perinatal Guidelines Population and Public Health Prenatal Care Pathway [Internet]. Vancouver BC: Perinatal Services BC; March 2014 [cited 2015 Jun 9]. Available from: http://www.perinataleservicesbc.ca/NR/rdonlyres/E829EE42-30AE-4634-9A99-7A1A1C63B0B8/0/PSBC_PrenatalCarePathway.pdf
See: 8. Preparation for Birth, page 56 – 57