



BetterObs Newsletter December 2024

Dear Colleague

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A Regional BetterObs Lead Obstetrician meeting was held on 29 November 2024 to discuss the BetterObs program goals for 2025. All regional Lead Obstetricians were present and hereby the feedback of the planned 2025 program. Anton Greeff was asked to join this group as the Eastern Cape Regional Lead Obstetrician and he will indicate his availability during the next week.

1. Lead Obstetrician Database

The current Lead Obstetrician Data base is outdated due to many factors and in order to communicate and function optimally, we are updating the database at present. We do need your help and it will help greatly if you can **send the name** of the Lead Obstetrician at your hospital to Coen Groenewald ASAP. His email address is sasog-coo@sasog.co.za. Please indicate the **name of the Lead Obstetrician, the name of your hospital and the name of your hospital group**. Through this email gesture, you will make a big difference!!!

2. BetterObs Guidelines

It has been brought to our attention that the use of **Oxytocin** is still a major driver of adverse events and the **BetterObs Guidelines for Induction of Labour and Post Partum Haemorrhage** is currently being reviewed and will be shared once finalized. Please ensure safe and appropriate use to **prevent adverse outcomes** and Medico Legal actions. Please take note of the correct use for IOL and Augmentation of labour!!

3. BetterObs Regional Lead Obstetrician Meetings 2025

Meetings for all Hospital Lead Obstetricians will be held early in 2025. These **meetings** will be arranged by your **Regional** Lead Obstetrician. The purpose will not only be to **“re-energize” the program**, but also to discuss any challenges of the program at hospital level. This will help us to identify problems to be addressed at a national level. Please watch your mails for some feedback from your Regional Lead Obstetrician. The Regional Lead Obstetricians are: Miems Kleynhans (GN), Amy Wise and Bash Goolab (GS), Peet Potgieter (OFS and NC), Reinarda van Waart (WC), Marlin Naiker and Sagie Naidu (KZN) and Anton Greeff (EC).

We are also applying **for CPD points for the M+M meetings**.

4. pH Project

The umbilical cord **pH project** has kicked off and Lizette White and Coen Groenewald will contact all the pathology groups to get them to log all pH measurements on their data bases. At the moment these values are mostly done on the ICU blood gas machines and not routinely logged on the national data bases. Once we have achieved this, we will be able to use these stats **to learn, see trends and improve outcomes**. There is quite a bit of work ahead and we hope to make good progress in 2025.

5. BetterObs Congress 2025

The BetterObs virtual Congress will be held in the **first half of 2025** and we are looking forward to an exciting event once more. Watch your mails for a “save the date” early next year.

6. “Lead Obstetrician of the Year”

With the new energy in the BetterObs program, we hope to energize all the Lead Obstetricians to improve the local programs (M+M meeting attendance, everybody to do Cord pH's, encourage all to “buy in” on the BetterObs initiatives and more). We will thus select a **“BetterObs Lead Obstetrician of the Year”** at the end of 2025. The candidate will be nominated by colleagues (by writing a short motivation) and the BetterObs National leadership will select the winner. We have secured a prize **(weekend for 2 at the prestigious Hidgeheim Lodge just outside of the Addo Elephant park - all meals, transport and game drives included)** for the winner. The prize has been sponsored by the owner mr Archie Hitge. I have visited the lodge, and it is a great adventure. A big thank you to my great friend.

7. BetterObs Stakeholder Communication

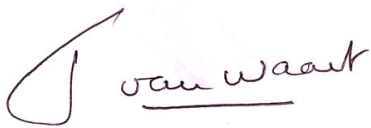
In order to improve any program, data is needed. BetterObs has **approached all stakeholders** (Medical aids, Medico Legal insurers and Hospital Groups) to please provide us with outcome data in order to assess the impact of the BetterObs program on Maternal and Infant outcomes. In this way we can focus our efforts to improve even further. Provisional data from one of the major stakeholders indicate a reduction of

30% in reportable events during the last year. We hope to confirm this trend, and we are all eagerly awaiting the report back of the stakeholders. As we are all committed to **improve maternal and infant outcomes and ensure sustainability** of O+G in our country, I have no doubt that we will get good cooperation and will share this data (anonymized) with all involved.

BetterObs would like to wish everybody a great festive season and a well-deserved rest.

We are all looking forward to an exciting 2025.

Warm BetterObs regards

A handwritten signature in black ink that reads "Johannes van Waart". The signature is written in a cursive style with a large initial 'J' and a horizontal line under the name.

Johannes van Waart

(on behalf of the BetterObs team)

