String of PEARLS

Practical Evidence About Real Life Situations

About Pregnancy

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PEARLS are succinct summaries of Cochrane Systematic Reviews for primary care practitioners—developed by Prof. Brian McAvoy for the Cochrane Primary Care Field (www.cochraneprimarycare.org), New Zealand Branch of the Australasian Cochrane Centre at the Department of General Practice and Primary Health Care, University of Auckland (www.auckland.ac.nz/uoa), funded by the Ministry of Health (www.health.govt.nz), and published in NZ Doctor (www.nzdoctor.co.nz).

DISCLAIMER: PEARLS are for educational use only and are not meant to guide clinical activity, nor are they a clinical guideline.

- Two blood markers moderately accurate in screening for Down’s syndrome
- No identified risk in use of topical corticosteroids during pregnancy
- Insufficient evidence for exercise preventing gestational diabetes mellitus
- Psychosocial interventions effective for smoking cessation during pregnancy
- Vitamin supplementation does not prevent miscarriage
- Interventions effective for preventing & treating pelvic & back pain during pregnancy
- Diet & exercise effective for weight reduction after childbirth