Discussion - Hannah and Ray

Hannah and Ray are pregnant with their first child and are keen to use the recommended monitors and tests to ensure that any health risk to Hannah or the baby is identified and addressed early. After an initial online consultation they have been advised to buy a home kit to detect early signs of pre-eclampsia, and a smartwatch to non-invasively monitor blood glucose levels to help prevent gestational diabetes. Hannah has been advised that data collected from the watch will be sent securely to her clinician. All her data is available to her, but Hannah has chosen only to receive weekly summaries and notifications if actionable dietary changes are required.

Neither Hannah nor Ray are aware of any family history of genetic disorder and decide not to have their fetus' genome sequenced at 11 weeks. This decision has been met by surprise from many of the women in Hannah's antenatal class, most of whom have opted to have the sequencing done. They ask Hannah how she would feel if something was wrong with the fetus that could have been prevented.

As her pregnancy progresses Hannah has been advised to focus on her nutrition and ensure that she visits her GP surgery regularly for automated ultrasound scans. She is reassured to hear that intelligent fetal 3D imaging doesn't detect any abnormalities and shows good fetal growth, nor does placental imaging show any problems with placental size or vascularity. Although she has hardly seen her obstetrician, he has been in frequent contact through texts and apps such as 'BabySteps', relaying test results to her and making adjustments to her diet and folic acid intake.

Although she is not high risk, in her third trimester she rents a Belli Sensor; a lightweight device that attaches to her stomach and monitors for preterm labour. She is relieved that she has, as when she gets abdominal cramps at 35 weeks, the app connected to her device reassures her that she is not going into labour, saving her unnecessary anxiety and trips to the hospital.

Will there be a change in what is considered to be 'responsible' pregnant behaviour?

Will the influx of data generated ultimately be time saving?

My Healthy Future