**Presentation title**

Feasibility and adoption of an omega-3 screen-and-treat program to prevent preterm birth

**Explain why your paper is relevant, important and of interest to GP22 participants**

The omega-3 screen-and-treat program supports GPs to deliver a new evidence-based practice alongside routine antenatal screening. Omega-3 testing enables GPs to identify pregnant women who are low in omega-3 and advise appropriate supplementation to reduce their risk of preterm birth, consistent with the most recent NHMRC Pregnancy Care Guidelines.

**Take home message**

* GPs, as the first point of contact for many pregnant women, can improve the health of women and their babies by reducing prematurity risk.

**Background**

Current NHMRC Australian Pregnancy Care Guidelines contain an evidence-based recommendation advising omega-3 long chain polyunsaturated fatty acid (LCPUFA) supplementation to reduce the risk of prematurity for women who are low in omega-3. As a blood test is the best way to assess low omega-3 status, this guideline is more likely to be effectively translated into practice with an omega-3 screen-and-treat program as part of routine pregnancy care. The assessment of the feasibility and adoption of the omega-3 screen-and-treat program in South Australia will allow the development of a road map to implement the screening equitably and effectively across other Australian states and territories.

**Method**

We have established processes to order, measure and report serum omega-3 status as part of SA Pathology’s SA Maternal Serum Antenatal Screening (SAMSAS) program. This makes omega-3 screening available to pregnant women in SA.

**Results**

Over 4000 omega-3 tests have been completed since the program began in early April 2021. Test numbers are steadily rising, as health professionals become aware of the new test through our educational activities. We are currently testing about 30% of all women with singleton pregnancies with >80% of tests ordered and managed by GPs.

**Conclusion**

Embedding an omega-3 screen-and-treat program into antenatal care is feasible. Further work is needed to maximise adoption and assess effectiveness.