October 22, 2026

Tom Archer, MD

Comments on DeVore papers:

“Should the recommendation against maternal rest in fetal growth restriction be revisited?”

Tom Archer comments:

1) This Opinion paper is outstanding, hard-hitting and long-overdue. Why has this refutation of the current and long-standing ACOG and MFM policies on “bed rest” taken so long? The policy appears to show an absolute lack of attention being paid to basic pregnancy hemodynamics which have been understood since the description of the “supine hypotensive syndrome of pregnancy” in 1953 and Spinapolice’s seminal study in 1983 on the possible benefits of maternal rest in the left lateral position as being helpful to prevent preeclampsia. Why and how was the Laurin and Persson paper in 1987 allowed to muddy the waters and “discredit” what was an excellent idea promoted by Spinapolice in 1983? Was there some conscious or unconscious intention of discrediting what may be a conceptually simple and low-tech treatment for a condition afflicting millions of babies per year? Or was it just a lack of understanding of basic anatomy and hemodynamics?

Bravo, Dr. DeVore—Your Opinion piece is a great and important contribution!