

Pregestational Diseases/Disorders

1

High Risk Pregnancy Defined



“A problem in which the life or health-

Of the mother or offspring is jeopardized-

By a situation which occurs along with pregnancy or
is unique to pregnancy-

Includes the time from conception to 29d after
delivery”

Anemia in Pregnancy

3

- Defined: Hemoglobin of less than _____
- Risk Factors
 - Poor nutritional status
 - Close pregnancy spacing
 - Multiple Gestation
 - Excess Bleeding
 - Adolescence

Iron Deficiency Anemia

4

Maternal Risks

- Pre/eclampsia
- PPH
- Infection
- Fatigue
- Intolerant of blood loss
- Healing delay

Fetal Risks

- LBW
- IUGR
- Prematurity

Iron Deficiency Anemia Treatment

5

- Prevention!
- Goal: Normal Hemoglobin
- Supplements: 325mg TID
 - ▮ Teaching

Folic Acid Deficiency Anemia



- Folic acid metabolism  with pregnancy and lactation
- Need folic acid to prevent neural tube defects

Folic Acid Deficiency: Treatment

7

- Folic acid supplements
 - Prevention 0.4 mg /day
 - ▮ Take prior to pregnancy
 - Treatment 1mg/day
 - ▮ Iron too
- Food Sources

Chronic Hypertension in Pregnancy

8

- BP 140/90 or higher, before the 20th week of pregnancy, or that lasts > 12 weeks into the post-partum period
- Goals:
 - to treat BP and maintain normal growth and development of the fetus
 - Eliminate placental perfusion issues

Chronic Hypertension Monitoring



- Prenatal visits
- Frequent Ultrasounds
 - ▮ Weeks: 10-14
 - ▮ Weeks 20-26 and 30
 - ▮ Weekly 36-40 wks
- Lab Work
 - ▮ 24h urine-protein and creatinine
 - ▮ creatinine, uric acid, H/H

Chronic Hypertension in Pregnancy

10

- More frequent monitoring
- Home monitoring
- Diet
 - ▮ Na intake restriction
- Drug of choice: **Aldomet** (methyldopa)

Asthma in Pregnancy

11

- Varying effects on asthma
- Symptoms worse in 2nd trimester
- Pregnancy outcomes
- Fetal risks
 - Hypoxia
 - Preterm
 - LBW

Obesity in Pregnancy

12

- **Increased Risk For**
 - Cardiac Hypertrophy
 - Sleep apnea episodes
 - Gastric Reflux
 - Thrombosis
 - Vena Cava Syndrome

Obesity in Pregnancy

13

- Normal weight gain in pregnancy
- Nutritional counseling and support
- Sensitive to needs
- Positioning

Multiple Sclerosis in Pregnancy

14



- Genetic counseling
- MS frequently stabilizes or improves with pregnancy
- Labor and MS
 - Contraction strength not diminished
 - Lessened sensation

Seizures in Pregnancy



- Usually pregnant women with seizure disorders do well
- Increased risk to fetus for congenital anomalies
- 1 anticonvulsant at lowest dose possible