

Key notes on: **Preeclampsia**

- Pre-eclampsia remains a leading cause of maternal and perinatal mortality and morbidity
- Preeclampsia is a multisystem disorder and not simply a hypertensive disorder
- There is no sufficiently reliable test to predict which women will develop preeclampsia, despite known risk factors, presence of biomarkers and particular ultrasound characteristics
- Low-dose aspirin has shown benefit to prevent preeclampsia in women at risk
- There is a great range in severity of condition experienced by women
- BP remains an important antenatal surveillance tool, as does urine testing for women with risk factors (E.g. women having a baby for the first time, women with diabetes, women with a history of preeclampsia themselves – or in their family)
- Control of hypertension is important to prevent likelihood of cerebral haemorrhage (but does not halt progression of the condition)
- Many women with preeclampsia have cardiac dysfunction as part of the condition (particularly those with a small for gestational age baby) and are prone to pulmonary oedema – require careful administration of IV fluids
- Magnesium universally agreed as the drug of choice to prevent and treat eclampsia
- The course of preeclampsia in an individual woman is unpredictable – competent assessment and monitoring of women is vital
- Preeclampsia is a risk factor for preeclampsia in a subsequent pregnancy and for cardiovascular disease later in life

For consumer stories have a look at:

Australian Action on Preeclampsia (AAPEC) <http://www.aapec.org.au/aapec.php>

UK Action on Preeclampsia (APEC) <http://www.apec.org.uk/>

<https://www.whatthehellp.com/>

Key resources

SOMANZ Guidelines for the Management of Hypertensive Disorders of Pregnancy 2014

<http://www.somanz.org>

NICE Clinical Guideline 107. Hypertension in pregnancy: The management of hypertensive disorders during pregnancy 2010. RCOG. <https://www.nice.org.uk/guidance/cg107>

California Maternal Quality Care Collaborative. Preeclampsia toolkit 2013. <https://www.cmqcc.org/resources-tool-kits/toolkits/preeclampsia-toolkit>

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Recommended reading

General Overview/Epidemiology/Pathophysiology

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Prediction & Risk Factors

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Prevention

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Recognition

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Treatment/Management

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Follow-up

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Long-term health and wellbeing

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