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A study on pregnant women with cardiac symptoms and their outcomes at Teaching Hospital Jaffna

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Introduction Cardiac disease in pregnancy is associated with increased morbidity and mortality of both mother and baby.

Objective The aim of this study was to assess the outcome of pregnancy among the women referred to cardiology unit at Teaching Hospital Jaffna (THJ) with cardiac symptoms.

Methods A cross-sectional descriptive study was conducted among 75 pregnant mothers. Participants were recruited consecutively who underwent echo cardiogram investigation for cardiac symptoms at cardiology unit THJ over the period of 6 month in 2020. An interviewer-administered questionnaire was used to collect baseline data and followed-up until delivery. The results were presented as descriptive statistics.

Results The mean age of the participants was 29.5 years (range 19. 51; SD± 6.5). Around half (52%, n=39) of them studied up to ordinary level. One fifth (21.3% n=16) completed their advanced levels while 17.3% (n=13) had primary education. Around two third (64 %) of the participants, cardiac symptoms were started during their antenatal periods and 28%, 4% and 4% developed during pre-pregnancy, intrapartum and postpartum respectively. Indication for echocardiogram was cardiac symptoms (89.3%, n=67) and murmur on auscultation (11.7%, n=8)

In this study, there were 21(27.9%) patients had echocardiogram evidence for heart disease. Among them,7 (9.3%) was newly diagnosed and 14 (18.6%) were known heart disease patients.

Among 21 with heart disease, 14 (66.6%) were delivered by caesarean section. Four (19%) and 3 (14.2%) had assisted vaginal and normal vaginal delivery respectively. Nine (42.8%) received sub-acute bacterial endocarditis prophylaxis during delivery. Only one participant needed intensive care support.in this study, neonatal outcome was good.

Conclusion Though the workload increased, cardiac assessment of symptomatic pregnant women is vital to detect the underlying heart disease and improve the maternal and foetal outcome.