



# High Risk Pregnancy

# LEARNING OBJECTIVES :

By the end of this subject, the student will be able to:

---

- Define high-risk pregnancy
- List risk factors
- Identify patients with high-risk pregnancies in antenatal clinics (Risk assessment)
- Enumerate methods of antepartum assessment of fetal well-being
- Describe management of high-risk pregnancy

# High Risk Pregnancy

---

- Pregnancy and childbirth are normal physiological processes.
- However, problems can occur during pregnancy, labour or puerperium.
- Skilled providers should be able to recognize conditions that put pregnant women at risk.

---

## High Risk Pregnancy:

- *Pregnancy Associating:* preexisting medical disease (e.g. D.M.).
- Pregnancy-induced complications (e.g. PET).

# Conditions associated with maternal, foetal/neonatal risks

---

## 1. Conditions detected during history taking

- Young (< 18) or elderly (> 35) primigravidae
- High parity (> 4)
- Previous obstetric difficulties, Foetal loss/ abnormalities
- Diabetes
- Heart or renal disease

# Conditions associated with maternal, foetal/ neonatal risks

---

## 2. Conditions observed during general examination

- Extreme obesity
- Short stature (less than 140 cm)
- Severe anemia
- Hypertension
- Heart or renal disease
- Poor weight gain during pregnancy

# Conditions associated with maternal, foetal/ neonatal risks

---

## 3. Conditions diagnosed during obstetric examination

- Malpresentations
- Foeto-pelvic disproportion
- Pre- eclamptic toxaemia
- Multiple pregnancy
- Ante partum haemorrhage

# Conditions associated with maternal, foetal/ neonatal risks

---

## 4. Conditions detected during routine investigations

- Severe anemia
- Glycosuria
- Albuminuria
- Rh negative



# Pregnancy Risk Assessment:

To determine the type of pregnancy whether *Low Risk* or *High Risk* according to the following factors:

- Age
- Parity
- Socio-economic status
- Previous infertility
- Obstetric history
- Chronic maternal disease
- BMI

# Antepartum fetal wellbeing Assessment:

- Clinical: -Fetal kick chart
- Biochemical:
- Biophysical: FBP
- Bioelectric: NST. OCT
- Doppler

# Management of high risk pregnancy

---

Those high risk pregnant women need investigations, monitoring, and may be properly timed interventions.

A conscious service provider should refer these women to a higher level health facility equipped to manage their conditions.

# Counseling high risk women

---

- **Need for investigations, monitoring and timely interventions.**
- **Should receive antenatal care in a well equipped antenatal clinic**
- **Fully understand the need to deliver in a well equipped hospital.**
- **Warned against home delivery.**