INTRODUCTION

Pregnancy results in extensive physiological changes in the cardiovascular system which extrapolates to strain in the heart and circulation and these changes pose a threat to those with underlying heart disease. The overall incidence is 1% and is on the rise.

METHODOLOGY

This is a retrospective review based on data from the National Obstetrics Registry from 1st January 2011 to 31st December 2012. A total of 260959 deliveries were analysed. In this study there were a total of 1636 cases that was reviewed, looking at the pregnancy outcomes of mothers with underlying cardiovascular disease.

RESULT

Table 1: Prevalence of Heart Disease

Table 2: Type of Heart Disease by State

Table 3: Prevalence by Ethnicity

Table 4: Classification of Heart Disease

Table 5: Heart disease in relation to parity

Table 6: Mode deliveries

CONCLUSIONS

Mortality from heart disease is a sentinel event in the National Indicator Approach. Commendably there were no reported mortalities from heart disease in this study. Combined clinics which were recommended since 1994 following the Malaysian Confidential Enquiry into Maternal Deaths has probably reduced the mortality in this group of women. Those with preexisting heart disease in the reproductive age group should have access to preconception counseling clinics for assessment and risk stratification. Contraceptive advice for these women is an important and integral part of counselling to reduce mortality and morbidity.

REFERENCES:

1. A clinical approach to heart disease in pregnancy: The Obstetrician & Gynaecologist, July 2002: Part 1; Vol. 4 No. 3