

High-Risk Pregnancy

Nola Holness, CNM, ARNP (Adult), MSN, PhD

KEYWORDS

- High-risk pregnancy • Risk assessment • Perception • Physical • Psychological
- Spiritual care

KEY POINTS

- Any condition associated with a pregnancy with an actual or potential hazard to the well-being of the mother or fetus is considered a high-risk pregnancy.
- The situations and conditions that create high-risk pregnancy status are varied.
- Careful risk assessment and individualized care are needed for each pregnancy.

A pregnant woman has the potential for risks during pregnancy, labor, and birth. Any unexpected or unanticipated medical or obstetric condition associated with pregnancy with an actual or potential hazard to the health or well-being of the mother or fetus is considered a high-risk pregnancy.¹⁻³ Worldwide, 20 million women have high-risk pregnancies and more than 800 die daily from perinatal conditions.^{4,5} The percentages of high-risk pregnancies range from 6% to 33% because the situations and conditions that constitute high-risk pregnancy are varied.^{3,6,7} Throughout the world, 5% to 10% of all pregnancies are complicated by preeclampsia.⁸ Other pregnancy challenges are malaria, tuberculosis, and chronic iron deficiency anemia.⁹ For women with high-risk pregnancies, the goal is adequate antenatal care, timely management and treatment, and expert care during labor, delivery, and postpartum to reduce maternal and infant mortality.⁵

INCIDENCE OF HIGH-RISK PREGNANCIES IN THE UNITED STATES

The Centers for Disease Control and Prevention (CDC)¹⁰ report that 65,000 women in United States are affected annually by high-risk pregnancies with severe complications resulting in high medical, hospital, and rehabilitations costs. In the United States, the CDC¹¹ reported the incidence of 3 major high-risk conditions: hypertensive disorders, postpartum hemorrhage, and deep vein thrombosis (DVT). In 2012, hypertensives disorders occurred in 86 of every 1000 pregnancies. Between the years of 1994 and 2012, the incidence of postpartum hemorrhage quadrupled from 0.5 per

Disclosure Statement: No commercial or financial conflicts of interest or any funding sources. Florida International University, 100 Luna Park Drive, Apartment #139, Alexandria, VA 22305, USA

E-mail address: nholness@fiu.edu

Nurs Clin N Am ■ (2018) ■-■
<https://doi.org/10.1016/j.cnur.2018.01.010>

0029-6465/18/© 2018 Elsevier Inc. All rights reserved.

nursing.theclinics.com

1000 to 2 per 1000 and pulmonary embolism, a complication of DVT, doubled from 0.1 per 1000 to 0.2 per 1000. Gestational diabetes occurred in 2% to 10% of all pregnancies in the United States in 2012.⁸ In addition, the rates of multiple births increased from 19 per 1000 to 33 per 1000 births with many resulting in preterm infants. Pregnancies with preterm births cost \$26 billion annually.¹² Thus, high-risk pregnancies continue to be a major medical dilemma in the United States.

CLASSIFICATION OF HIGH-RISK PREGNANCIES

The National Institutes of Health⁸ has outlined several broad categories that may create risks during a pregnancy. These risks are outlined in **Table 1**. According to the CDC, there are specific indicators of severe maternal morbidity.¹¹ These indicators are listed in **Table 2**. Risks may also be classified as biophysical, psychosocial, socio-demographic, or environmental factors as expanded in **Table 3**. Other factors to assess when determining pregnancy risks are outlined in **Box 1**. These indicators are even more important for women from vulnerable populations.¹³ Risk assessment is needed for these high-risk pregnancy situations.

RISK ASSESSMENT OF HIGH-RISK CONDITIONS

Screening in pregnancy is the standard of care to identify any condition that may negatively impact the mother or fetus.¹⁴ At any point during pregnancy, challenges to maternal and fetal health may occur, including disorders before or at the beginning of the pregnancy, during pregnancy, or problems and conditions associated with labor, delivery, and the postpartum period.⁹ Risk assessment is needed to determine when increased attention is needed.⁹ A detailed history, thorough physical examination, and laboratory findings may reveal potential mortality or morbidity risks for the mother or fetus.^{14,15(p633)}

PERINATAL OUTCOMES

Fetal and maternal pregnancy risks may result in poor perinatal outcomes. Kiely and colleagues¹⁶ purported that sociodemographic and behavioral conditions may affect the perinatal health of the mother and fetus more than pregnancy-related situations. Those risks include obesity (body mass index [BMI] >31.9), smoking, employment status (full-time vs part-time), education attained (less than high school, high school/GED, or some college), intimate partner violence, and depression. In that study involving

Existing health conditions	Hypertensive disorders, polycystic ovarian syndrome, diabetes, renal disease, autoimmune disease, thyroid disease, infertility, obesity, HIV/AIDS
Age	Adolescent First-time pregnancy after 35 y of age
Lifestyle factors	Alcohol use Tobacco use Illicit drug use
Conditions of pregnancy	Multiple gestation Gestational diabetes Preeclampsia and eclampsia

Abbreviation: HIV, human immunodeficiency virus.

Download English Version:

<https://daneshyari.com/en/article/8586001>

Download Persian Version:

<https://daneshyari.com/article/8586001>

[Daneshyari.com](https://daneshyari.com)