



Research Week 2022

An Assessment of Patient Awareness and Provider Education regarding Future Cardiovascular Disease Risk in Women with a history of a Hypertensive Disorder during a Prior Pregnancy

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Keywords

Hypertensive Disorders of Pregnancy, Cardiovascular Disease, Transitions of Care after Birth, Follow-up Care after Birth, Patient Awareness, Provider Education

Abstract

Background:

Multiple studies show a link between hypertensive disorders of pregnancy and future cardiovascular disease (CVD) risk.¹ No clear best practices for transitions of care exist for women after birth. Failing to discuss the future CVD risk associated with hypertensive disorders of pregnancy and the potential need for further follow-up care means women and their healthcare team may miss important opportunities to intervene early and prevent significant CVD later in life.

Objectives:

To understand which care team(s) educate patients regarding the association between hypertensive disorders of pregnancy and future CVD risk, which care team(s) follow patients in the first year after birth hospitalization, and how patient engagement with a multi-disciplinary co-located team at the OHSU Center for Women's Health affects these outcomes.

Methods:

Retrospective Cohort Study including women ages 18-55 admitted to OHSU 12C for delivery with a hypertensive disorder of pregnancy and who delivered at OHSU between 09/2019 - 02/2020.

Results:

Chart review in progress.

Determining the proportion of these patients who were provided information about their lifetime risk for CVD and/or potential need for follow-up care based on chart documentation in patient instructions. • Determining which care team(s) assesses these pregnancy-related outcomes and their association with future CVD risk and carries forward that information through patient education. • Understanding which care team(s) follow patients with a history of a hypertensive disorder in pregnancy for their care in the first year after birth hospitalization. • Evaluating if the proportion of women provided information about this association and the potential need for follow-up care is higher for those who received care during or after their pregnancy at a multi-disciplinary co-located team at the OHSU Center for Women's Health.

Conclusions:

This study may identify areas of opportunity for future improvement in patient understanding, education, and follow-up care, ultimately seeking to improve awareness and decrease the CVD burden for women with a history of a hypertensive disorder during pregnancy.

References:

1. Stuart JJ, Tanz LJ, Missmer SA, et al. Hypertensive Disorders of Pregnancy and Maternal Cardiovascular Disease Risk Factor Development: An Observational Cohort Study. *Ann Intern Med.* 2018;169(4):224. doi:10.7326/M17-2740