

OP29: Outcome of pregnancies complicated by cardiac diseases according to the Modified WHO classification of cardiovascular risk(mWHO).

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Objectives: To describe the pregnancy outcome of pregnancies complicated with cardiac disease classified according to the mWHO and the usefulness of this classification for risk stratification of patients.

Method: A prospective study was conducted amongst the pregnant women with cardiac diseases admitting to the university obstetric unit of De Soyza maternity hospital, for a period of 6 months. A data collection tool was used to extract the information from the clinical notes.

Results: A total of 49 patients with cardiac disease received obstetric care. Commonest cardiac lesion within the study population was mitral regurgitation (53.1%) followed by mitral stenosis (30.6%), Atrial septal Defect (14.3%), Aortic Regurgitation (14.3%), Tricuspid regurgitation (14.3%) and Ventricular Septal Defect (12.2%). According to the mWHO criteria, 23 (46.9%) patients fell in to the Category-4 and 4 (8.2%) patients were in Category-3 while 15 patients (30.6%) were in Category-2. Ischemic Heart Disease was not included in mWHO criteria. There were 2 cerebro-vascular events while one suffered from a tachy-arrhythmia. Another 3 developed heart failure. Altogether there were 8 patients (16.3%) with adverse maternal outcomes including 2 maternal deaths in which five were from Category 4 and two were from Category 3. Mean birth weight was 2.612kg. Rate of vaginal, instrumental and caesarean deliveries were 11.6% (n=5), 30.2% (n=13) and 58.1% (n=25) respectively. All were live births. Therapeutic terminations were done in four cases while two had spontaneous miscarriages.

Conclusion: mWHO categorization is an useful tool to risk stratification of patients with cardiac disease complicating pregnancies in the local setting.