

Pregnancy Outcome in Pregnant Women with Valvular Heart Disease

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Abstract : Even in developed nations where the standard of maternal and cardiac care is systematic and available easily to all, pregnancy still represents a unique challenge in women with prosthetic heart valves. Pregnancy unmasks the underlying cardiac diseases due to large hemodynamic changes. It's a retrospective cohort study done at a tertiary care institute in North India. 683 married young women aged between 19-35 years (childbearing age) received mechanical prosthetic valves at a single unit. Ninety-two pregnancies out of 587 surviving were followed to study the pregnancy outcomes. All women received only oral Nicoumalone as an anticoagulant as the standard of care before pregnancy. Pregnant women were managed jointly by the Departments of Maternal and Reproductive Health (MRH) and Cardiovascular and Thoracic Surgery. When indicated, antepartum foetal well-being was monitored, and serial ultrasonic measurements and antepartum non-stress cardiotocography were performed. The mean age was 32.45 years, and the mean weight was 45.78kg. The majority of women had mitral valve repair (71.91%), (20.21%) had DVR, and (7.87%) had AVR. 46 (66.7%) women had successful deliveries, and the rest, 23(33.3%), had single or multiple pregnancy failure. (Table 1). (41.30%) women had LSCS, and (54.34%) had normal vaginal delivery. Foetal morbidity was 37.68% and none of the pregnant women had valve thrombosis. The majority had successful outcomes, except for (13.04%) of children who developed anticoagulation-related congenital defects. This was mainly seen in those women who presented late in pregnancy. Various high-risk factors were correlated with the maternal and Neonatal outcomes and will be presented. The decision regarding anticoagulation in pregnancy requires intense counselling done at multiple sittings in terms of complete prospective follow-up to predict the efficacy and safety of any regime in pregnancy.

Keywords : maternal outcome, anti-coagulation, prosthetic valve, valvular heart disease, pregnancy

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