

In western countries, maternal heart disease is the major cause of maternal death during pregnancy.¹ The majority of these maternal deaths occur in the post partum period.²

The ESC 2018 guidelines for the management of cardiovascular diseases during pregnancy recommends the modified WHO classification (mWHO) to guide management and follow up.²

The maternal cardiology service in St. ... u dedicated post partum clinic.

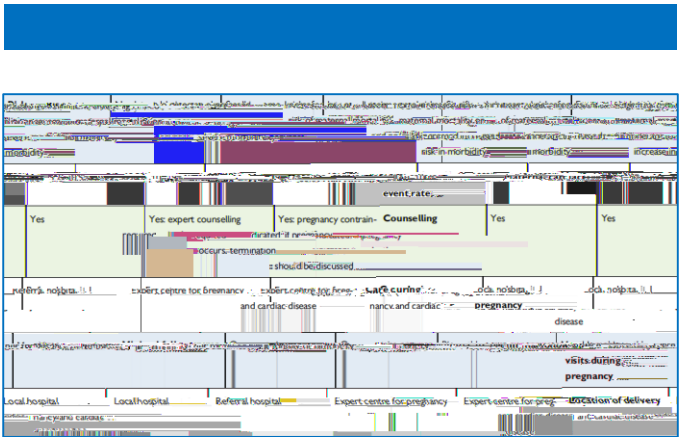


Figure 1: Modified WHO (mWHO) classification

1. To audit current practice within the maternal cardiology services of a tertiary referral London Hospital.
2. To develop a nurse-led, dedicated post partum clinic.

We performed an audit of current practice. Following the identification of a clinical need for a systematic follow-up approach, a working group was created. This group consisted of a Cardiologist, Cardiology registrars, and GUCH Clinical Nurse Specialists.

The majority of women seen were mWHO Class I or II. The majority of high risk women had clear delivery plans and good maternal outcome. A clinical need for a nurse led post partum clinic was identified as in many cases there was no structured follow up post delivery.

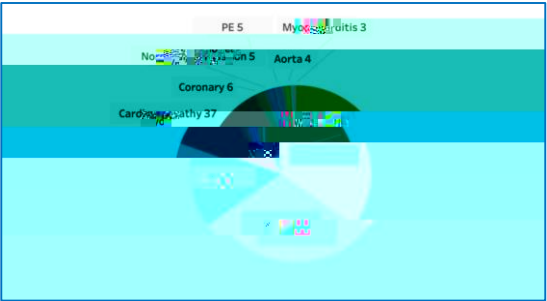


Figure 2: Reason for referral to clinic



Figure 3: Patients by mWHO classification

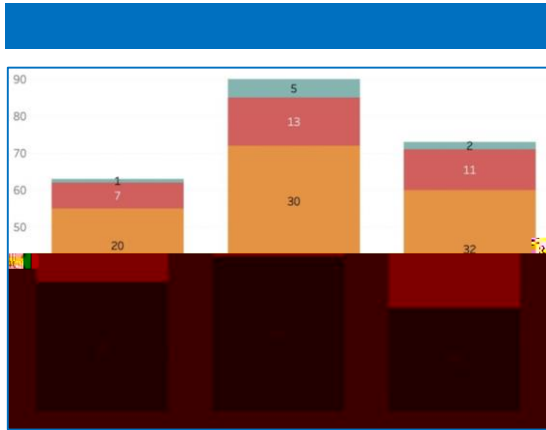


Figure 4: Deliveries by mWHO/year

Audit of current practice showed a need for a structured follow up of post partum patients. The plan to develop a dedicated, nurse led post partum clinic has been created.

1. Cantwell et al. ... lives: Reviewing maternal deaths to make motherhood safer: 2006-2008. The eighth report of the confidential enquiries into maternal deaths in the United Kingdom. BJOG 2011;118:1-203.
2. Knight M et al. Saving lives, improving mothers' care lessons learned to inform maternity care from the UK and Ireland Confidential Enquiries into Maternal Deaths and Morbidity 2017. National Perinatal Epidemiology Unit, Oxford 2021
3. 2. Regitz-Zagrosek et al. 2018 ESC Guidelines for the management of cardiovascular diseases during pregnancy. Eur Heart J 2018; Sep 7;39(34):3165-3241.

