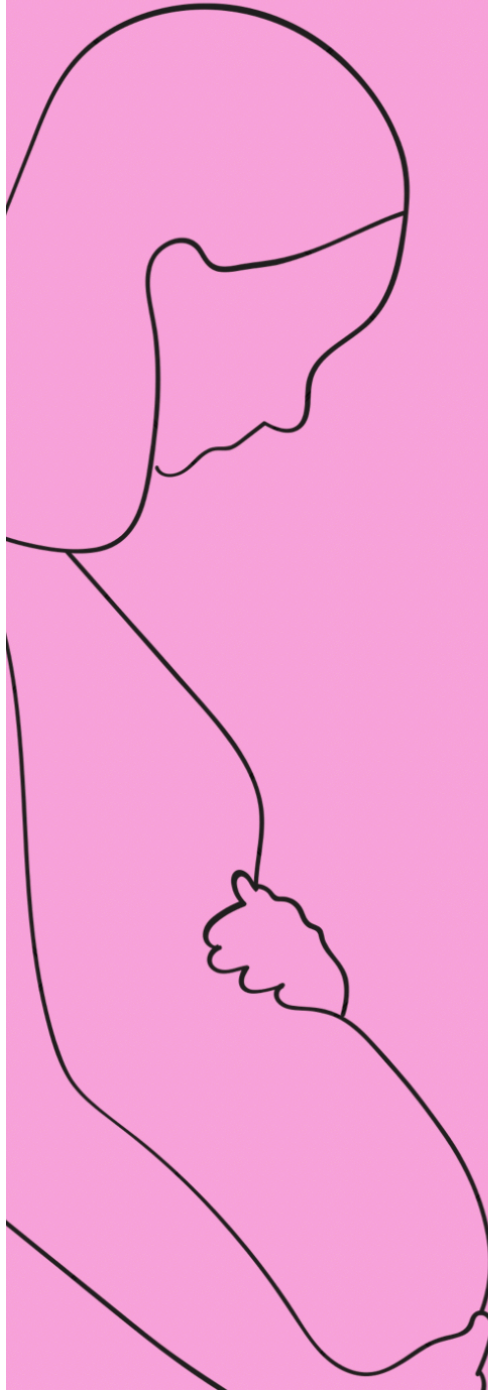


PREGNANCY OUTCOMES OF WOMEN WITH CONGENITAL HEART DISEASE ATTENDING A MULTIDISCIPLINARY CARDIO-OBSTETRIC CLINIC IN CAPE TOWN, SOUTH AFRICA

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INTRODUCTION

Congenital heart disease (CHD) patients are at risk for cardiovascular complications during pregnancy. Despite being the leading cause of maternal death in high-income settings, evidence from low and middle-income countries is lacking. We aimed to characterize outcomes of pregnant women with CHD referred to a multi-disciplinary combined cardio-obstetric clinic (CCOC), between 2017–2023. Pregnant women with CHD were invited and consented to participate in the PROTEA (PartneRships fOr CongeniTAl hEArt disease) registry.

OBJECTIVES

1. To characterise the obstetric and cardiac outcomes in women with CHD/RHD attending the multidisciplinary cardio-obstetric clinic.
2. To investigate the maternal and foetal outcomes among women with CHD/RHD.
3. To identify the prevalence of pre-existing conditions in women with CHD/RHD.

RESULTS

58 participants were enrolled over 7 years.

There were no maternal mortalities, 2 foetal mortalities and no neonatal mortalities.



CONCLUSIONS

Despite suboptimal preconceptional counselling in our population of pregnant women, we present excellent outcomes for pregnant women with a variety of CHD diagnoses treated in a multidisciplinary cardio-obstetric clinic.

Future interventions should optimize preconceptional counselling and consolidation of the multidisciplinary heart team approach.

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