A PREGNANCY SURVEY: CURRENT ATTITUDE OF WOMEN WITH CONGENITAL HEART DISEASE REGARDING PREGNANCY IN NORTH AMERICA

Poster Contributions
Poster Hall B1
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Session Title: Thinking of the Whole Patient in Congenital Heart Disease
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Background: With improved medical care more women with congenital heart disease (CHD) are now getting pregnant. Several women with CHD lack specific knowledge about their cardiac conditions and their need for specialized care during pregnancy and in the peripartum period.

Methods: We chose to evaluate the knowledge of women with CHD via a single cross sectional anonymous survey given to women attending the 7th National Adult Congenital Heart Association (ACHA) Conference. Fifty questions were used to assess knowledge of their cardiac conditions and need for specialized prenatal care.

Results: A total of 77 women completed the survey. Fifty percent (N=39) had moderate and 38% (N=29) had severely complex CHD. Thirty percent (N=23) of women were told that pregnancy was contraindicated due to their underlying cardiac condition. Almost two thirds (N=50) of the women were considered to be high risk for adverse cardiovascular events. Eighty four percent (N=65) preferred their cardiologist to have trained in adult congenital heart disease, however 44% (N=34) would have been satisfied with adult cardiologists and 36% (N=28) with pediatric cardiologists providing care during pregnancy. Seventy two percent (N=56) felt they needed high-risk obstetrics to be involved with their pregnancy and delivery.

Conclusion: As more women with CHD are now getting pregnant, a multi-disciplinary and tailored approach with specialized care is needed for successful outcomes. Based on our results, further efforts are needed to improve the knowledge, attitudes and perceptions of women with CHD in relation to their cardiac and obstetric management during pregnancy.