

# Examining the Treatment of Preeclampsia Among Women Receiving Care in a Rural Clinic Using the American College of Obstetricians and Gynecologists' Guidelines

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### Purpose

- The purpose of this DNP project was to examine the maternal care of women diagnosed with preeclampsia using the guidelines from the American College of Obstetricians and Gynecologists

### Background and Significance

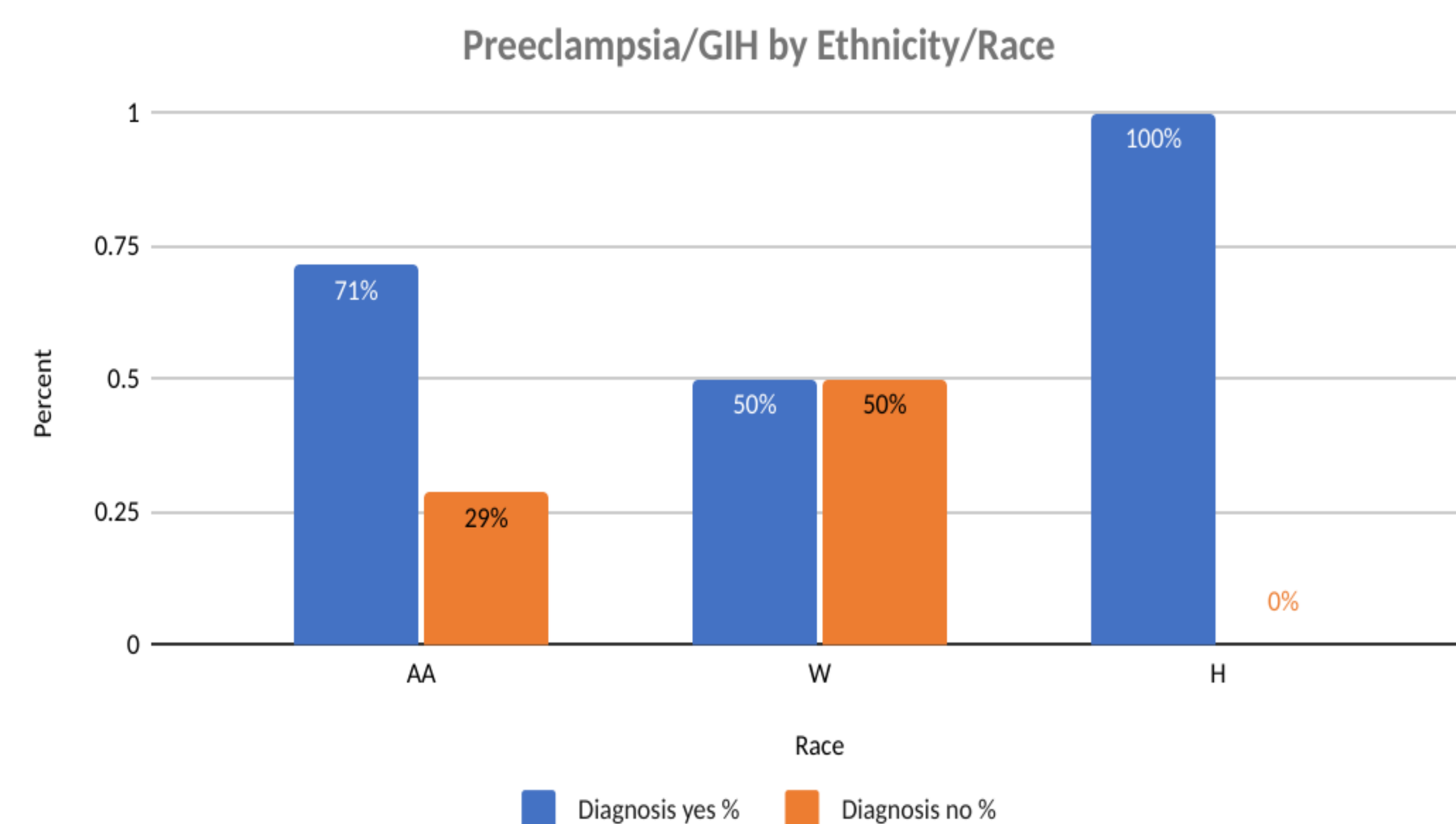
- The United States (US) has the highest maternal and infant mortality rates among developed countries
- Fifty thousand women yearly experience life threatening pregnancy related complications
- Preeclampsia (Gestational Induced Hypertension [GIH]) is a major contributor of maternal morbidity with an incidence of 69.8 of every 1,000 deliveries among African American women compared with 43.3 per 1,000 in white women
- Preeclampsia is defined as gestational hypertension with blood pressure of > 140/90 on two occasions after 20 weeks of pregnancy
- ACOG treatment guidelines include low dose ASA, an antihypertensive,

### Methods

- Project Design:** Retrospective descriptive electronic medical record (EMR) review
- Sample:** Convenience sample of EMR of patients diagnosed with preeclampsia identified as GIH
- Setting:** Rural Clinic in the Southeastern region of the United States
- Instrument:** PI created EMR data collection tool
- Data Analysis:** Descriptive statistics were used to describe the project data

### Results

Patient Characteristics	N = 16 charts	Percent (%)
<b>Ethnicity/Race</b>		
Black/African American	7	43.75
White/Caucasian	6	37.5
Hispanic	3	18.75
<b>Age</b>		
16 --25	4	25
26 -35	9	56.25
36 - 45	3	18.75
<b>Education</b>		
Some High School	5	31.25
High School Graduate	8	50
Some College	3	18.75
<b>Medical Insurance</b>		
Medicaid	9	56.25
Private Insurance	3	18.75
Not Reported	4	25
<b>First Prenatal Visit</b>		
1st Trimester	10	62.5
2nd Trimester	5	31.25
3rd Trimester	1	6.25
<b>Health History</b>		
Diabetes	5	31.25
Asthma	2	12.5
Obesity	3	18.75
Chronic HTN	3	18.75
<b>Lifestyle Behaviors</b>		
Cigarette Smoking	1	6.25
Marijuana Use	1	6.25
Heroin Use	1	6.25
ETOH Use	0	0
<b>Preeclampsia (GIH) Tx</b>		
Yes	9	56.25
No	7	43.75



### Discussion

- Key findings from this project indicate that preeclampsia occurs in various groups (Black, African American, White, or Hispanic)
- Demographic factors as well as social determinants of health may contribute to the development of preeclampsia
- Treatment for preeclampsia based on the ACOG guidelines may not be followed for all patients with preeclampsia

### Recommendations

- Demographic factors and social determinant of health may need to be evaluated at every prenatal visit
- Assess provider knowledge of the ACOG guidelines
- Assess provider cultural sensitivity and potential biases

### Conclusions

- There is a need to recognize and treat the symptoms of preeclampsia according to the ACOG guidelines.
- More work is needed to ensure that evidence-based practice guidelines are used to treat patients with a diagnosis of preeclampsia

### References

