3.4 Preeclampsia – Risk Factors (20 min)

There are various factors that are thought to increase the risk of a woman developing pre-eclampsia during pregnancy. Risk factors that can be assessed at the first antenatal visit are:

- Age
- Parity
- Previous pre-eclampsia
- Previous molar pregnancy
- Family history of pre-eclampsia
- Multiple pregnancy
- Pre-existing medical conditions:
    - Insulin dependent diabetes (IDDM)
    - Chronic hypertension
    - Renal disease
    - Autoimmune disease
    - Antiphospholipid syndrome
    - Thrombophilia
    - Connective tissue disease
- Time between pregnancies
- Body mass index (BMI)
- Blood pressure
- Proteinuria

Exercise

In the next exercise you will sort the risk factors by importance. The answers are based on this systematic review, which is optional to read:

Kirsten Duckitt, Deborah Harrington. Risk factors for pre-eclampsia at antenatal booking: systematic review of controlled studies. BMJ 2005;:bmj;bmj.38380.674340.E0v1.
http://www.bmj.com/content/early/2004/12/31/bmj.38380.674340.E0.full.pdf+html.

Please match the risk factor and how much it increases the risk for developing preeclampsia during pregnancy. Options are: double the risk, triple the risk, quadruple the risk, or unclear by how much it increases the risk.

1. Booking BMI of ≥ 35
2. Family history of pre-eclampsia

3. Pre-existing diabetes
4. Pre-existing hypertension
5. Presence of antiphospholipid antibodies
6. Twin pregnancy
7. Nulliparity
8. Systolic blood pressure ≥ 130 mmHg at booking
9. Maternal age ≥ 40
10. A history of pre-eclampsia
11. Pre-pregnancy BMI of ≥ 35
12. ≥ 10 years between pregnancies
13. Renal disease
14. Chronic autoimmune disease