

Syllabus	OB_IK_08
Topic	Hypertension in Pregnancy

a)
What 3 elements do you require to make a diagnosis of pre-eclampsia (3 marks)

1.
2.
3.

b)
List 6 features (symptoms, signs or investigation results) that may suggest a woman's pre-eclampsia is severe (6 marks)

1.
2.
3.
4.
5.
6.

c)
List 5 risk factors that have been identified for developing pre-eclampsia (5 marks)

1.
2.
3.
4.
5.

d)

When treating blood pressure in pre-eclampsia, what systolic and diastolic levels should you aim for? (2 marks)

Systolic pressure:mmHg

Diastolic pressure:mmHg

e)

Where blood pressure control is required in pre-eclampsia, what is the first-line antihypertensive to use and by which route? (1 mark)

.....

f)

A woman in labour has an eclamptic seizure, what drug would you administer for the seizure? Please state the drug, dose(s) to be given and duration of treatment (3 marks)

Drug:

Dose(s) & duration of treatment:

.....

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Q	Answer	Mark	Guidance
a)	<ul style="list-style-type: none"> • Hypertension (>140/90) • Significant proteinuria: <ul style="list-style-type: none"> ○ Spot urinary protein:creatinine ratio >30 mg mmol⁻¹ <u>or</u> ○ A 24-h urine collection with >300 mg protein • After 20 weeks gestation. 	<p>1</p> <p>1</p> <p>1</p>	<p>Needs definition of hypertension</p> <p>For proteinuria mark, one of the 2 definitions of proteinuria needs to be given</p>
b)	<ul style="list-style-type: none"> • Severe headache • Visual disturbance (flashing lights or blurring) • Vomiting • Subcostal / abdominal pain. • Papilloedema • Clonus (>= 3 beats) • Liver tenderness, • Thrombocytopenia (<100x10⁹/L) • Abnormal liver enzymes (ALT or AST >70 iu/L) • HELLP syndrome 	<p>Max 6 marks</p>	<p>Value must be given for mark</p> <p>Value must be given for mark</p>
c)	<ul style="list-style-type: none"> • Nulliparity • Previous pre-eclampsia • Multiple pregnancy • Age > 40 years • BMI > 35kg/m² before pregnancy • Family history of pre-eclampsia • Pre-existing diabetes • Hypertension • Renal disease • Anti-phospholipid syndrome • Interpregnancy gap of >10 years. 	<p>Max 5 marks</p>	
d)	<p>Systolic <150 mmHg</p> <p>Diastolic 80-100 mmHg</p>	<p>1</p> <p>1</p>	
e)	<p>Oral labetalol</p>	<p>1</p>	<p>Both drug and route required for mark</p>
f)	<p>Drug: Magnesium</p> <p>Dose(s) & duration of treatment:</p> <ul style="list-style-type: none"> • Initially: 4-5g over 5mins • Followed by an infusion of 1g/hour for 24 hours 	<p>1</p> <p>1</p> <p>1</p>	

References:

- 1) D Leslie, RE Collis. Hypertension in pregnancy. BJA Education (2016) 16(1)33–37
<https://academic.oup.com/bjaed/article/16/1/33/2463142>