

# How can midwives best support women with heart disease through pregnancy and beyond?

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# The Role of the Midwife

- to provide skilled, knowledgeable, respectful, and compassionate care for all women
- to anticipate and to recognise any changes that may lead to complications and additional care needs
- for immediate response, management and escalation, involving, collaborating with and referring to interdisciplinary and multiagency colleagues
- responsibility for continuity and coordination of care, providing ongoing midwifery care as part of the multidisciplinary team, and acting as an advocate to ensure that care always focuses on the needs, views, preferences, and decisions of the woman and the needs of the newborn infant

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# A Lifecourse Approach

- Women who experience hypertensive diseases of pregnancy have a greater risk of developing cardiovascular disease later in life
- This is a Female specific risk factor
- Existing gender gap in CVD management and prevention (women have been under represented in CVD trials historically)
- Postpartum period identified as a key window of opportunity to address these
- Need to ensure appropriate follow up – document and handover pregnancy risk factors and plan of care e.g. dx from hospital ➤ community ➤ primary care

# Empowering women to self advocate

- Inform and Educate re link between HDP and CVD
- Signpost to sources of information and support (peer support valued)
- There is a mental health burden associated with CVD in pregnancy & postpartum. See [RCM webinar Beyond the Heart](#)
- Be aware that timing of information giving is important – what else is going on for the woman that might affect her ability to retain and process it?

# Research

The logo for the POPPY study, featuring the word "POPPY" in red, bold, sans-serif capital letters. The letter "O" is replaced by a red heart shape. The logo is centered within a light pink rectangular background.

POPPY

<https://www.poppyuk.net/>

**POPPY** will be the largest study of its kind in the UK. It is an observational, prospective study consisting of two arms: a **pregnancy arm** (women planning their first pregnancy) and a **non-pregnancy arm** (women voluntarily planning not to conceive during their involvement in the study).

The **P**reconception to **p**ost-partum study of cardiometabolic health in **P**rimigravid **P**regnanc**Y** Study (POPPY) aims to understand more about the risks of developing heart disease and diabetes in women who experienced placental complications such as pre-eclampsia (high blood pressure and kidney problems), high blood pressure during pregnancy and fetal growth restriction (baby being small). We hope that by understanding these risks we can improve women's health over their lifetime.

# NIHR/BHF Partnership Maternal CV Health Theme

Maternal cardiovascular health identified as a key priority area

Mission is to identify strategies that reduce lifelong impacts of heart diseases on pregnant women

2 key areas for future research:

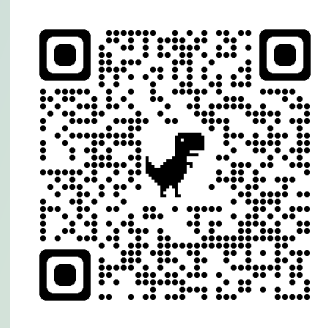
- i) Improving diagnosis & care of women with heart disease before or during pregnancy
- ii) Enhancing PN care/treatment to improve future CV health (particular focus on women with GDM and HDP)

[www.nihr.ac.uk/cvpartnership](http://www.nihr.ac.uk/cvpartnership)

# Sources of Information & Education

## Pre-Eclampsia

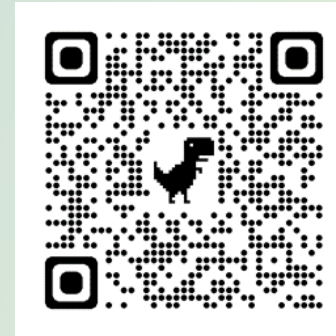
APEC - <https://action-on-pre-eclampsia.org.uk/>



## Maternal Cardiology

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# Thank You!



## Any Questions?

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