

Care plan developed for individuals at risk for preeclampsia

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A report published April 28 in the *American Journal of Obstetrics &*

Gynecology details the development of a care plan for individuals at risk for preeclampsia.

James M. Roberts, M.D., from the University of Pittsburgh, and colleagues developed a care plan in which providers and pregnant individuals at moderate-to-high risk can work to reduce the risk for preeclampsia.

The authors note that persons with risk at least sufficient for recommending prophylactic low-dose aspirin therapy can be considered candidates for this care plan. Because social determinants of health (SDOH) inequities have been identified as independent risk factors for preeclampsia, SDOH screening should be conducted at initial antenatal visit and care plan recommendations and resources should be adapted based on SDOH and socioeconomic status.

Pregnant persons with an increased risk for [preeclampsia](#) due to preexisting conditions should have these disorders carefully monitored and treated. Use of low-dose aspirin therapy is recommended, and therapy should be supported by strategies that facilitate adherence. Preventive behavioral strategies include diet counseling and [education](#); education about the benefits of exercise; and promotion of adequate sleep. Antenatal visit schedules should be customized, with frequent visits recommended for monitoring [blood pressure](#) and detecting symptoms early.

"The plan outlines medications, monitoring, behavioral modification, education, and considerations for social determinants of health," Roberts said in a statement. "It is designed to be as safe, cost-effective, and practical to implement in real-world practice as possible."

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More information: James M. Roberts et al, Care plan for individuals at risk for preeclampsia: Shared approach to education, strategies for prevention, surveillance and follow up., *American Journal of Obstetrics and Gynecology* (2023). [DOI: 10.1016/j.ajog.2023.04.023](https://doi.org/10.1016/j.ajog.2023.04.023)

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