

Pregnancy and Preconception Checks in Women with Renal disease) - An Audit

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Introduction: Pregnancy presents a number of challenges for women with renal disease. Early intervention and specialist care are fundamental to ensuring the best possible care for female patients of childbearing age..

Methods: We utilised our database of female patients of childbearing age in a tertiary renal centre to investigate whether certain features of their care, which were key to improving their fertility as well as their renal and pregnancy outcomes, were being assessed in clinic. These included:

- whether family planning, including contraception, was discussed in clinic
- whether the patient was taking folate if they were planning a pregnancy
- whether they were taking any teratogens, and if so whether a plan was in place for pregnancy
- whether there was documentation of their last smear
- whether they have active blood-borne viraemia
- whether their VZV and rubella statuses were tested
- whether or not they are taking aspirin if appropriate
- whether or not their periods were irregular, and if so whether they were referred to fertility services
- for patients with Systemic Lupus Erythematosus who were Ro antibody positive, whether they were referred for foetal echocardiography
- whether they had been referred to pre-pregnancy counseling or were followed up by a specialist clinic during pregnancy

The results were then presented to a group of local experts and strategies for improving outcomes were discussed.

Results: We found that, of the 92 patients audited, there was a documented discussion about at least some of these points in many of these patients, though all points were covered in very few cases. These fortunate few had all been seen in the renal obstetric clinic.

Conclusions: There a number of features of the care of women of childbearing age with renal disease that need to be addressed consistently. We are currently developing an information poster and are expecting that recent changes in staffing may help to improve our care. We will re-audit in the months to come.