

## Preeclampsia-Spectrum hypertensive disorders of pregnancy: therapeutic approaches and prognosis

Mirela Mino-Rista <sup>1,\*</sup>, Besjona Kodra <sup>2</sup>

<sup>1</sup>University of Medicine, Tirana, Albania.

<sup>2</sup>University Hospital Ob-Gyn "Mbretëresha Geraldinë", Tirana, Albania.

DOI: 10.36129/jog.2024.S62

**Objective.** Preeclampsia is a disease exclusive to pregnancy and the immediate postpartum period, occurring in 8% of pregnancies worldwide, associated with considerable maternal and foetal morbidity. The objective is to review pregnancy hypertension clinical treatments guidelines at UHOG "Mbretëresha Geraldinë".

**Materials and Methods.** Our review takes into consideration deliveries from 2015-2021 at UHOG. There were in total 43,820 women out of whom 1,071 were diagnosed with preeclampsia, from which 675 had taken aspirin and a low dose of calcium since the 16<sup>th</sup> weeks, because they had PE in their past pregnancies.

838 (78.2%) of them delivered with caesarean section and around 21.8% with natural delivery.

**Results.** Preeclampsia prevention with aspirin and low calcium intake before 16 weeks among patients with previous PE seem to be beneficial for prevention of severe PE.

Recent data about heparin with low molecular weight are still conflicting.

Antihypertensive treatment: severe hypertension, most commonly done with intravenous labetalol and oral nifedipine.

Non severe hypertension with oral labetalol (in particular), methyldopa, or nifedipine.

Eclampsia treatment and prevention done with MgSO<sub>4</sub>. It is also used among women with severe preeclampsia. MgSO<sub>4</sub> compared with placebo more than halved the risk of eclampsia. MgSO<sub>4</sub> is recommended for imminent preterm birth like a neuroprotection.

The likelihood of caesarean delivery at less than 28 weeks of gestation could be as high as 97%, and at 28+32 weeks of gestation as high as 65%.

**Conclusions.** Prevention and treatment of preeclampsia are crucial in saving lives and the following were consistently recommended.