

# Maternal Cardiac

For patients with SEVERE symptoms and/or personal hx of CVD



## Red Flags

- Shortness of breath at rest
- Severe orthopnea  $\geq 4$  pillows
- Resting HR  $\geq 120$  bpm
- Resting systolic BP  $\geq 160$  mm Hg
- Resting RR  $\geq 30$
- Oxygen saturations  $\leq 94\%$  with or without personal history of CVD

Prompt Evaluation and/or Hospitalization for acute symptoms

Consultations with MFM and Primary Care/Cardiology

Personal History of CVD without Red Flags



For more information, scan the QR code.

For patients with MILD symptoms, no red flags, no hx of CVD, and hemodynamically stable

# Maternal Cardiac



## Symptoms

- NYHA class  $\geq$  II
- Suggestive of Heart Failure:**
- Dyspnea
  - Tachypnea
  - Mild orthopnea
  - Asthma unresponsive to therapy
- Suggestive of Arrhythmia:**
- Palpitations
  - Dizziness/syncope
- Suggestive of Coronary Artery Disease:**
- Chest pain
  - Dyspnea

## Vital Signs

- Resting HR  $\geq 110$
- Systolic BP  $\geq 140$
- RR  $\geq 24$
- Oxygen sat  $\leq 96\%$

## Physical Exam

**Abnormal Findings**  
Heart: Loud murmur or  
Lung: Basilar crackles

## Risk Factors

- Age  $\geq 40$  years
- African American
- Pre-pregnancy obesity (BMI  $\geq 35$ )
- Pre-existing diabetes
- Hypertension
- Substance use (nicotine, cocaine, alcohol, methamphetamines)
- History of chemotherapy

$\geq 1$  Symptom  $\pm \geq 1$  Vital Signs Abnormal  $\pm \geq 1$  Risk Factor or Any Combination Adding to  $\geq 4$

Obtain: **EKG and BNP**

- **Echocardiogram** +/- CXR if HF or valve disease is suspected, or if the BNP levels are elevated
  - 24 hour Holter monitor, if arrhythmia suspected
  - Referral to cardiologist for possible treadmill echo vs. CTA vs. alternative testing if postpartum
- Consider: CXR, CBC, Comprehensive metabolic profile, Arterial blood gas, Drug screen, TSH, etc.

**Follow-up within one week**

## Results Negative

Signs and symptoms resolved  
Reassurance and routine follow-up

**Consultation indicated:**

**MFM and Primary Care/Cardiology**

**Results abnormal**

**CVD highly suspected**