

Preeclampsia in Pregnancy (Pregnancy Poisoning):

Preeclampsia is a pregnancy-specific disorder that affects almost all organs of the body. This condition occurs after the 20th week of pregnancy and is diagnosed with blood pressure of 140/90 mmHg, usually accompanied by proteinuria.

Signs and Symptoms:

1. Blood pressure 140/90 mmHg or higher
2. Severe headache
3. Blurred vision and even blindness
4. Heartburn
5. Rapid weight gain
6. Edema
7. Proteinuria
8. Decreased urine output

Complications:

1. Increased need for cesarean section
2. Thickening of the blood
3. Coagulation problems
4. Liver problems
5. Kidney problems
6. Lung problems
7. Treatment-resistant headaches
8. Eye disorders
9. Seizures and their complications
10. Placental abruption

Fetal Complications:

1. Intrauterine growth restriction
2. Preterm birth
3. Prematurity

Treatment:

The goal of treatment is to reduce harm and complications for both mother and baby.

a) Severe Preeclampsia:

1. Hospitalization of the mother
2. Lying on the side
3. Blood pressure control
4. Seizure control

****The main action is to terminate the pregnancy.**

b) Mild Preeclampsia:

The decision is made based on the gestational age.

- In gestational age of 37 weeks or more: terminate the pregnancy.
- Less than 37 weeks: primary care until delivery. Primary care includes:
 1. Daily weighing
 2. Relative rest
 3. Blood pressure monitoring
 4. Fetal health assessment

