

Recognising Pre-eclampsia

Nursing

The signs that raise concern in pregnancy and afterwards, and why they are urgent.

A multisystem disorder of pregnancy, usually after 20 weeks and up to weeks after birth.

Raises concern

New raised blood pressure in pregnancy

Protein in the urine

Severe headache not relieved by simple analgesia

Visual disturbance, flashing lights

Pain below the ribs, usually on the right

Sudden swelling of face, hands or feet

Nursing response

Escalate urgently, do not defer to the next round

Repeat blood pressure with a correct cuff

Urinalysis and bloods as requested

Quiet environment; keep the woman informed

Monitor for seizure; know where help is

Continue vigilance after birth as well

Educational reference. Recognition and escalation only. Diagnosis, thresholds and treatment follow local obstetric protocol and the