

Medical Disorders in Pregnancy

Maternal mortality has been on the decline in the past decade, but most of this decline is attributable to control on sepsis, better management of PPH, etc. What is more evident now is that the medical problems of lifestyle are increasing in pregnancy and are playing a very important and complex role, which is making it more and more difficult for us medical practitioners to bring the maternal mortality and morbidity down.

Further decline may not be possible unless we understand the complex interplay of these ever-rising medical disorders such as hypertension, obesity, gestational diabetes or VTE.

A lot of advancement has happened in the management of these problems that today more and more women are able to go through a pregnancy despite these chronic conditions. What is important here is every life counts, therefore, it becomes vital that we take all steps of optimizing women's health in the preconception stage and also train our healthcare providers, all physicians and nurses to acquire at least the basic knowledge and understanding of these medical problems in pregnancy and how best to manage them.

For this, we need to ensure that protocol-based appropriate trainings are in place, especially designed for pregnant women with medical conditions. There are three main aspects involved in the management of this group of pregnant population:

1. Adequate opportunistic preconception counseling.
2. Optimization of the medical therapy.
3. Third and most important is multidisciplinary approach and care during pregnancy and postpartum care.

In the developing countries, the challenges in diagnosis and managing these patients are different. On one hand, the awareness regarding these conditions and the value of preconception care are minimal and on the other hand, multidisciplinary high-risk management unit with trained competent personnel or health providers are also limited. Thus, the challenges of having better outcomes in this group of patients is more difficult.

What can we do?

It again needs multilevel approach from good policymaking, and implementation along with provision of good of proper infrastructure and human resources, combined with protocol-based training right from the undergraduate to postgraduate level complemented by trained support staff, nurses, emergency obstetric care units, is the key to achieve the unachievable and most important of all is to reach out to the unreached because every woman in the remotest corner of the world deserves the kind of care, you and I deserve.

This supplement of our journal is dedicated to medical disorders in pregnancy, and I hope you will get enough insight from it. Feel free to interact with the authors or the editors for more.



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