

Cardiovascular Obstetric Program

Minnesota Perinatal Physicians and Minneapolis Heart Institute's Cardiovascular Obstetric Program delivers specialized care for women with pre-existing cardiovascular conditions or those at high-risk for cardiovascular complications during and/or after pregnancy. As part of the program, a multidisciplinary care team provides preconception counseling, risk stratification, prenatal care, development of a collaborative individualized pregnancy and birth plan, and coordinated postpartum care. Our multidisciplinary inpatient care team manages the cardiovascular obstetric patients needing the highest level of care around the time of delivery. Specialized care in our postpartum hypertension clinic facilitates optimal monitoring and evaluation as an outpatient.

Heart Disease and Pregnancy Program Facts:



Cardiovascular disease (CVD) is now the leading cause of death in pregnancy and the postpartum period¹



13 Professional disciplines collaborate in the comprehensive care of these complex patients.

In **2023**



CVOB program cared for 147 patients with complex cardiac concerns throughout pregnancy



100% Of the patients have an RN care coordinator involved in their care

Cardiac disease complicates 3-4% of all pregnancies²

Up to 4% of pregnancies may have cardiovascular complications despite no known prior disease²

Heart Disease accounts for 26.5% of pregnancy-related deaths, and rates are highest among black women and those with low incomes³

To refer patients: **call** 612-863-4502 | **fax** 612-863-5697

web allinahealth.org/mnperinatal

To talk with a Maternal Care Coordinator call:

612-863-8299



Minnesota
Perinatal
Physicians



Allina Health
MINNEAPOLIS
HEART INSTITUTE

1. <https://www.acog.org/About-ACOG/News-Room/News-Releases/2019/S416966-505205-0220> © 2020 ALLINA HEALTH SYSTEM. TM- A TRADEMARK OF ALLINA HEALTH SYSTE
2. Regitz-Zagrosek V, Gohlke-Barwolf C, Iung B, Pieper PG. Management of cardiovascular diseases during pregnancy. Curr Probl Cardiol. 2014 Apr-May. 39(4-5):85-151.
3. [WebMD Heart Disease Health Center - Information About Heart Disease](#)

The Cardiovascular Obstetric Program is a collaboration of a multidisciplinary team involving Minnesota Perinatal Physicians, Minneapolis Heart Institute, Adult Congenital Cardiac Clinic, and Children’s Minnesota Heart Clinic and a dedicated CardioObstetric Pharmacist.

This program exists to provide care and coordination to ensure a seamless transition through pre-pregnancy consultation, pregnancy management and delivery and up to twelve weeks postpartum for those patients with underlying acquired heart disease, palliative and/or corrected congenital heart disease in the setting of pregnancy.

This referral guide is a resource to help you determine when to refer a patient to Minnesota Perinatal’s Cardiovascular Obstetric Program. Working collaboratively, we can deliver the best possible care experience for your patients.

<p>Conditions:</p> <ul style="list-style-type: none"> • Maternal cardiac concerns • Maternal congenital cardiac conditions • Acquired heart disease <p>Refer for consult and plan:</p> <ul style="list-style-type: none"> • Pre-pregnancy • During the first trimester • At identification of cardiac concern <p>Referral information:</p> <ul style="list-style-type: none"> • Fax a service request • Enter an order for <i>AMB Consult to Perinatology</i> • Call a maternal care coordinator for complex conditions or urgent assistance • Visits include a multidisciplinary team • Patients will be called to schedule the appointment • Visits may be conducted via virtual format 	<p>Why Minnesota Perinatal’s Cardiovascular Obstetric Program?</p> <ul style="list-style-type: none"> • Providing specialized and personalized CV OB care for over five years • RN Care Coordination guides your patient along the way and assists with visit coordination • Multidisciplinary team approach develops a pregnancy management plan throughout the pregnancy and post-partum period • Provides ongoing assessments, evaluations and modifications based on clinical condition • Individualized care plans are created in collaboration with specialty teams and the patient • Multidisciplinary inpatient care management for patients who need the highest level of care around the time of delivery • Contributing member to the international <u>Registry Of Pregnancy And Cardiac disease (ROPAC)</u>
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1. <https://www.acog.org/About-ACOG/News-Room/News-Releases/2019/ACOG-Releases-Comprehensive-Guidance-on-How-to-Treat-Heart-Disease-in-Pregnancy>
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2. Regitz-Zagrosek V, Gohlke-Barwolf C, lung B, Pieper PG. Management of cardiovascular diseases during pregnancy. *Curr Probl Cardiol.* 2014 Apr-May. 39(4-5):85-151.

3. [WebMD Heart Disease Health Center – Information About Heart Disease](#)