



## PRECOG Audit Support Sheet

### Who is Action on Pre-eclampsia

Pre-eclampsia is a multi-system syndrome defined by hypertension and proteinuria and typified by widespread endothelial cell damage secondary to an ischaemic placenta. Action on Pre-eclampsia is a national medical charity that provides support for sufferers of pre-eclampsia and their families, and education for healthcare professionals. For more information visit [www.apec.org.uk](http://www.apec.org.uk)

### What is the PRECOG guideline

The Pre-eclampsia Community guideline (PRECOG) provides a simple booking assessment to identify women who are more likely to develop pre-eclampsia in that pregnancy. There is a 3 tier approach to subsequent monitoring, based on the likelihood of developing pre-eclampsia. When signs and/or symptoms occur thresholds are given for step-up investigation.

### Aims of PRECOG audit

- to assess compliance with the guideline
- to determine the percentage of women in a normal obstetric population with PRECOG risk factors, the percentage allocated to PRECOG referral before 20 weeks, level 1 or level 2, and the percentage in each group who subsequently develop pre-eclampsia

### The PRECOG risk factors

Referral before 20 weeks	Level 2 monitoring	Level 1 monitoring
One of: <ol style="list-style-type: none"> <li>1. Multiple fetus pregnancy</li> <li>2. Previous pre-eclampsia</li> <li>3. High blood pressure before pregnancy or a booking diastolic blood pressure of 90mmHg or more</li> <li>4. Diabetes</li> <li>5. Renal disease before pregnancy or 1+ or proteinuria on at least two occasions in early pregnancy</li> <li>6. Antiphospholipid antibodies</li> </ol>	One of: <ol style="list-style-type: none"> <li>1. First pregnancy</li> <li>2. Age 40 or more</li> <li>3. BMI at booking of 35 or more or weight at booking of 100kg or more</li> <li>4. 10 years or more since last baby</li> <li>5. Mother or sister had pre-eclampsia</li> <li>6. Booking diastolic of 80mmHg – 89mmHg</li> </ol>	No PRECOG factors
Two of the Level 2 factors		

### Community monitoring

Frequency level	Frequency interval	
	24 to 32 weeks gestation	32 weeks gestation to delivery
<b>LEVEL 1</b>	As per local protocols/ NICE Antenatal guideline for low risk multiparous women	
<b>LEVEL 2</b>	Minimum standard no more than 3 week interval between assessments, adjusted to individual needs and any changes during pregnancy	Minimum standard no more than 2 week interval between assessments, adjusted to individuals needs and any changes during pregnancy

## The PRECOG referral thresholds

New hypertension	No proteinuria	Maternal symptoms and/or fetal signs & symptoms	Day Assessment Unit Referral
≥90-<100 DBP	-	-	Within 48 hours
≥90-<100 DBP	-	✓	Same day
≥160 SBP ≥100 DBP	-	-	Same day
	<b>New proteinuria</b>		
≥ 90 DBP	≥ 1+	-	Same day
≥ 90 DBP	≥ 1+	✓	<b>IMMEDIATE ADMISSION</b>
≥ 110 DBP	≥ 1+	-	<b>IMMEDIATE ADMISSION</b>
≥ 170 SBP	≥ 1+	-	<b>IMMEDIATE ADMISSION</b>
<b>-Normal BP</b>	1+	-	Community check within 7 days
"	≥ 2+	-	Within 48 hours
"	≥ 1+	✓	Same day
-	-	<b>Headaches or visual disturbances only</b>	Follow local protocols. Consider reducing interval before next pre-eclampsia check.
-	-	<b>Epigastric pain only</b>	Same day
-	-	<b>Reduced fetal movements or suspected small for gestational age fetus</b>	Follow local protocols. Consider reducing interval before next pre-eclampsia check.

**SBP** = systolic blood pressure **DBP** = diastolic blood pressure

**Maternal symptoms** (after 20 weeks): headaches or visual disturbances, epigastric pain and/or vomiting

**Fetal signs and symptoms:** reduced fetal movements, small for gestational age fetus

**New hypertension:** a diastolic blood pressure of 90mmHg or more at or after 20 weeks in a woman with a diastolic blood pressure of less than 90mmHg before 20 weeks.

**New proteinuria:** the presence of proteinuria as shown by 1+ or more on proteinuria dipstick testing, a protein/creatinine ratio of 30mg/mmol or more on a random sample or a urine protein excretion of 300mg or more per 24 hours

**Significant proteinuria:** urine protein excretion of 300mg or more per 24 hours

**Pre-eclampsia:** new hypertension and significant proteinuria at or after 20 weeks of pregnancy, confirmed if it resolves after pregnancy.