

Maternal Health Clinic Follow Up Form



LAST NAME		FIRST NAME		OHIP NUMBER		VERSION CODE		MOTHERS PROGRAM ID	
DATE OF BIRTH (DD/MM/YYYY)			HOME TELEPHONE NUMBER			FAMILY PHYSICIAN		CR NUMBER	
ADDRESS			UNIT NUMBER		CITY		PROVINCE		POSTAL CODE

Pregnancy-Related Cardiovascular Risk Indicators

Risk Indicator	Notes	Previous Pregnancy	Index Pregnancy
Preeclampsia	Preeclampsia, eclampsia or HELLP syndrome.		
Gestational Hypertension	Hypertension in pregnancy without proteinuria.		
Gestational Diabetes or Gestational Impaired Glucose Tolerance	Diagnosis of gestational diabetes is based on 2 or more abnormal values on a 75g Oral Glucose Tolerance Test. Gestational Impaired Glucose Tolerance is based on a single abnormal value on a 75g OGTT.		
Abruption	The occurrence of a clinically significant abruption leading to delivery or adverse maternal/fetal outcome.		
Excessive Weight Gain	Excessive weight gain during pregnancy indicates increased risk. It is determined based on the patient's pre-pregnancy (pp) BMI. The criteria are as follows; ppBMI <18.5 and >18.0 kg gained, ppBMI 18.5 - 24.9 and >16.0 kg gained, ppBMI 25.0 - 29.9 and >11.5 kg gained, ppBMI >29.9 and >9.0 kg gained.		
Preterm Birth	Preterm birth at <37 weeks gestation		
IUGR	Any birth <5 th %tile for gestational age or term baby <2500g		
Total Number of Pregnancy Related Cardiovascular Risk Indicators			

History and Examination

Risk Indicator		Notes	Risk Factor
1	Age (Years)	Current age. Risk increases with age.	
2	Height (cm)	Weight measured pre-pregnancy or during early pregnancy. BMI = (Weight/ (Height*Height))*10,000. Underweight BMI <18.5, Ideal BMI 18.5-24.9, Overweight BMI 25.0-29.9, Obese BMI >29.9.	
	Pre-pregnancy Weight (kg)		
	Pre-pregnancy BMI (kg/m²)		
3	Current Weight (kg)	Weight at 6 months postpartum. BMI = (Weight/ (Height*Height))*10,000. Underweight BMI <18.5, Ideal BMI 18.5-24.9, Overweight BMI 25.0-29.9, Obese BMI >29.9.	
	Current BMI (kg/m²)		
4	Weight at Delivery (kg)	Excessive weight gain during pregnancy indicates increased risk. It is determined based on the patient's pre-pregnancy (pp) BMI. The criteria are as follows; ppBMI <18.5 and >18.0 kg gained, ppBMI 18.5 - 24.9 and >16.0 kg gained, ppBMI 25.0 - 29.9 and >11.5 kg gained, ppBMI >29.9 and >9.0 kg gained.	
	Weight Gained in Pregnancy (kg)		
5	Pregnancy Weight Retention (kg)	At 6 months postpartum. Pregnancy Weight Retention = Current Weight – Pre-pregnancy Weight. It is recommended that women attempt to return to their pre-pregnancy weight by 6 months postpartum.	
6	Current Waist Circumference (cm)	At 6 months postpartum. Measure just above the uppermost lateral border of the right iliac crest. The plane of the tape should be parallel to the floor. The tape should be snug, but not compress the skin. Take measurement at the end of normal expiration.	
7	Pre-pregnancy Blood Pressure (mmHg)	Blood pressure taken pre-pregnancy or during early pregnancy. Systolic blood pressure greater than 130 mmHg or diastolic blood pressure greater than 85 mmHg indicates increased risk.	
	Pre-pregnancy Antihypertensive Medication Usage (Yes/No)		
8	Current Blood Pressure (mmHg)	Blood pressure taken at 6 months postpartum. Systolic blood pressure greater than 130 mmHg or diastolic blood pressure greater than 85 mmHg indicates increased risk.	
	Current Antihypertensive Medication Usage (Yes/No)		

History and Examination Continued

Risk Indicator		Notes	Risk Factor
9	Smoking (Yes/No)	Smoking indicates increased risk.	
	<i>If yes, number of cigarettes per day</i>		
10	Ever Smoked (Yes/No)	A history of smoking indicates increased risk.	
	<i>If yes, number of years smoked</i>		
11	Alcohol Consumption (Yes/No)	Alcohol consumption may increase your risk.	
	<i>If yes, number of drinks per week</i>		
12	Breastfeeding (Yes/No)	Breastfeeding may affect a woman's ability to return to her pre-pregnancy weight.	
	<i>If yes, duration in months</i>		
13	Physically Active (Yes/No)	The federal guidelines of 30-60 minutes of moderate activity.	
	<i>If active, number of times per week</i>		
14	Ethnicity	South Asian, African and Metis/First Nations/Inuit are at increased risk.	
15	Patient History of Major Cardiac Event (Yes/No)	Patient history of MI or stroke indicates increased risk.	
16	Patient History of Diabetes (Yes/No)	Patient history of diabetes predating pregnancy indicates increased risk.	
17	Patient History of Chronic Hypertension (Yes/No)	Patient history of chronic hypertension indicates increased risk.	
18	Family History of Hypertension/Preeclampsia in pregnancy (Yes/No)	Any female family member on the maternal side with a self-reported history may indicate increased risk.	
19	Family History of Hypertension (Yes/No)	Family history of hypertension may indicate increased risk.	
20	Family History of Major Cardiac Event (Yes/No)	Family history of MI or stroke (<55 years of age in male relative and <65 years in a female relative may indicate increased risk).	
21	Family History of Diabetes (Yes/No)	Family history of diabetes (type 1, type 2 or gestational) may indicate increased risk.	
22	Medications	Some medications may affect a woman's risk of heart disease and/or may need to be taken into consideration when interpreting her biochemical test results. List current medications below.	
Total Number of Other Risk Factors			

Biochemical Testing

Biochemical Test	Result	Biochemical Test	Result
2 Hour 75g OGTT (Fasting) <i>Indicated only for women with a history of gestational diabetes.</i>	Fasting: ___ mmol/L	Total Cholesterol (Fasting)	___ mmol/L
	2 Hour: ___ mmol/L	HDL (Fasting)	___ mmol/L
HbA1C	___ %	LDL (Fasting)	___ mmol/L
Glucose (Fasting)	___ mmol/L	Triglycerides (Fasting)	___ mmol/L
Urine Microalbumin: Creatinine	___ mg/mmol	High Sensitivity CRP	___ mg/L

Lifetime CVD estimate

Risk Factor	Stratification (Risk Level)	Patient's Risk Level (Please Circle)
Total Cholesterol (mmol/L)	<4.65 (optimal)	Optimal / Not Optimal / Elevated / Major
	4.65-5.15 (not optimal)	
	5.16-6.19 (elevated)	
	>6.20 (major)	
Systolic Blood Pressure (mmHg) <i>OR</i> Currently Taking an Antihypertensive Medication	<120 (optimal)	Optimal / Not Optimal / Elevated / Major
	120-139 (not optimal)	
	140-159 (elevated)	
	≥160 or Taking an Antihypertensive Medication (major)	
Diastolic Blood Pressure (mmHg) <i>OR</i> Currently Taking an Antihypertensive Medication	<80 (optimal)	Optimal / Not Optimal / Elevated / Major
	80-89 (not optimal)	
	90-99 (elevated)	
	≥100 or Taking an Antihypertensive Medication (major)	
Elevated Fasting Glucose (mmol/L) <i>OR</i> Previous Diagnosis of Type 1 or 2 Diabetes	≤6.88 (optimal)	Optimal / Major
	>6.88 or Diabetic (major)	
Smoking	No (optimal)	Optimal / Major
	Yes (major)	
Women's Lifetime CVD estimate (Lloyd-Jones et al., Circ 2006;113:791-798)		
<ul style="list-style-type: none"> • All Optimal (8%) • ≥1 Not Optimal (27%) • ≥1 Elevated (39%) • 1 Major (39%) • ≥2 Major (50%) 		
Lifetime CVD Risk Estimate:		
___ %		

Other Suggested Risk Calculations

(1) 30 Year CVD Risk Estimate

Your risk of developing cardiovascular disease at some point in the next 30 years is ___%.

(2) Metabolic Syndrome Calculation

Risk Factor	Scoring Cut Offs	Yes/No
Elevated Blood Pressure	≥ 130/85 mmHg	
Abdominal Obesity	> 88 cm waist circumference (>80 cm for Asian Ethnicity)	
Elevated Triglycerides	> 1.7 mmol/L	
Decreased HDL	< 1.3 mmol/L	
Elevated Fasting Glucose	> 5.6 mmol/L	
The metabolic syndrome criteria is met if 3 or more of the above risk factors are present.		