

After Pregnancy: Long Term Pregnancy Complications for Women and Their Children

Objectives

- Review the pathophysiology of gestational diabetes and its maternal, fetal, or neonatal short and long term effects
- Summarize female-specific and pregnancy-related risks for cardiovascular disease
- Identify both short and long term risk factors for the mother and fetus/child from pregnancies complicated by obesity
- Describe management strategies for women with a history of gestational diabetes
- Characterize the management and education approaches to identify and inform postpartum women about risks for long term cardiovascular disease
- Discuss how nutrition and exercise can be optimized in childbearing years to prevent maternal, fetal, and neonatal problems by preventing obesity

Content Outline

- A. Pregnancy-Related Long-Term Risks for Women & Their Children
 1. Diabetes
 2. Cardiovascular disease
 3. Obesity
- B. Management Approaches to Postpartum Women Relating to Long Term Risks Related to Pregnancy-Related Problems
 1. Testing and monitoring
 2. Assessment and education
 3. Nutrition and exercise strategies
- C. Disease Risk of Offspring from In Utero Exposure
 1. Diabetes
 2. Heart disease
 3. Obesity
 4. Mental disorders

Reading Material Resources

Module WB2324: After Pregnancy: Long Term Pregnancy Complications for Women and Their Children is based on the resources listed below. A copy of each resource is included with the module.

After Gestational Diabetes: An Overlooked Care Transition in Primary Care, LaManna, et al., *The Journal for Nurse Practitioners*, 16 (2020), 319-323

Pregnancy Complications, Cardiovascular Risk Factor and Future Heart Disease, Brown, et al., *Obstetrics and Gynecology Clinics of North America*, 47 (2020), 487-495

Effects of Overweight and Obesity in Pregnancy on Health of the Offspring, Dow, et al., *Endocrinology Metabolic Clinics of North America*, 49 (2020), 251-263