

SLE in Pregnancy

Objectives

- Identify symptoms, diagnostic criteria, and complications associated with systemic lupus erythematosus (SLE) in pregnancy
- Distinguish between preeclampsia and lupus flare during pregnancy using various clinical criteria
- Summarize key principles for managing pregnancy in patients with SLE, including preconception counseling, medication adjustments, and postpartum care to minimize maternal and fetal risks
- Outline the importance of effective contraception and preconception counseling to optimize pregnancy outcomes
- Discuss the specified risks to neonates from pregnancies complicated by SLE

Content Outline

1. Introduction to Systemic Erythematosus in Pregnancy
 - A. Overview of systemic lupus erythematosus (SLE) as a chronic autoimmune disease
 - B. Importance of discussing SLE's impact on pregnancy
2. Epidemiology
 - A. Prevalence of SLE in the U.S.
 - B. Groups most affected
3. Clinical Manifestations and Complications
 - A. Physical signs & organ involvement
 - B. Obstetric risks and disease related complications
4. Diagnostic Testing
 - A. Initial testing: antinuclear antibodies (ANA)
 - B. Confirmatory tests: anti-dsDNA, anti-Smith/RNP, anti-SSA/SSB antibodies
 - C. Additional tests: CBC, CMP, urinalysis, complement levels
5. Management and Treatment
 - A. Preconception counseling
 - B. Contraceptive counseling
 - C. Medication adjustments
 - D. Preeclampsia vs. Lupus Flare
6. Postpartum Considerations
 - A. Breastfeeding
 - B. Neonatal complications

Reading Material Resources

Module WB2730: SLE In Pregnancy is based on the resources listed below. A copy of each resource is included with the module.

Systemic Lupus Erythematosus in Pregnancy, Schultz, et al., Topics in Obstetrics & Gynecology, Volume 45, No. 10, July 15, 2025, 1-4

Issues with Pregnancy in Systemic Lupus, LeGuern, et al., Joint Bone Spine, 91 (2024), 1-8