CHARACTERIZATION OF PATIENTS UNDER FOLLOW-UP AT THE PREGNANT WOMEN IN RHEUMATOLOGY OUTPATIENT CLINIC OF A RHEUMATOLOGY SERVICE IN THE INTERIOR OF SÃO PAULO

Laura Maria Silva de Siqueira^{1,*}, Douglas Squizzato Leite¹, João Flávio Gomes Faria¹, Daniela Esteves Temporim¹, Matheus Zanata Brufatto¹, Andrea de Almeida Peduti Batista¹, Henrique Pereira Sampaio¹, Luiz Eduardo Valente¹, Sula Glaucia Lage Drumond Pacheco¹, Sean Hideo Shirata Lanças¹

¹Universidade Estadual Paulista "Júlio de Mesquita Filho", Botucatu (SP), Brazil.

*Corresponding author: mss.laura@yahoo.com

BACKGROUND

The management of pregnancy in patients with immune-mediated rheumatic diseases differs from usual, therefore rheumatologists should discuss, advise and monitor the pregnancy to optimize severe adverse maternal or fetal outcomes. We present the profile of patients followed at the Pregnant Women in Rheumatology outpatient clinic of a reference university hospital in the countryside of São Paulo state.

METHODS

A review of the medical records of all consecutive patients treated at the Pregnant Women in Rheumatology outpatient clinic between 2018 and 2021 was carried out. Sociodemographic, clinical, laboratory, drug therapy, gynecological, and follow-up data were collected, rheumatological and gynecological complications in the period of gestation.

RESULTS

Forty-nine patients were identified, with 3 patients being followed up in two consecutive pregnancies. Of these, 5 patients were discharged due to diagnostic exclusion. The sociodemographic results are described in Table 1, the distribution of rheumatologic diagnoses in Figure 1, rheumatologic and gynecologic complications, and gestational outcome are described in Table 2. The clinic was created in 2004 and brings together cases from the Cuesta and Vale do Jurumirim pole of the DRS VI in São Paulo, in addition to other regions.

Figure 1. Distribution according to etiological diagnosis.

Table 1. Sociodemographic profile.

Parameters		N
Age (years)		29.47 ± 6.81
Skin color	White	38 (77.55%)
	Black	2 (4.08%)
	Brown	7 (14.29%)
Marital status	Married	18 (36.73%)
	Single	10 (20.41%)
	Stable union	21 (42.86%)
Education	Incomplete elementary school	3 (6.12%)
	Incomplete high school	9 (18.37%)
	Complete high school	24 (48.98%)
	Incomplete higher education	3 (6.12%)
	Complete higher education	8 (16.33%)
	Master's or Doctorate	2 (4.08%)
Number of assistances		5.04 ± 2.94
Comorbidities		28 (57.14%)
Smoking		4 (8.16%)

Table 2. Initial profile and clinical and obstetric outcomes of patients followed in the period.

Outcomes		n (%)
Disease activity early pregnancy		11 (22.45%)
Adhesion		35 (71.43%)
Previous obstetric morbidity		22 (44.90%)
Rheumatological Intercurrences		16 (32.65%)
Gynecological Intercurrences		30 (61.22%)
Medicines during pregnancy:		-
Immunosuppressant		4 (8.16%)
Corticosteroid		13 (26.53%)
Hydroxychloroquine		29 (59.18%)
Enoxaparin		6 (12.24%)
Acetylsalicylic acid		32 (65.31%)
Infiltration		5 (10.20%)
Gestation time	< 20 weeks	1 (2.04%)
	20 to 37 weeks	13 (26.53%)
	37 to 40 weeks	24 (48.98%)
	> 40 weeks	2 (4.08%)
Delivery	Normal	18 (36.73%)
	Cesarean	21 (42.86%)
	Childbirth in progress	1 (2.04%)
Newborn Alive	Yes	39 (79.59%)
	No	1 (2.04%)

CONCLUSION

We present the initial characterization of the patients who followed the Pregnant Women in Rheumatology clinic, with good results and management in the period. Such data will serve as a basis for future analysis and studies.

KEYWORDS

Pregnant women in rheumatology, Gynecological complications, Rheumatological complications.