Abstract

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Assessment of Blood Pressure Monitoring During the Postpartum Period

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Introduction. Pregnancy-induced hypertension affects 5–10% of women, while approximately 9% may develop de novo postpartum hypertension. Blood pressure monitoring is essential for early detection of abnormalities and cardiovascular complications. This study aimed to assess postpartum self-monitoring, blood pressure measurements performed by healthcare professionals, and recommendations provided at hospital discharge.

Methods. This pilot analysis was part of an ongoing longitudinal study investigating pregnancy-induced hypertension and women's emotional state. Among 104 postpartum women recruited at a tertiary referral centre in Wroclaw, 70 completed follow-up assessments. Data were collected on postpartum days 2–3 and at 5–6 weeks postpartum using standardised questionnaires and an author-developed survey.

Results. All participants monitored blood pressure during pregnancy, compared with 50% (n=35) postpartum. In hospital, 87% (n=61) received daily measurements, while 10% (n=7) received none. Outpatient monitoring was reported during gynaecological visits by 49% (n=32) and midwife visits by 17% (n=12). Among women with pregnancy-related hypertension (n=12), 75% (n=9) performed postpartum self-monitoring. Their motivation was higher than that of normotensive women (median 9 vs 1). Overall, 20% (n=14) received discharge recommendations for home monitoring, including 67% (n=8) with pregnancy-related hypertension and 11% (n=6) without hypertension.

Discussion. Women with pregnancy-related hypertension demonstrated greater motivation for postpartum blood pressure monitoring and received more education from healthcare professionals. Education among women without hypertension was insufficient, potentially limiting preventive self-monitoring. Larger studies are needed to evaluate whether systematic discharge education improves postpartum blood pressure monitoring.

Keywords: Postpartum Period, Blood Pressure Monitoring, Hypertension, Health Education, Hypertensive Disorders of Pregnancy

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