2020 LEAD Capstone Poster Session

Improving management of iron deficiency anemia in pregnancy

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Abstract

- Iron deficiency anemia (IDA) is the most common cause of anemia in pregnancy
- IDA is associated with poor perinatal outcomes
- IDA is often undiagnosed and undertreated
- Goal is to standardize and improve identification and treatment of IDA in pregnancy

Objectives

- Determine baseline rate of IDA in pregnant patients delivering at CUH
- Create standardized algorithm for identification and treatment of IDA in pregnancy
- Educate obstetric providers and patients on IDA in pregnancy

Background Information

- 40% of pregnant women suffer from anemia.
- IDA is leading cause secondary to
  - ⬇ dietary iron intake
  - ⬆ iron requirements
  - Excessive blood loss
- Poor perinatal outcomes associated with IDA
  - Low birth weight
  - Preterm delivery
  - Blood transfusions
  - Maternal and neonatal death
- Anecdotally, IDA is undiagnosed and undertreated at UTSW

Specific Aims

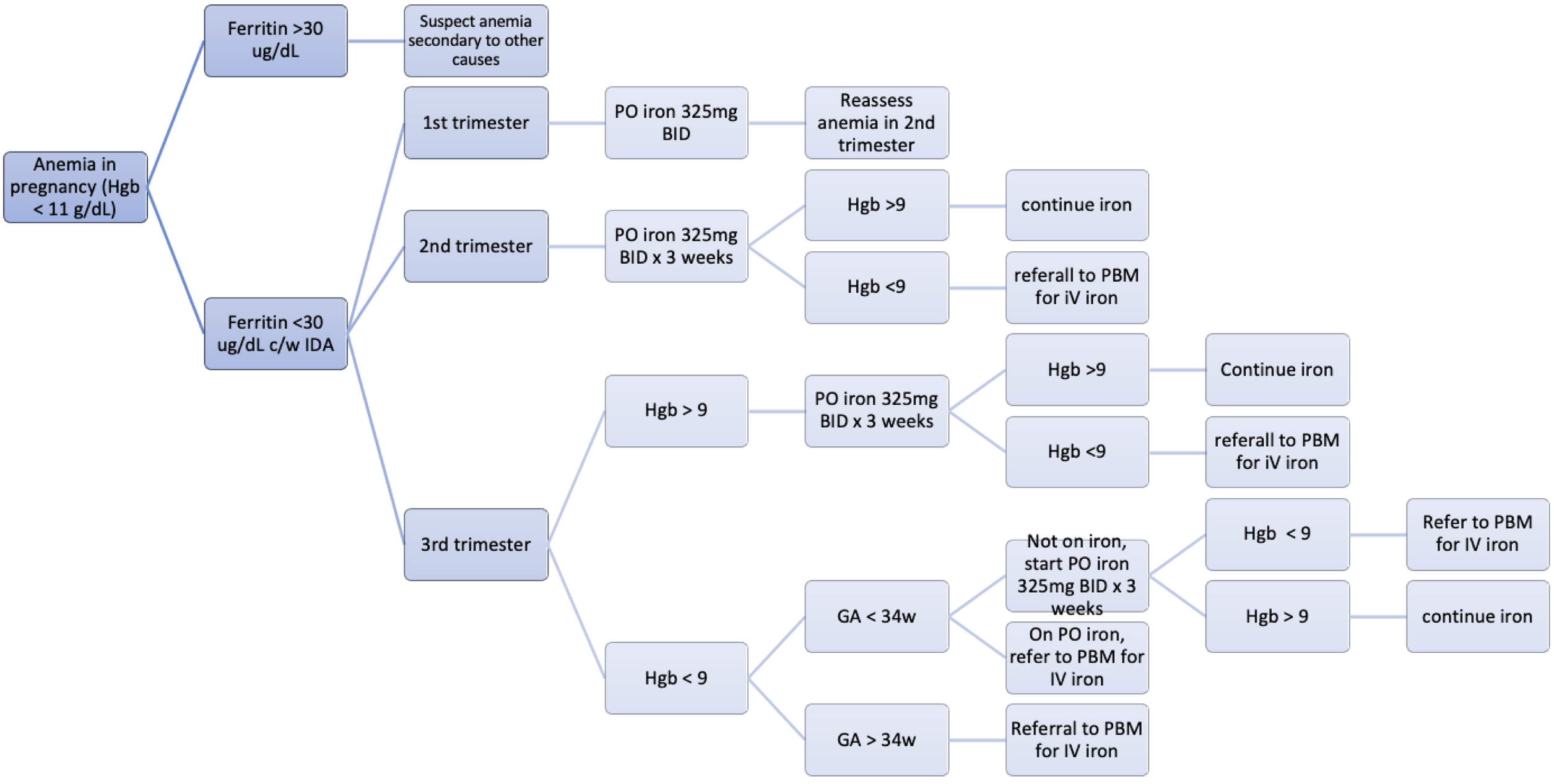
- ⬆ number of patients tested for IDA (using ferritin as surrogate)
- ⬇ number of patients with anemia on admission for delivery
- ⬇ number of patients requiring blood transfusion

Project Plan

- Standardize definition of anemia in pregnancy
- Create OB dashboard to determine baseline IDA in CUH population
- Implement treatment protocol
  - Protocol action determined by level of anemia and gestational age
  - Educational resources for clinicians and patients
- Determine impact

Anemia: Hgb <11 g/dL
- Mild: 9-10.9 g/dL
- Moderate: 7-8.9 g/dL
- Severe: <7 g/dL

Algorithm by gestational age



Application of What You Learned at LEAD

- Collaborate with other departments by identifying common interests
- Asking leadership for help
- Communication and negotiation skills to bring together stakeholders

Proposed Budget

- $$ needed to create educational brochures for both providers and patients

Innovation and Significance

- Improve care of the obstetric patient at UTSW
- Potentially decrease maternal morbidity and mortality, which has been rising in recent years
- Decrease in the number of blood transfusions, which has clinical, economical, social and accreditation implications.

References

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