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Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

LONG-TERM OUTCOME OF PERIPARTUM CARDIOMYOPATHY AT THE UNIVERSITY COLLEGE HOSPITAL IBADAN

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Background Peripartum cardiomyopathy (PPCM) is an important cause of maternal mortality and morbidity. There is limited data on outcomes and prognostic markers in patients receiving contemporary evidence-based therapy, particularly in southern Nigeria. The objective is to report the outcomes of PPCM in our setting. **Methods** We conducted a single-centre cohort study of 74 PPCM patients managed at the University College Hospital, Ibadan. The women were followed for a median of 16 months (range 1- 99 months). The primary endpoint was all-cause mortality. **Results** Seventy-four (74) patients with PPCM were seen between January 1, 2009, and December 31, 2022. The mean age of the women was 30.5 ± 6.9 years (range: 18-46 years). The mean BMI was 23.9 ± 3.8 Kg/m² while the mean gestational age was 38.9 ± 2.4 weeks. Eighteen (24.3%) women were readmitted at least once, while 21 (28.4%) died during the follow-up period. The presence of these factors was significantly associated with higher rates of all-cause mortality: lower body mass index ($p=0.017$), lower systolic and diastolic blood pressures ($p=0.003$ and 0.020 , respectively), and larger LV internal diameter in diastole ($p=0.014$). **Conclusions** This study identified factors associated with poorer outcomes in our cohort. The presence of pregnancy-induced hypertension appears to be associated with better outcomes

Keywords: Women, Pregnancy, Cardiomyopathy, Heart failure, Outcome