### History of Preeclampsia (PG/BF/NBF)

**Description**
- Pregnancy-induced hypertension (i.e. high blood pressure) and protein in the urine
- Cause is unknown, but it is the leading cause of maternal death; women with a history have an increased risk of it occurring in future pregnancies

**Assess Readiness for Change:** with open ended questions

- “You had preeclampsia with your last pregnancy. Tell me about any lifestyle changes you have made since your last pregnancy?”
- “What has your Dr told you about preeclampsia this pregnancy?”

### Discussion, Counseling and Education

<table>
<thead>
<tr>
<th>Not ready</th>
<th>Try Counseling Strategies</th>
<th>Try Education</th>
</tr>
</thead>
<tbody>
<tr>
<td>“I had preeclampsia with my last pregnancy and my baby was fine.”</td>
<td>“I’m glad your older child is healthy, as preeclampsia can be serious and cause maternal death.”</td>
<td>“WIC is here if you would like to talk about preeclampsia or any other concerns you have.”</td>
</tr>
<tr>
<td>“There is no cure for preeclampsia but there are some lifestyle changes that can be beneficial in the future. How would you feel about discussing them?”</td>
<td>“If you get pregnant again, you have a higher chance of having preeclampsia. I’d be happy to share some changes that may be beneficial.”</td>
<td></td>
</tr>
</tbody>
</table>

**Postpartum**
- “WIC is here if you would like to talk about preeclampsia or any other concerns you have.”
- “If you get pregnant again, you have a higher chance of having preeclampsia. I’d be happy to share some changes that may be beneficial.”

### Record Plan or Goal

- Participant stated not worried about preeclampsia. Will re-assess readiness for change at next appointment.

- Practices shown to be protective:
  - Following BMI based weight gain recommendations
  - Early prenatal care
  - Adequate vitamin D and calcium intake
  - Prenatal vitamins
  - Regular physical activity
  - No smoking or alcohol use

---

### Education Resources