

Cardiovascular risk after pre-eclampsia: knowledge and clinical practice among Danish healthcare professionals

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Objectives

To assess knowledge and clinical practice among Danish healthcare professionals regarding long-term cardiovascular risk after preeclampsia

Study design

- A voluntary, self-administrated, anonymous electronic questionnaire.
- Distributed nationwide to midwives, cardiologists, obstetricians/gynecologists, and general practitioners.
- The 17-item questionnaire adapted from a UK study, covered demographics, routine clinical practice and knowledge on preeclampsia and future cardiovascular risk.
- Data were collected from Jan–Apr 2026 via hospital mailing lists, targeted social media groups, and QR codes.

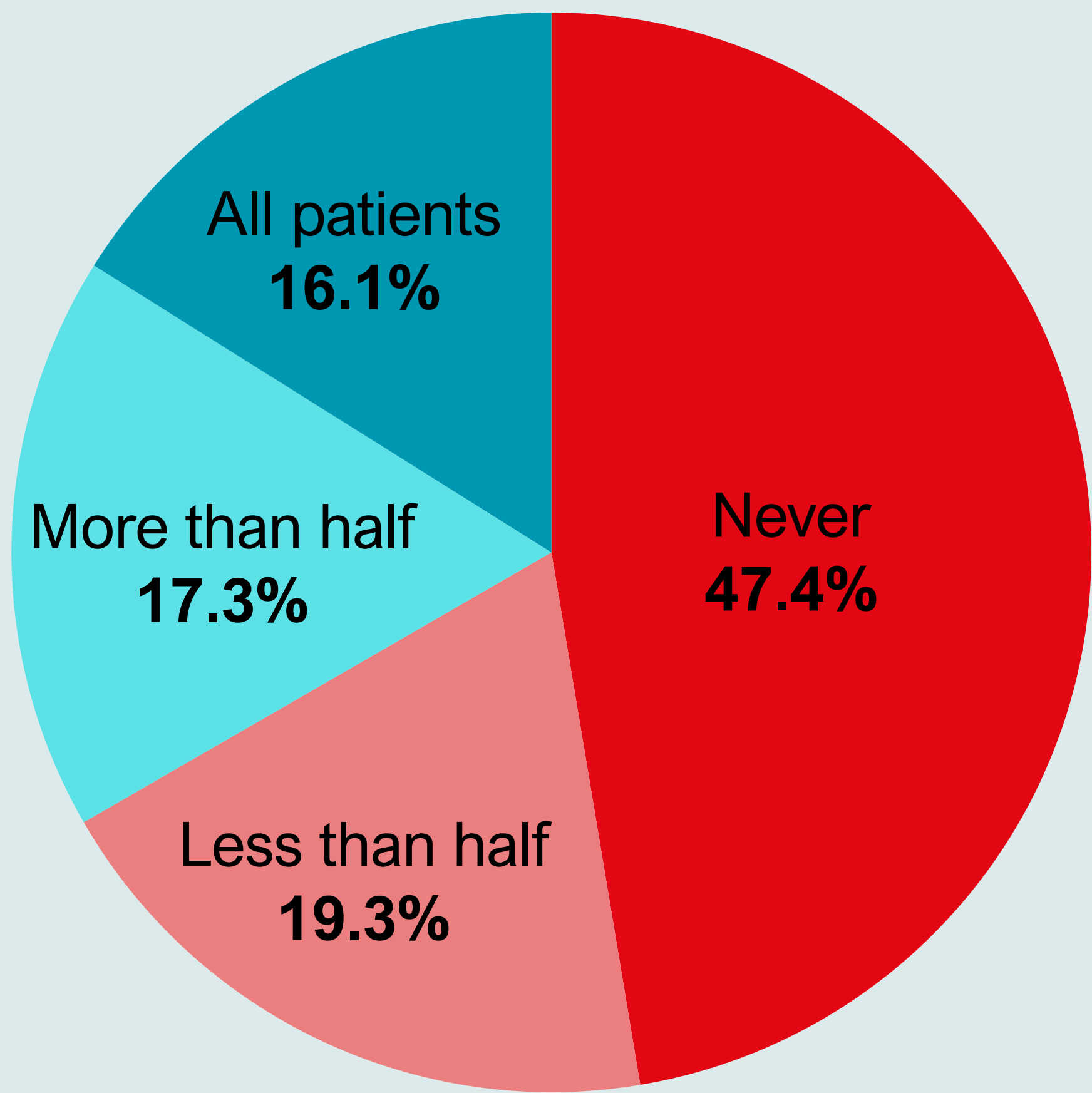
Results

Of 403 respondents, 342 were eligible for inclusion; 40 cardiologists, 42 general practitioners, 162 midwives and 98 obstetrician-gynecologists. Most respondents recognized the increased risk of chronic hypertension (95%) while knowledge was poorer for other cardiovascular diseases (CVD). Only 59% correctly identified that CVD may occur within 10 years after preeclampsia. **Almost half (47%) never counsel patients with preeclampsia about future cardiovascular risk.** Over half were unaware of national guidelines (33%) or did not use them (27%), whereas 76% expressed interest in further education.

Conclusion

Danish healthcare professionals demonstrate awareness of the increased risk of chronic hypertension, but knowledge of broader cardiovascular risk is limited, and counselling is infrequent. These findings highlight the need for a structured national follow-up strategy.

Do you counsel patients who have had preeclampsia about their future risk of CVD?



Are you aware of the national guidelines for postpartum cardiovascular risk management after preeclampsia?

