

BIOLOGICS IN PREGNANCY-ANALYSIS OF FETO-MATERNAL OUTCOME AND PATIENT FEEDBACK SURVEY

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INTRODUCTION

- Biologic drugs are generally large and complex molecules derived from living cells of humans, animals, plants, or microorganisms through the use of biotechnology.
- It has been found that biologic use was Not Associated with an increased risk of serious infections in mothers, during post partum, or in infants during the first year of life
- Commonly used biologics in pregnancy are Anti-TNFalpha drugs or non anti TNF alpha drugs (ABATACEPT)
- Etanercept, Infliximab, Adalimumab, Golimumab and Certolizumab pegol
- Certolizumab is compatible with all three trimesters of pregnancy and does NOT require any alteration to the infant vaccination schedule.
- INF at 20 weeks, ADA & GOL at 28 weeks, and ETA at 32 weeks ,should be stopped so that a full-term infant can have a normal vaccination schedule.
- Where possible, the minimum effective dose of immunomodulatory drug should be used to maintain maternal disease suppression, and stopping the drug during pregnancy may be considered in women at low risk of disease flare on withdrawal of therapy.

AIMS AND OBJECTIVES

- 1.Evaluation of pregnancy outcome in women with Inflammatory Rheumatic Disease on biologics.
- 2.Service evaluation of the Combined Rheumatology Obstetrics clinic held in our hospital.

METHODOLOGY

- **Design- Retrospective observational study**
- Retrospective data was collected on interventions and outcomes of pregnancies in 9 women with IRD on biologics seen in the Combined Rheumatology/ Obstetric Clinic from January 2024 to December 2024 reviewing clinic letters and medical notes.
- Patient satisfaction surveys were sent out to these 9 patients with a 100% response rate.

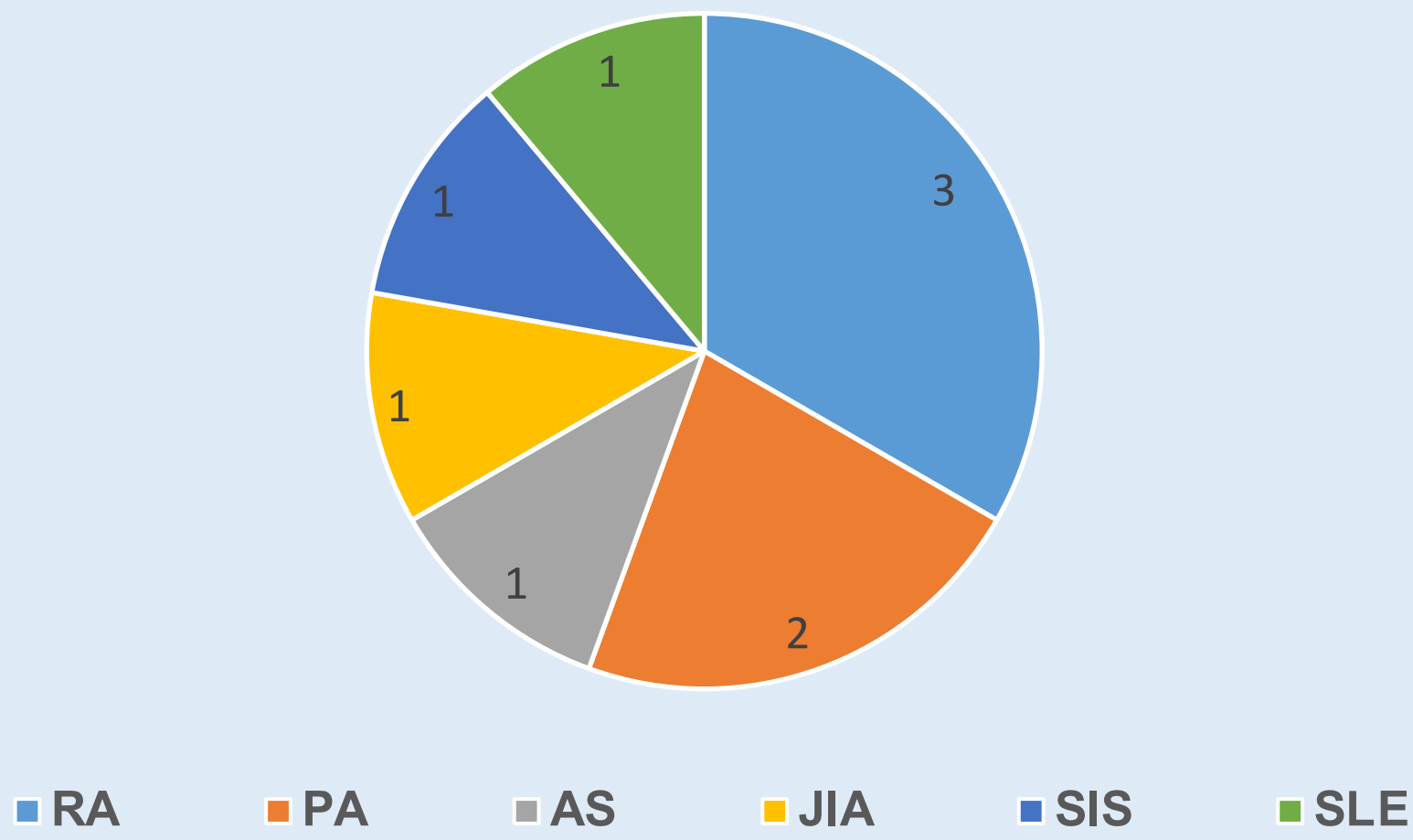
CONCLUSION

- Our service evaluation of the combined rheumatology/ obstetric clinic revealed high patient satisfaction rates.
- Flares of the disease can lead to placental insufficiency which can present as poor fetal growth, preeclampsia, preterm delivery or even intrauterine demise.
- Patients were reviewed regularly in the combined clinic and offered timely interventions leading to favourable fetal and maternal outcome.
- The aim of our clinic is to provide comprehensive care to patients of IRD with multidisciplinary input .

RESULTS

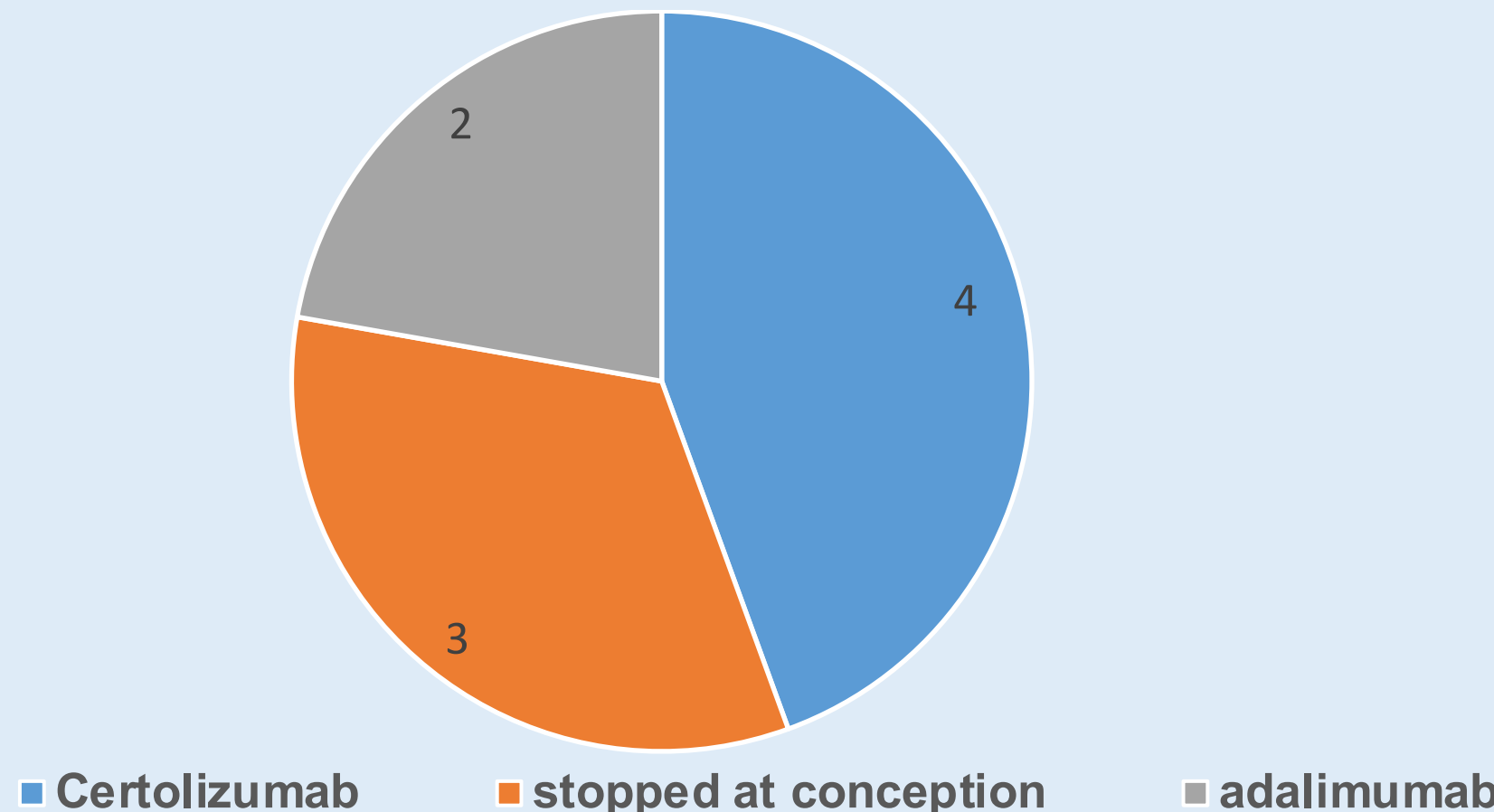
INDICATION OF BIOLOGICS

- 30 % of patients reviewed in combined obstetric rheumatology clinic were managed on biologics for rheumatoid arthritis(3),psoriatic arthritis(23%) ,ankylosing spondylitis(11%), seronegative inflammatory spondylitis(11%) , juvenile idiopathic arthritis(11%) , SLE(11%) .



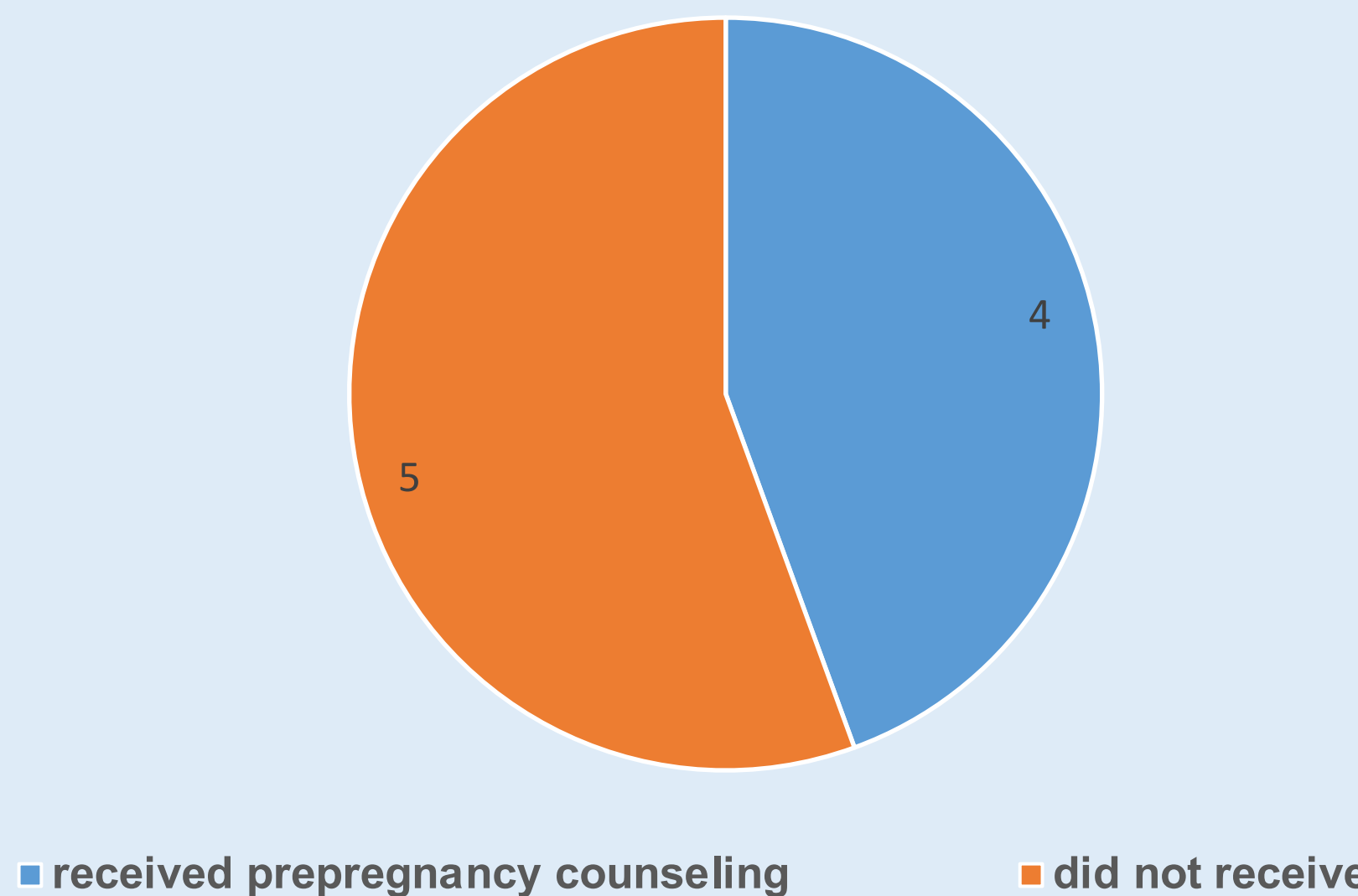
TYPES OF BIOLOGICS AND COUNSELING

- 33% of patient stopped biologic therapy at conception ,44% were managed with certolizumab while 23% on adalimumab decided to continue it throughout pregnancy.
- 100% of patients on adalimumab beyond 28 weeks were appropriately counseled that infants should not be immunized with live vaccines (rotavirus and BCG) for the first 6 months of life.



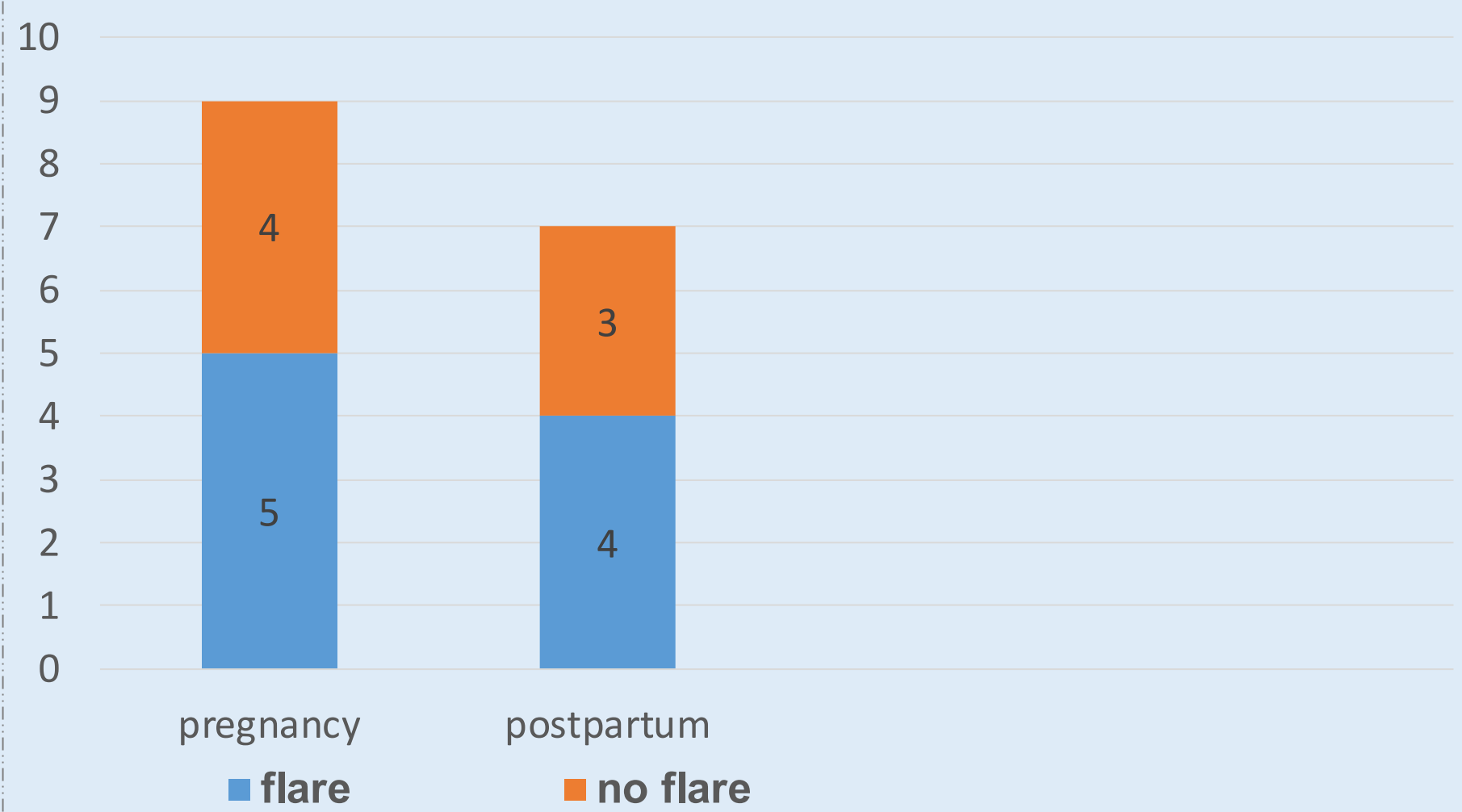
PRE-PREGNANCY COUNSELING

- Pre-pregnancy counselling was received by 44% patients only.



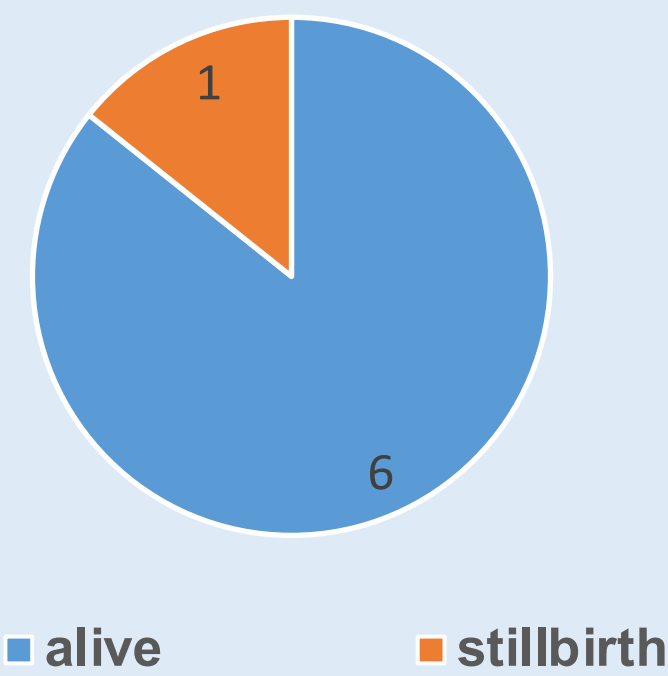
FLARES

- 55% of patients experienced significant flares during pregnancy, 40 % of which needed induction at 39wks .44% had postpartum flares.

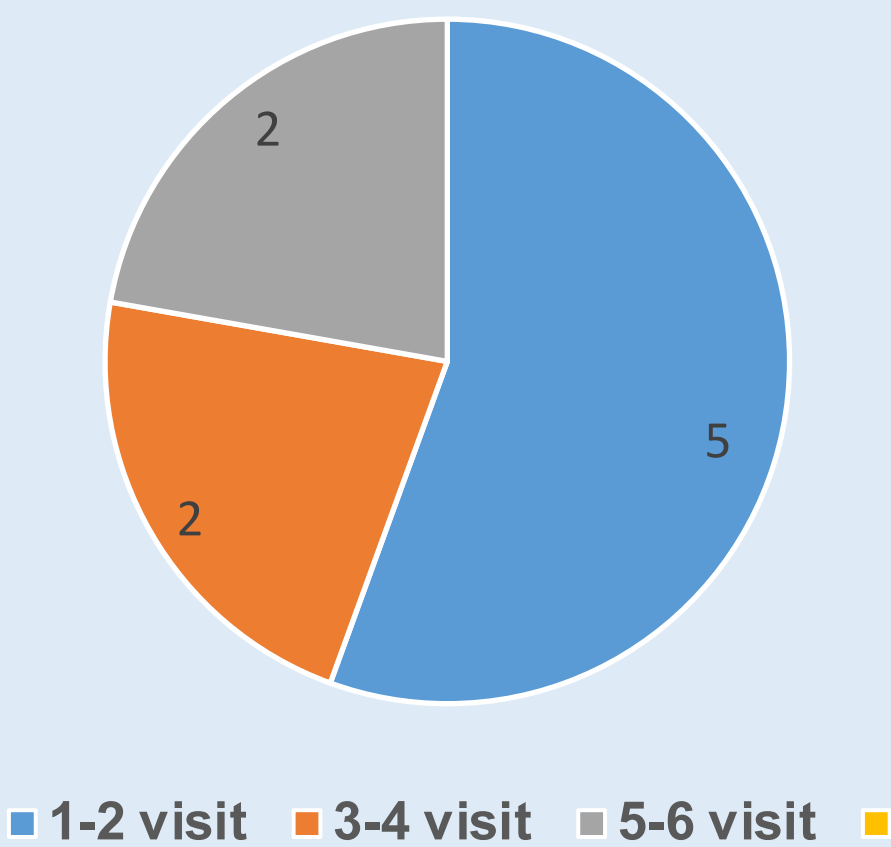


FETAL AND MATERNAL OUTCOME

- Maternal adverse outcomes include 11% preeclampsia, 11% fetal growth restriction and 11 % gestational diabetes.
- .86% women had live birth with no neonatal complications.
- One women had a stillbirth , she had moderate to severe flare ups throughout pregnancy .
- None of the babies had congenital anomaly
- Mode of delivery was vaginal in 44% cases , LSCS in 33% and 23% had ongoing pregnancy.



ATTENDANCE AT COMBINED CLINIC



SERVICE EVALUATION THROUGH PATIENT SATISFACTION SURVEYS

- The patient satisfaction questionnaire revealed that all patients felt the information they received in clinic was adequate , staff was supportive and they would recommend our service to friends and family.
- Of the 55% of patients not receiving counseling 40% felt they would have benefitted from it.
- 100% women were aware of impact of IRD and biologics on pregnancy.
- 67% patients felt more discussion was needed about delivery and post delivery plan.