



**Practical Guide for the Investigation of Maternal Tachycardia in the High-Risk Obstetrics Clinic in Tygerberg Hospital**

**Pre-amble**

This guide is for use in the antenatal out-patient setting (and NOT post-partum or in-patient women).

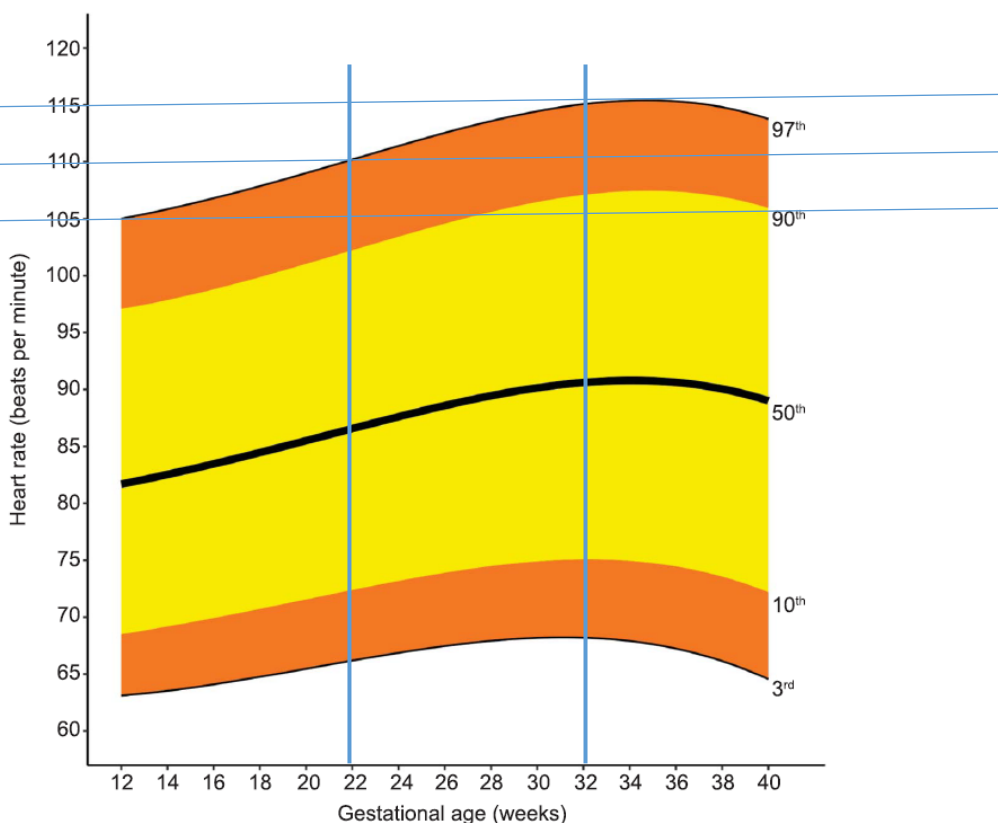
Whilst care should be taken to avoid over-zealous investigation of all these women, it is also important to identify those who need appropriate special investigation.

Do workup if heart rate is >97<sup>th</sup> centile for gestation (see graph):

0-21 weeks: heart rate  $\geq$  105 bpm

22-32 weeks: heart rate  $\geq$  110 bpm

>32 weeks: heart rate  $\geq$  115bpm

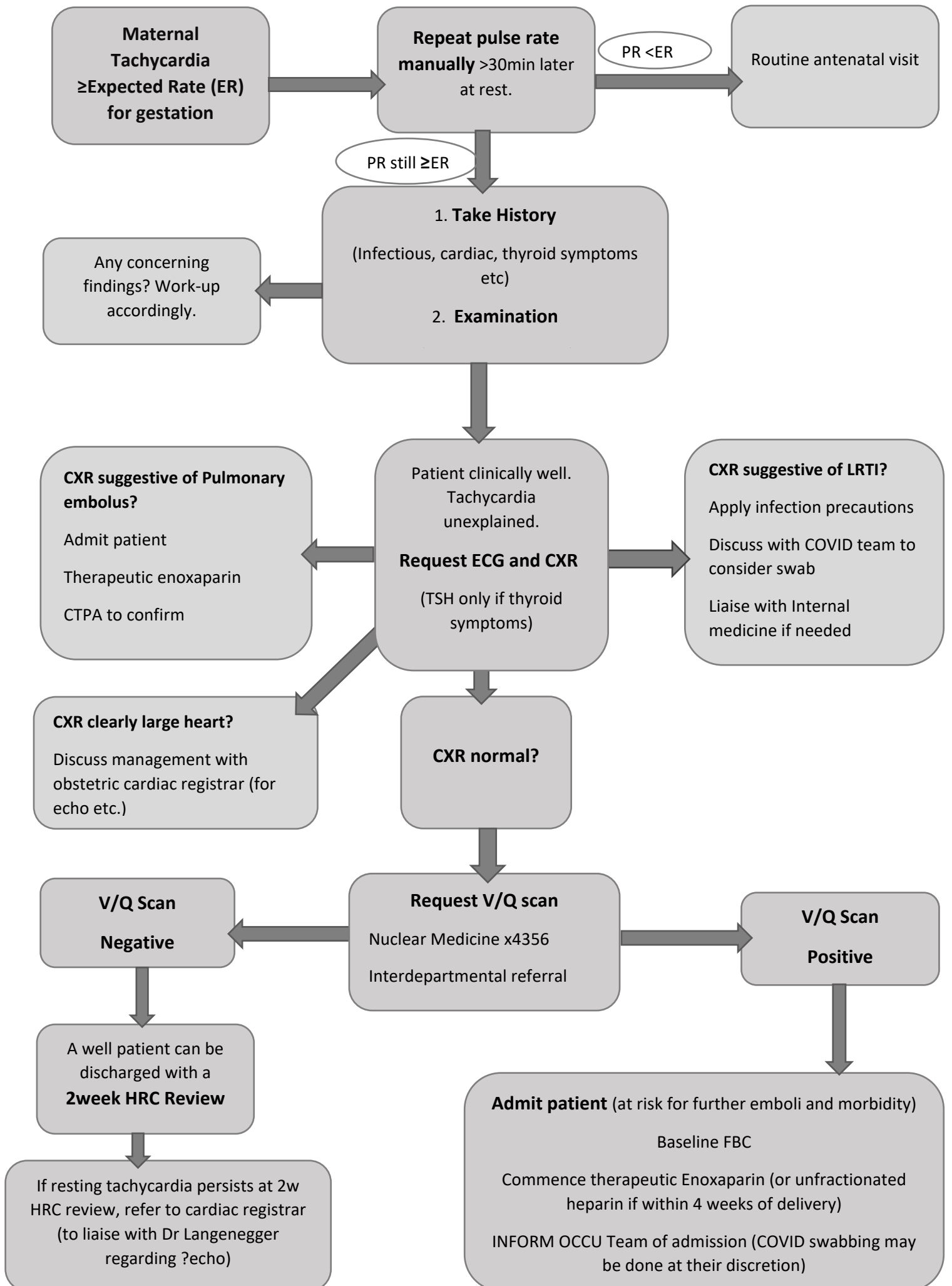


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EVIDENCE	This is a practical guide only

Signed: GS Gebhardt



Head: General Specialist Services; Obstetrics and Gynaecology



**Maternal Tachycardia**  
 $\geq$ Expected Rate (ER)  
 for gestation

**Repeat pulse rate manually** >30min later at rest.

PR < ER

Routine antenatal visit

PR still  $\geq$ ER

**1. Take History**

(Infectious, cardiac, thyroid symptoms etc)

**2. Examination**

Any concerning findings? Work-up accordingly.

**CXR suggestive of Pulmonary embolus?**

Admit patient  
 Therapeutic enoxaparin  
 CTPA to confirm

Patient clinically well.  
 Tachycardia unexplained.  
**Request ECG and CXR**  
 (TSH only if thyroid symptoms)

**CXR suggestive of LRTI?**

Apply infection precautions  
 Discuss with COVID team to consider swab  
 Liaise with Internal medicine if needed

**CXR clearly large heart?**

Discuss management with obstetric cardiac registrar (for echo etc.)

**CXR normal?**

**V/Q Scan Negative**

A well patient can be discharged with a **2week HRC Review**

If resting tachycardia persists at 2w HRC review, refer to cardiac registrar (to liaise with Dr Langenegger regarding ?echo)

**Request V/Q scan**

Nuclear Medicine x4356  
 Interdepartmental referral

**V/Q Scan Positive**

**Admit patient** (at risk for further emboli and morbidity)

Baseline FBC

Commence therapeutic Enoxaparin (or unfractionated heparin if within 4 weeks of delivery)

INFORM OCCU Team of admission (COVID swabbing may be done at their discretion)