

ARTERIAL HYPERTENSION IN PREGNANCY: CLINICAL ASPECTS AND OUTCOMES.

Ergasheva Ma'mura Tashtemirovna
Samarkand State Medical University
Department of Propaedeutics of Internal
Diseases Assistant

Abstract

This study examined the characteristics of pregnancy in women with hypertensive disorders who were treated in the maternity ward of the Republican Clinical Hospital of Samarkand State Medical University. A total of 45 pregnant women with gestational hypertension, preeclampsia, and chronic hypertension were examined. An analysis of clinical manifestations, delivery methods, and perinatal outcomes was conducted. The results showed that hypertension during pregnancy is associated with a higher rate of cesarean sections, preterm births, and low birth weight. Major risk factors included age over 30 years, obesity, primiparity, and a history of hypertension.

Keywords: hypertension in pregnancy, preeclampsia, gestational hypertension, pregnancy, delivery.

Эргашева Маъмура Таштемировна
СамГМУ ассистент кафедры
Пропедевтики внутренних болезней

Аннотация

В исследовании изучены особенности течения беременности у женщин с гипертоническими расстройствами, проходивших лечение в родильном отделении Республиканской клинической больницы Самаркандского государственного медицинского университета. Обследованы 45 беременных с гестационной гипертензией, преэклампсией и хронической гипертензией.

Проведен анализ клинических проявлений, методов родоразрешения и перинатальных исходов. Результаты показали, что гипертония у беременных ассоциируется с повышенной частотой кесаревых сечений, преждевременными родами и низкой массой новорождённых. Основные факторы риска: возраст старше 30 лет, ожирение, первородство и наличие гипертензии в анамнезе.

Ключевые слова: гипертония у беременных, преэклампсия, гестационная гипертензия, беременность, роды.

**Ergasheva Ma'mura Tashtemirovna.
Samarqand Davlat Tibbiyot Universiteti.
Ichki kasalliklar propedevtikasi kafedrası
Assistenti**

Annotatsiya

Ushbu tadqiqotda Samarqand Davlat Tibbiyot Universiteti 1- klinik shifoxonasining tug'ruq bo'limida davolanayotgan gipertoniya kasalligi bilan og'rigan ayollarda homiladorlikning xususiyatlari o'rganildi. Homiladorlik gipertenziyasi, preeklampsi va surunkali gipertenziya bilan og'rigan jami 45 homilador ayol tekshirildi.

Klinik ko'rinishlar, etkazib berish usullari va perinatal natijalar tahlili o'tkazildi. Natijalar shuni ko'rsatdiki, homilador ayollarda gipertenziya erta tug'ilish va kam vazn bilan bog'liq. Asosiy xavf omillari 30 yoshdan oshgan, semirish, nasliy va gipertenziya borlar edi.

Kalit so'zlar: homiladorlik, gipertenziya, preeklampsi, homiladorlik gipertenziyasi, homiladorlik, tug'ish.

Introduction

Hypertensive disorders during pregnancy represent a significant problem in obstetric practice. According to the World Health Organization, up to 10% of pregnant women experience elevated blood pressure, which can lead to complications for both mother and fetus.

In the Republic of Uzbekistan, this pathology remains relevant; however, local data on the course of pregnancy, delivery methods, and perinatal outcomes are limited. Studying these characteristics is necessary to optimize preventive and therapeutic measures.

Objective

To study the clinical course, delivery methods, and perinatal outcomes in women with hypertensive disorders who were hospitalized in the maternity ward of the Republican Clinical Hospital of Samarkand State Medical University.

Materials and Methods

The study was retrospective and descriptive. A total of 45 women with a diagnosis of hypertensive disorders were examined:

- Gestational hypertension — 24 women (53.3%)
- Preeclampsia — 16 women (35.6%)
- Chronic hypertension — 5 women (11.1%)

Inclusion criteria:

- Singleton pregnancy ≥ 20 weeks
- Diagnosis of arterial hypertension

Exclusion criteria:

- Multiple pregnancies
- Severe comorbidities (cardiovascular, renal, etc.)

Methods: Analysis of medical records, laboratory data, patient history, delivery methods, and perinatal outcomes. Statistical analysis included calculation of mean values, percentages, and testing for significance ($p < 0.05$).

Results

The mean age of the patients was 30.8 ± 4.5 years, with primiparas accounting for 58%. Overweight or obesity was found in 46.7% of women, and a hereditary predisposition in 40%.

Clinical manifestations:

- Headaches, edema, and proteinuria were more common in preeclampsia.
- Average blood pressure readings reached 160/100 mmHg.

Delivery methods:

- Cesarean section — 26 women (57.8%)
- Vaginal delivery — 19 women (42.2%)

Primary indications for cesarean section included severe preeclampsia, risk of intrauterine hypoxia, and ineffective therapy.

Perinatal outcomes:

- Mean birth weight: 2700 ± 480 g
- Preterm birth: 22.2%
- Low birth weight (< 2500 g): 31%
- Perinatal mortality: 2.2% (1 case)

A significant correlation was found between the severity of hypertension and the frequency of adverse outcomes ($p < 0.05$).

Conclusions

1. Hypertensive disorders occur in a significant proportion of pregnant women, accounting for 10.7% of all deliveries in the ward.
2. Major risk factors include age over 30, primiparity, obesity, and a history of hypertension.
3. Pregnancy in women with hypertension is more often complicated by preterm birth, antenatal hypoxia, and the need for operative delivery.
4. Timely diagnosis and treatment reduce the risk of complications for both mother and fetus.

Literature.

1. Камолова Д. Ж., Эргашева М. Т. Особенности ремоделирования сердца и сосудов у беременных при артериальной гипертензии //Science and Education. – 2023. – Т. 4. – №. 5. – С. 581-588.
2. Ergasheva. M. t., and K. D. Jamshedovna. "Arterial hypertension in postmenopausal women." *Eurasian Medical Research Periodical* 17 (2023): 74-78.
3. Ergasheva, M. T. "HYPERTENSION AND PREECLAMPSIA: CLINICAL AND PATHOGENETIC RELATIONSHIPS." *Экономика и социум* 1-2 (140) (2026): 98-101.
4. Ergasheva. M. T., and Kamolova. D. J. "Arterial hypertension in postmenopausal women." *Eurasian Medical Research Periodical* 17 (2023): 74-78.
5. Ergasheva M.T. "Assessing the Risk of Cardiovascular Disease During the Climacteric Period of Women." *Galaxy International Interdisciplinary Research Journal* 10.2 (2022): 115-117.
6. Khusainova M A, et al. "Study of quality of life indicators in patients with coronary heart disease using the sf-36 questionnaire." *European Journal of Humanities and Educational Advancements* 3.5 (2022): 91-94.
7. Khusainova M A, et al. "Quality Of Life In Women During The Menopausal Transition." *International Conference on*

Global Trends and Innovations in Multidisciplinary Research. Vol. 1. No. 6. 2025.

8. Yarmatov S T, et al. "Rheumatoid Arthritis Activity During Pregnancy And Postpartum: Clinical Observations." *International Conference on Global Trends and Innovations in Multidisciplinary Research*. Vol. 1. No. 6. 2025.
9. Normatov, M B, et al. "Impact Of Obesity And Metabolic Comorbidities On Functional Capacity And Quality Of Life In Heart Failure With Preserved Ejection Fraction." *International Conference on Global Trends and Innovations in Multidisciplinary Research*. Vol. 1. No. 6. 2025.
10. Khusainova, M A, et al. "Quality Of Life In Women During The Menopausal Transition." *International Conference on Global Trends and Innovations in Multidisciplinary Research*. Vol. 1. No. 6. 2025.