An exercise test for predicting pregnancy-induced hypertension in late pregnancy.

Evaluation of all subjects was done at 24 weeks' gestation (before and after exercise test), repeated at 28 and 32 weeks' gestation without exercise through measuring maternal systolic and diastolic blood pressures, maximum systolic and end diastolic velocities of the fetal umbilical artery then calculating the pulsatility index (PI) and resistance index (RI). The results of the study reveal that exercise testing umbilical artery S/D ratio has positive predictive value of 100%, negative predictive value of 95.24%, sensitivity 90% and specificity 100%. Subjects who developed pregnancy-induced hypertension were 7 subjects (23.3% from total sample), 5 subjects were primiparous (33.3%) and 2 subjects were multiparous (13.3%) while preeclampsia developed in 3 subjects (10% from total sample), 2 subjects were primiparous (13.3%) and 1 subject was multipara (6.7%). It can be concluded that exercise testing (5 minutes warm up, 15 minutes active exercise and 5 minutes cool down) performed at 24 weeks' gestation can predict pregnancy-induced hypertension or preeclampsia developed later in pregnancy and it is more preferable than other tests because it is non-invasive, easy to perform and has no harmful effects either on the mother or the fetus. Pregnancy-induced hypertension and preeclampsia incidence is more in primiparous than multiparous women also in older pregnant women.

Key words:
1. Exercises.
2. Predicting pregnancy.
3. Hypertension.
4. Late pregnancy.
5. Pregnancy.

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