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Acute fatty liver pregnancy and the bigger picture of holistic health

Pregnancy is associated with physiological and anatomical changes that usually occur uneventfully in majority of women. However, these changes can cause major maternal morbidity with potential catastrophic consequences. Acute Fatty Liver (AFLP) in pregnancy is a rare but a potentially fatal condition. Statistical data shows that AFLP can occur in 1:10000 to 1:15000 pregnancies and maternal mortality can approach 18%. In this current climate where there is poor dietary intake such as high fatty meal consumption and the consumption of fast and refined foods the incidence is becoming more prevalent. The typical symptoms of AFLP include right upper quadrant pain, nausea, Vomiting and Headache HELLP, severe preeclampsia and viral hepatitis can all mimic AFLP. AFLP can fulminate into hepatic failure and the liver can rupture. The objective of this review is to examine how this condition may be addressed by using a holistic approach to care, and bridging the gaps in the knowledge of lifestyle, culture and dietary intake of pregnant women which are lacking in current literature and research. My talk will address issues around the importance of taking a complete history of women presenting for pregnancy care, and providing holistic advice during the prenatal period; that is to understand nutritional intake required to sustain a healthy pregnancy, and address, cultural, lifestyle and dietary changes.

Biography

Irene Chain Kalinowski (1956) was born in Rotherham, South Yorkshire England, to Polish immigrant parents, grew up and trained as a Midwife in Rotherham, South Yorkshire, England and has practiced midwifery through three continents, Europe, the Middle East, and New Zealand. For thirty four years she has practiced midwifery. In New Zealand she continues to practice as a Self Employed Case loading Midwife and provides continuity of care that is holistic in nature.

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