Laboratory, ultrasound and pregnancy outcomes among Zika-exposed travellers – initial experience with a centralized testing

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Objectives: In January 2016, in response to the CDC and NYS health department guidelines, we established a centralized screening, testing and counseling program, on the foundations of our centralized FTS program, for all pregnant women with possible travel exposure to Zika virus (ZIKV) infection. We report on ultrasound, laboratory and pregnancy outcome data in the midst of an unclear scenario of possible epidemic.

Methods: Retrospective analysis of all pregnant women tested for ZIKV infection between 1/2016-1/2017 through a centralized testing program established within our academic medical center. All data were collected from electronic medical records. Descriptive statistics were conducted using STATA 11.

Results: All 7320 patients seen for prenatal care in our center were screened. 504 of 7320 screened (6.8%) had ZIKV testing. Mean age was 29 and 72% were Hispanic. 48% were exposed >14d mostly (76%) in 1st trimester. Only 8% reported ZIKV symptoms. Average time between end of exposure to testing time was 54d. 415 of 481 (95.4%) tested negative (27, 5.6% symptomatic). 26 (4.1%) had abnormal prenatal findings. 7 (1.3%) had equivocal testing (2, 28% symptomatic).

Conclusions

- A centralized screening approach for ZIKV infection in pregnant women was successful.
- The yield of universal ZIKV testing for all travelers to ZIKV endemic areas is poor.
- Recent CDC guidelines, recommending testing only symptomatic travelers, appear reasonable.