

The association between Nuchal Fold and pregnancy outcomes

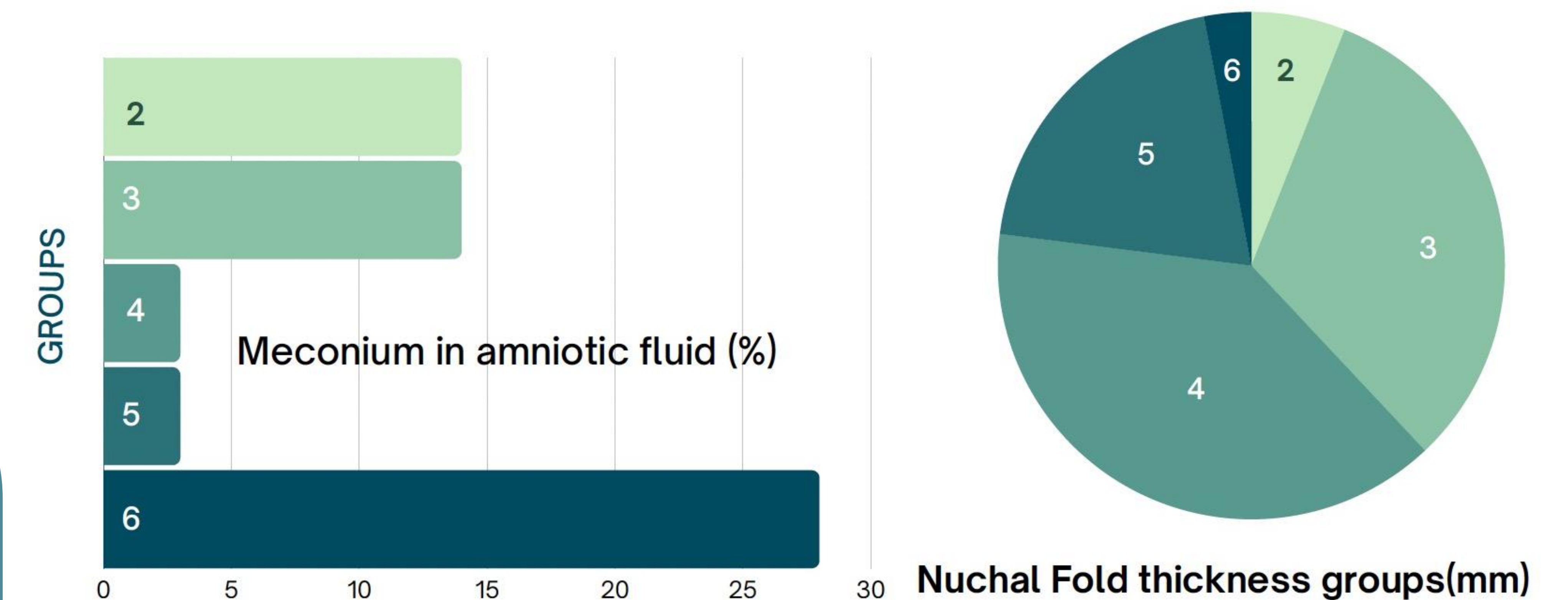
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Objective : To assess the association between fetal nuchal fold thickness in normal range and pregnancy outcome

Methods : A retrospective observational analytical study including all patients who gave birth between 2016-2017, with a singleton pregnancy, and who underwent anomaly scan. Nuchal fold measured were recorded and were divided into 5 groups according to thickness – group 2 (2.00-2.99mm) and so on up to group 6. Pregnancy outcome was collected

Results : Mean Nuchal fold thickness in the sample of 248 women was 4.3 ± 0.9 mm. Mean gestational age at delivery was shorter in group 5 compared to group 3 ($p < 0.05$). A lower mean birth weight was observed in group 2 compared to group 4 ($p = 0.039$). The incidence of meconium stained amniotic fluid, was higher in groups 2, 3, and 6, and lower rates in groups 4 and 5. ($p = 0.004$)



Conclusions : We suggest a potential associations between nuchal fold thickness and obstetric outcomes, such as gestational age at delivery, birth weight, and incidence of meconium stained amniotic fluid. These findings suggest a broader potential significance for this sonographic marker, other than Down syndrome risk.