

Prevalence, Risk Factors, Fetal and Maternal Outcomes of Hypertensive Disorders of Pregnancy: A Retrospective Study in Qazi Hussain Ahmed Medical Complex, Nowshera Pakistan

Dr. Shahzadi Neelam Associate Professor OBGYN

Introduction:

Pregnancy related hypertensive disorders are frequently experienced all over the world having a prevalence of 8-10% of all pregnancies.Every hour,3 women die in Pakistan due to pregnancy and childbirth related morbidities They are observed to be the striking cause of adverse maternal and fetal outcomes .In UK, hypertensive disorders in pregnancy are considered as 2nd largest cause of both direct maternal death and perinatal loss .

Objectives:To determine the prevalence, risk factors with maternal and fetal outcomes of hypertension in pregnancy

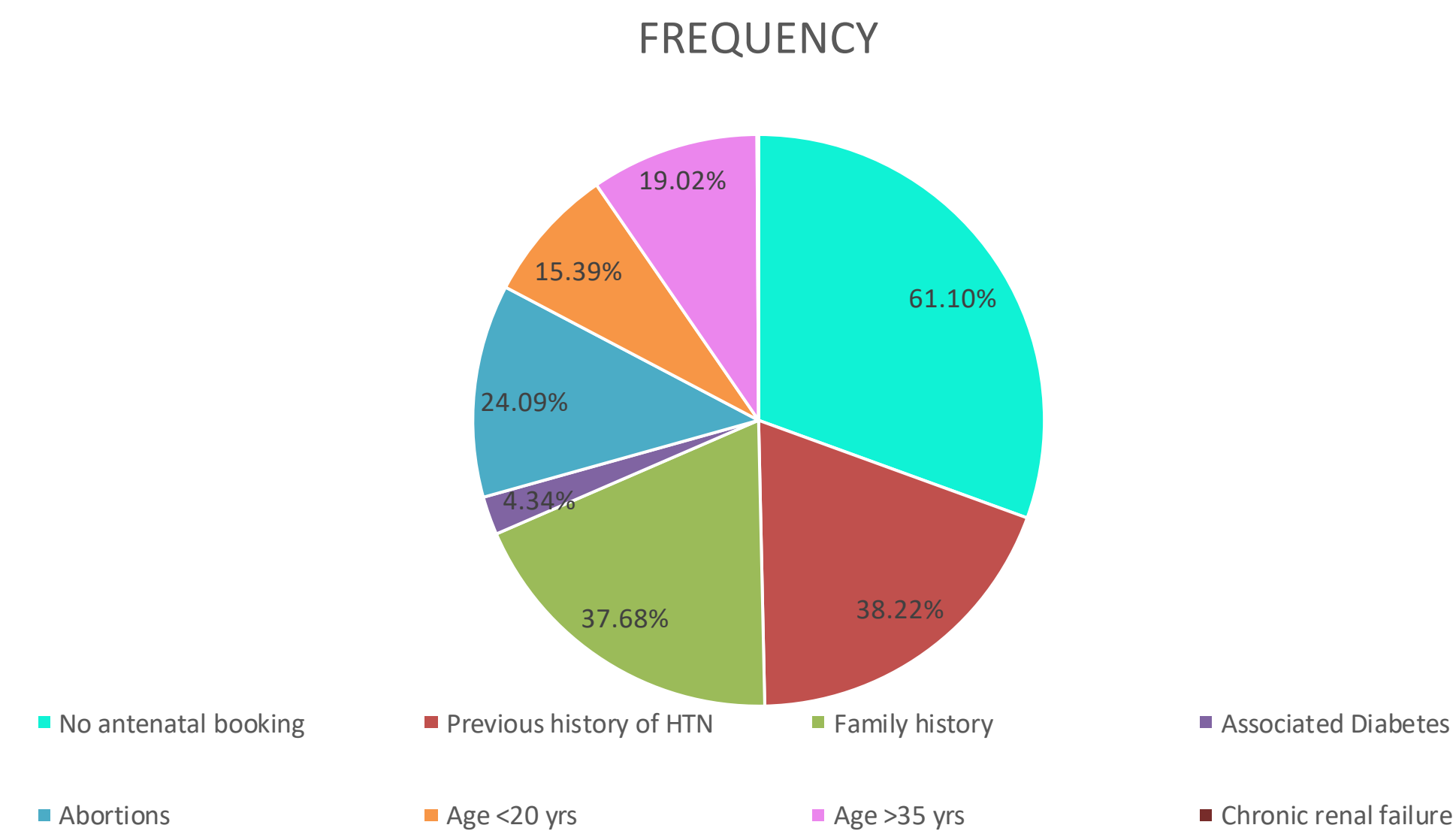
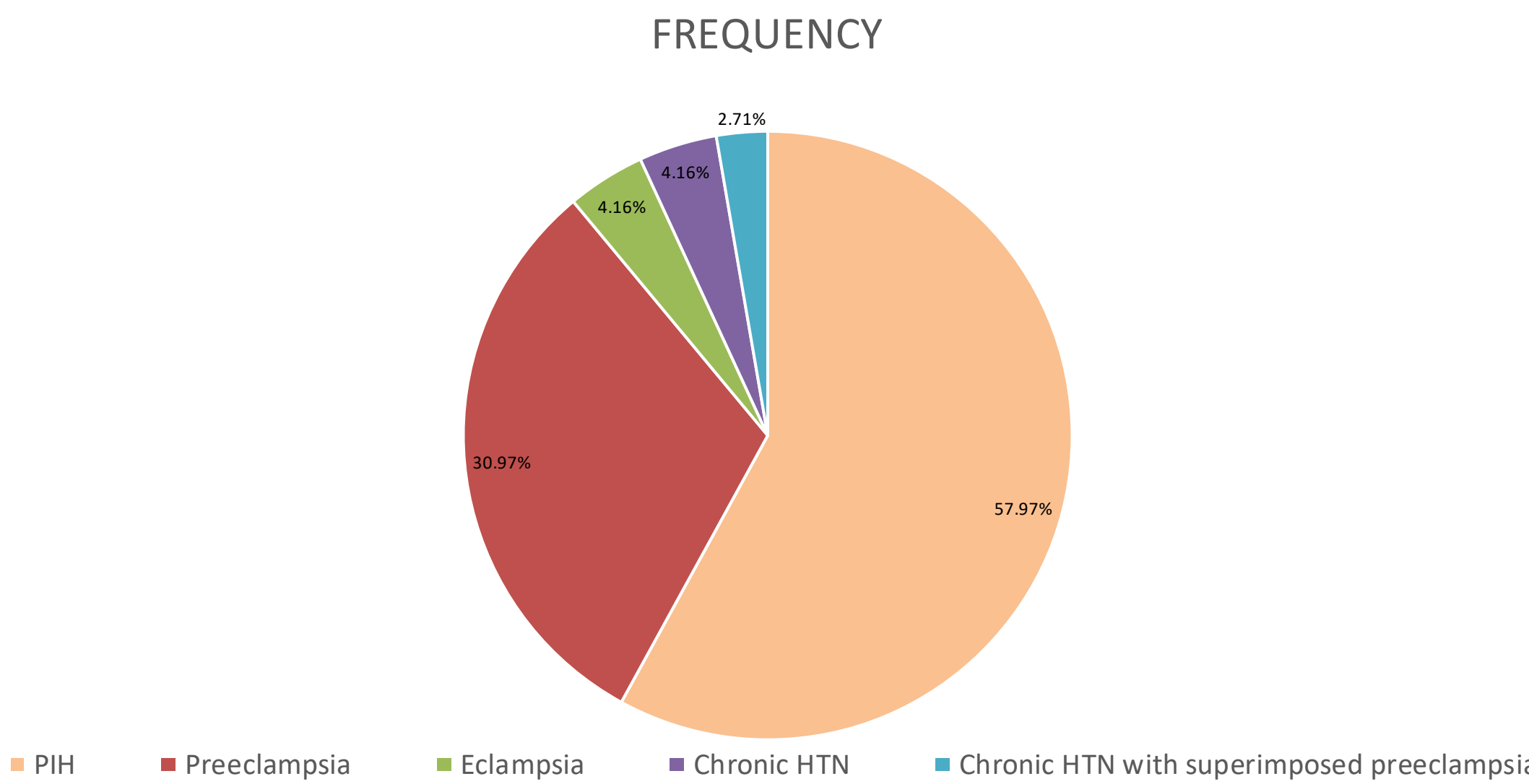
Type of Study: Retrospective cross-sectional study

Place of Study: Gynae ward,Qazi Hussain Ahmed Medical Complex, Nowshera

Methodology:y: 552 patients who had hypertensive disorders in pregnancy were recruited. Self- administered and structured questionnaire was used for data collection. The risk factors in patients and the fetomaternal outcomes were manually extracted from the history sheets and evaluated. SPSS version 22.0 was used for data analysis.

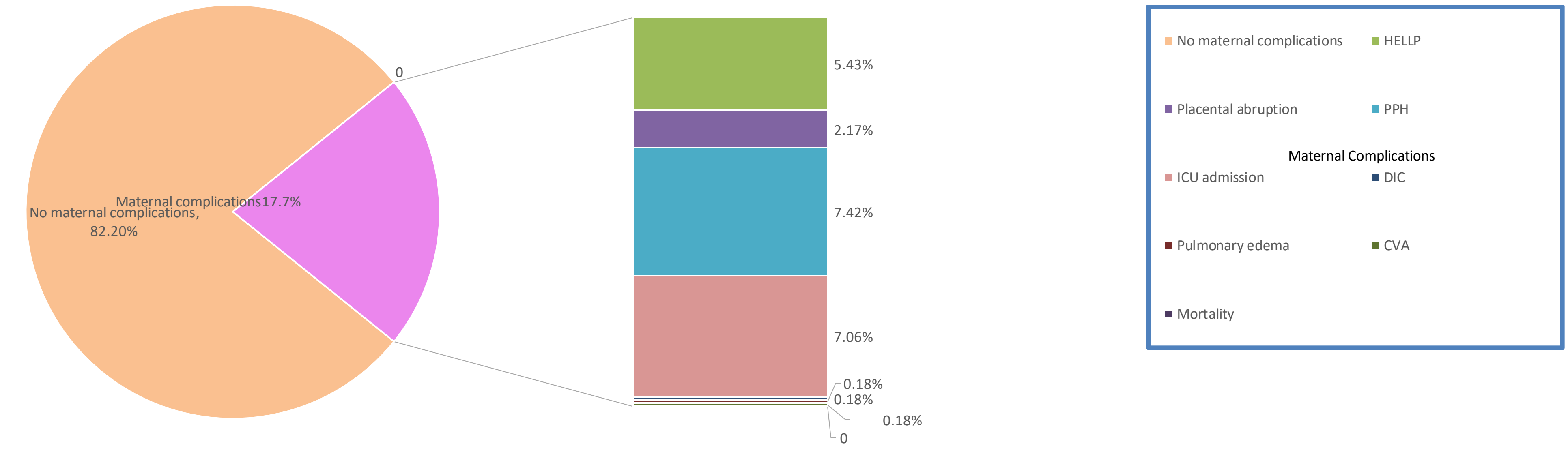
Results:

FREQUENCY OF HYPERTENSIVE DISORDERS

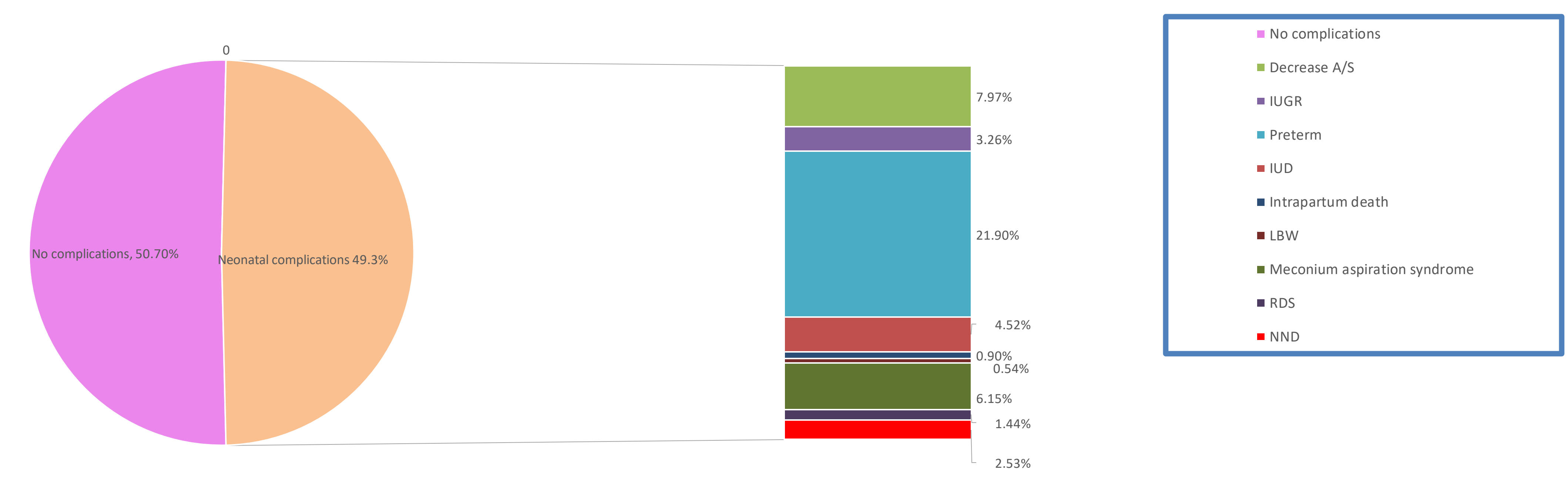


RISK FACTORS

Maternal Complications:



Fetal Complications:



CONCLUSION:

- The prevalence of hypertensive disorders of pregnancy is 13.9% which was relatively higher than the previous studies done in different countries.
- The most prevalent hypertensive disorder was pregnancy induced hypertension followed by pre-eclampsia.
- Most of the patients were delivered vaginally.
- The most frequent maternal complication was postpartum hemorrhage and preterm deliveries was the most prevalent neonatal complication resulting from the hypertensive disorders.
- Awareness programs should be introduced at the community level to fight against the hypertensive disorders in pregnancy.
- Early screening and close monitoring of pregnant women having risk factors for hypertension is required to reduce the feto-maternal morbidity and mortality.

References:

1.National High Blood Pressure Education Program Working Group: Report of the National High Blood Pressure Program Working Group on high blood pressure in pregnancy. Am J Obstet Gynaecol.2000,183: S1- S22.10.1067/mob.2000.107928

2. Lippincott W&Wilkins. Hypertensive disorders in pregnancy. In: Evan AT,DeFranco E,editors. Manual of Obstetrics.8th ed. Philadelphia, USA: Wolters Kluver Health; 2014 p.183-195

3. Lai C,Coulter SA,Woodruff A. Hypertension and pregnancy. Tex Heart Inst J 2017 Oct ;44 (5): 350-351