

Thesis Title                      A Comparative Study on Maternal and Perinatal  
Outcome in At Risk and Normal Pregnancy of 37  
weeks Gestation and Above

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### Abstract

This study was planned in a hospital in Delhi, India in the month of December 1994 and January 1995. The purpose of the study was to study the outcome in at risk and pregnant women of 37 weeks and above who came for delivery. The outcomes were maternal which were post partum haemorrhage, puerperal fever, severe anaemia, abdominal and other injuries. These outcomes were compared with outcome in normal pregnancies. Similarly perinatal outcome like low birth weight, septicemia, severe birth asphyxia, intra uterine growth retardation, hyperbilirubinaemia etc... were also studied and compared to that of children born to normal pregnant women.

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For the study, after WHO designed sampling, 250 at risk pregnant women (as per the 13 risk factors given by WHO) and 250 normal pregnant women (who did not have above factors) who were above 37 weeks gestation and above and came for delivery were included in the study. Social and biological factors were maternal in both groups with 1:1 ratio. The follow up of mothers and new borns were made for 7 days only. (due to time constraints)

From the comparative study, comprising 250 at risk and 250 normal pregnancies, following findings were drawn from the observations:

Anaemia was the most common risk factor observed among at risk group (47.0%).

Obstetric and medical risk factors (used to define at risk group, in our study) had significant relation with unfavorable maternal and perinatal outcome. Among parameters of maternal outcomes and maternal complications like severe anaemia (52.0% and 1.6%) post partum haemorrhage (8.1, 1.6%), sepsis (2.0% and nil), abdominal wound (28.0%, 10.8%) were found to be significantly higher in at risk women as compared to normal women. Even RR and AR were significant in at risk mothers.

Among parameters of perinatal outcome, complications like hyperbilirubinaemia (20.0%, 14.0%), septicemia (8.0%, 0.4%), respiratory distress syndrome (4.0%, 2.4%) were main complications significantly higher in children born to at risk mothers.

Perinatal outcome were also compared between children born to both the groups. Severe birth asphyxia (RR 9.5, AR 89.47%), still births (RR 6.5, AR 84.61%) were significantly high in children born to at risk mothers as compared to normals.

Neonatal morbidity was also significantly high in at risk group. However low birth weight was high in both groups (44.0%, 40.0%). Small for date babies (intra uterine growth retardation) were even higher (66.8%, 68.8%) in both groups which also required special attention.

Previous caesarean section; prolonged difficult labour, mal-presentations and short stature mothers (with pelvic deformity/ cephalopelvic disproportion) and anemia in the descending order, were the main risk factors occurring in at risk pregnant women. Whereas, Preclampsic toxemia, Bad obstetric history, Leaking pervagina, Antepartum haemorrhage, Pregnancy with general disease were occurring in lesser frequency as compared to the above risk factors. However, Rh, isoimmunization was another risk factor which required special attention.