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Research Article

**A RETROSPECTIVE STUDY ON FETO-MATERNAL
OUTCOME BEYOND 40 WEEKS PERIOD OF GESTATION**¹Dr. Iqra Aslam, ²Dr. Hina Aslam, ³Dr. Mehwish Aslam¹General Hospital Lahore.

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Abstract:

Introduction: This investigation was intended to assess Spontaneous work rates Induction rates, Cesarean segment rates perinatal dreariness and mortality. Postdated pregnancy is one of the most regularly experienced clinical issues by an obstetrician. The inquiry requires to pick hopeful administration with antepartum fetal reconnaissance or to proceed with acceptance of work.

Material and Method: The investigation was directed from august 2017 to January 2018. It was held in General Hospital Lahore. All chose result factors were recorded in the emergency clinic and the information broke down. This retrospective investigation included 200 ladies including primigravida and multigravida past 40 weeks' time of incubation meeting the incorporation and rejection criteria. Chosen result factors incorporated the maternal age, parity, mode of conveyance, maternal confusions, neonatal morbidity, APGARscore and perinatal dismalness and mortality. All chose result factors were recorded in the emergency clinic and the information dissected. Findings were broke down with extraordinary accentuation on maternal and fetal result.

Results: All out, individuals incorporated into the examination were 200 women. All were past 40 weeks' time of incubation. 94 % conveyed after enlistment, 20% had cesarean segment and 57.5%delivered with unconstrained beginning of work.

Inference: As indicated by the present examination it appears to be sensible to actuate work at 41 weeks' time of incubation, as the feto-maternal intricacies will in general be fundamentally increasingly following 42 weeks' time of growth.

Keywords: postdated pregnancy, feto-maternal complications, caesarean section.

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INTRODUCTION:

Around 4 – 15 % of pregnancies bring about being delayed which is relying upon the technique used to figure gestational age. The most widely recognized reason for delayed pregnancy is a mistake of the last menstrual period [1]. Other likely explanations incorporate primigravidas, ladies with past h/o delayed pregnancy and maternal corpulence .A pregnancy is said to as term when it is between 37 weeks and 42 weeks' time of incubation .The amniotic liquid volume arrives at its top at around 38 weeks' time of growth after which there is a delicate decay [2].The liquid at that point diminishes each week and has a huge decrease by 33% every week following 42 weeks of development. Fetal adrenal hypoplasia and anencephaly additionally will in general bring about delayed pregnancies. As the pregnancy goes into 38 weeks' time of growth and past the placenta begins indicating infarcts and calcifications alongside atherosclerosis of decidual and chorionic veins .The fetal , neonatal intricacies incorporate perinatal demise , fetal asphyxia ,meconium goal , fetal injury , and post development disorder . The executives incorporates appropriate

antenatal consideration including precise dating of pregnancy, fetal reconnaissance, and the choice of enlistment of work or hopeful administration [3].The fetal , neonatal entanglements incorporate perinatal passing , fetal asphyxia ,meconium goal , fetal injury , and post development disorder .Maternal difficulties incorporate perineal injury ,employable mediation , cervical tear ,baby blues discharge and baby blues diseases [4].

MATERIAL AND METHODS:

The timeframe chose to this investigation was from august 2017 to January 2018. A review emergency clinic based investigation was completed in General Hospital Lahore. The rejection criteria included any related inconveniences like past LSCS, mal presentations, PIH, placenta previa, and other medicinal intricacies. The incorporation criteria included pregnant ladies past 40 weeks' time of incubation with reliable dates – last 3 menstrual cycles ordinary, not utilized preventative pills for recent months, not considered during lactation amenorrhea.

TABLE 1: Division of age during pregnancy period

Time period of pregnancy	Ratios
40-40 weeks 6 days	88.9%
41-41 weeks 6 days	7.7%
42 weeks	3.1%

TABLE 2: Division of age

Age	Figures	Ratios
<20	10	4.9%
20-35	181	90%
>35	7.7	3.9%

Chosen result factors incorporated the maternal age, equality, method of conveyance, maternal entanglements, neonatal morbidity, APGAR score and perinatal mortality and grimness. All chose result factors were recorded in the clinic and the information broke down. Findings were dissected with exceptional accentuation on maternal and fetal result. After prohibition of pregnancies convoluted by several incubation, Gestation diabetes, perpetual hypertension, preeclampsia, and inborn irregularities

the 200 ladies were thought about and pregnancy results surveyed. As per different investigations directed delayed pregnancies were seen most ordinarily in primigravidas when contrasted with multigravida pregnancies. In understanding to table 1 89.5% pregnancies were between 40 – 40 weeks 6 days' time of incubation, 7.5% between 41 – 41 weeks 6 days, 3% had a place with past 42 weeks. Of the complete 200 pregnant ladies, around 64% were primigravidas and 36 % were multigravidas.

TABLE 3: Method of liberation

Method of liberation	No. of sufferers	Ratios
Impulsive liberation	127	64%
Victorious initiation	33	16%
Cesarean segment	41	21%

In understanding to table 3 of the complete 200 pregnancies around 20% had cesarean area, 64% went into unconstrained work, and 16% had fruitful enlistment 1 % between 41-41 weeks 6 days POG additionally had represented vacuum helped conveyances .In agreement to meconium recolored alcohol, in 40-40 weeks 6 days' time of incubation 5.5% had dainty meconium recolored alcohol and 1.1% had thick meconium recolored alcohol. In 41-41 weeks 6 days 33.3% had flimsy meconium and 13.3 % had thick meconium recolored alcohol. Beyond 42 weeks 16.6 % had slim meconium recolored alcohol and 33.3% had thick meconium recolored alcohol. Dominant part of the children weighed between 2.5 – 3.5 kgs. 20% in 41-41 weeks 6 days POG were gauging more than 3.5kgs and around 16.6% of the infants in past 42 weeks POG were gauging more than 3.5kgs. 157.5% delivered vaginally out of 60% with misoprostol enlistment ,14% conveyed vaginally of the 15 % who had dinoprost acceptance and 22.5% conveyed vaginally of the 25 % who were incited with oxytocin .Of the 30 % who had experienced cesarean segment , 4.5% had bombed acceptance ,1.5% had fetal

trouble and .5% had represented profound transverse capture ..5% between 41 – 41 weeks 6 days POG had outlet forceps helped conveyance and 1% between 40 - 40 weeks 6 days POG had vacuum helped conveyance. 49.5% of the primigravidas between 40 – 40 weeks 6 days' time of incubation who had unconstrained work conveyed vaginally. In 41-41 weeks 6 days' time of development 2.5% conveyed vaginally of the ones that had gone into unconstrained work. Also, just 1% of the ladies who had a place with past 42 weeks conveyed vaginally. Around 16.6% of the patients who had a place with past 42 weeks of incubation had their infants for NICU admissions, 20 % between 41 - 41 weeks 6 days of growth had NICU confirmations and just 1.1 % between 40 - 40 weeks 6 days of development had NICU affirmations. However no perinatal bleakness and mortality were accounted during this investigation period. Thus further outcomes were assessed and surveyed and reasoned that the fetomaternal result crumbles as pregnancy progresses past dates and early auspicious intercession would prompt a superior visualization including both the mother and the child.

TABLE 4: Apgar scoring

Apgar	40-41 weeks	41-42 weeks	>42 weeks
1 min			
<4	2.3%	13.2%	0
4-7	21.3%	21%	33.2%
>7	76.7%	66.5%	66.7%
5 min			
<4	2.3%	6.5%	0
4-7	21.8%	13.2%	6.7%
>7	75.8%	81%	83.2%

DISCUSSION:

The motivation behind this investigation was to evaluate pregnancy results at 40-41, 41-42 and past 42 weeks of gestation. 200 ladies without confounding factors, for example, hypertension, diabetes, earlier cesarean birth, non-cephalic presentation, fetal mutations or placenta previa were incorporated into this examination done over a time of a half year . Among 200 ladies, 64 % went into unconstrained work, 16% were incited. 57.5% ladies had unconstrained vaginal conveyance, 57.5% delivered vaginally after acceptance and 20% had cesarean segment. A planned report directed by prabhasingh et al to assess the maternal and fetal entanglements relating to delayed pregnancy reasoned that work began precipitously in 54% and enlistment was done in 46 % of the all out 150 postdated patients. Misoprostol, dinoprostol gel and oxytocin were the various methods of acceptances

used [5]. Misoprostol was utilized in larger part of enlistments pursued by dinoprostone gel. The consequences of study directed by behra et al demonstrated that cesarean segment rate was extensively less in PGE2 bunch 18 % when contrasted with oxytocin bunch 45%. Of the complete 200 ladies, 89.5% were in 40 weeks of gestation, 7.5% in 41 weeks of growth and 3% were in >42 weeks of gestation. Most ladies were in between (91%) (20 – 35 years old and (64%) were primigravida .Most of the creators do concur in regards to that pregnancy past 40 weeks of incubation is found for the most part in primigravida. Vaginal conveyance rate in ladies who went into unconstrained work was 64% and among incited ladies it was 94%. In the examination by prabhasingh et al vaginal conveyance rates in the unconstrained work gatherings and the prompted gathering were 91.4% and 74 % individually [6]. The occurrence of

meconium recolored alcohol additionally demonstrated to increment with time of incubation which is practically identical to the investigation led by prabhasingh et al who presumed that meconium recolored alcohol was seen in 7.4 % in unconstrained work gathering and in 15.9% in actuated work gatherings.

Number of patients who experienced cesarean segment, 11.5% were in 40 - 41 weeks, 7.5% in 41-42 weeks and 1% in >42 weeks. The sign of cesarean were 9.5% bombed enlistment, 5.5% fetal misery and 5% profound transverse capture [7]. The preliminary examination directed by Hannah et al presumed that the enlistment of work did not expand the cesarean segment rates. The rates were lower 21.2 % in the enlistment bunch than in the eager administration group 24.2% and this decrease was limited to cesarean birth for fetal misery. The present examination is equivalent to the investigation of pregnancy result past 40 weeks of development by alexander et al where forceps conveyance represented 6 % where in our study it represented 5% [8]. James et al reasoned that work confusions increments continuously from 40 weeks of growth onwards with expanded employable vaginal conveyance and cesarean seen at 41 and 42 weeks of development. James et al presumed that standard intercession at 41 weeks would almost certainly build work inconveniences with next to zero advantages [9]. Hence further inferring that since unfavorable maternal and fetal result is fundamentally on the higher side following 42 weeks of incubation, enlistment of work at 41 weeks of development ought to be made into training. Most ladies had children weighing between 2.5 - 3.5 kg. The perinatal horribleness as estimated by low APGAR was high in this examination when contrasted with the investigation led by alexander et al. Admission to NICU has dynamically declined with expanding gestational age past 40 weeks of development [10].

CONCLUSION:

As indicated by the present investigation it appears to be reasonable to instigate at 41 weeks of development as the fetomaternal inconveniences will in general be altogether progressively following 42 weeks of incubation. Pregnancy past dates is the most habitually experienced situation looked by an obstetrician.

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