# Anternation of

#### Original Research Paper

#### FETOMATERNAL OUTCOME OF ANEMIA IN PREGNANCY

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**ABSTRACT** 

**Objective:** To determine the frequency of women having pregnancy with severe anemia, its maternal complications and feto-maternal outcome.

Study Design: D A total of 186 pregnant women was included from Obstetrics and Gynecology Department of M.L.B. Medical College Jhansi. The study was conducted from March 2019 to August 2019 to all the women admitted for delivery with gestational age  $\geq 34$  weeks.

Results: Thirty-five (19%) women were diagnosed with anemia among which 12(6.5%) women had severe anemia, 4(2.2%) had mild, and 19(10.2%) had moderate anemia. The frequency of PIH (37.14%), PPH (17.14%), Low birth weight (62.68%) and APGAR score < 7 (60%) was noted higher in anemic patients.

Conclusion: There were significantly higher maternal complications among anemic women as compared with non-anemic women. The fetal complications that is Low Birth Weight and APGAR <7 at 5 minute has also been found significantly associated with maternal anemia.

## **KEYWORDS:** Apgar Score, Fetomaternal Outcome, Induced Hypertension, Low Birth Weight., Pregnancy, PostPartum Heamorrahge, Severe Anemia

#### INTRODUCTION

Pregnancy is a vital part of a woman's life but it is period of greater risks of different complications for mother and fetus. One of the most prevalent complication is anemia, which is being faced throughout the world. It is more common in developing countries due to poor nutritional status. The average prevalence rate of anemia is 56% in developing countries with a range of 35% to 100%.

According to WHO definition the women having hemoglobin level of 11 gm/dl or less is considered as anemic during pregnancy.

The frequency of maternal complications is very high among sever anemic pregnant women in comparison with normal pregnant women.

#### AIMS AND OBJECTIVES

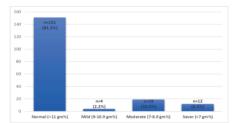
 To determine the frequency of women having pregnancy with severe anemia, its maternal complications and fetomaternal outcome.

#### MATERIALS AND METHODS

A total of 186 pregnant women was included from Obstetrics and Gynecology Department of M.L.B. Medical College Jhansi. The study was conducted from March 2019 to August 2019 to all the women admitted for delivery with gestational age  $\geq$  34 weeks.

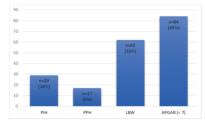
The WHO's anaemia classification was adopted for functional definition of haemoglobin conditions; anaemic (serum Hb 5-11g/dL), and nonanaemic (serum Hb>11g/dL) the anemic group was further divided into Mild (9-10.9 g/dL), Moderate (7-8.9 g/dL) and severe anemia (<7 g/dL).

#### RESULTS



Distribution of Different Categories of Anemia

Showing distribution of patients with different categories of anemia



#### Maternal Complications & Fetal Outcome

There were 29(16%) women with pregnancy induced hypertension. Post-Partum heamorrhage was seen in 17(9%) women. There were 62(33%) fetus who had low birth weight. APGAR score < 7 was observed in 84(45%) babies.

### Maternal Complications in the Cases of Pregnancy with Anemia

Complications	Ane	P value	
	Pregnancy with anemia (n=35)	Pregnancy with normal Hb (n=151)	
Pregnancy induced hypertension (n=29)	13 (37.14%)	16 (10.60%)	0.000
Post partum hemorrhage (n=17)	6 (17.14%)	11 (7.28%)	0.068

A statistically significant (p value= 0.000) association was present between anemia and pregnancy induced hypertension and Insignificant association between anemia and Post-Partum Hemorrhage (p-value=0.068).

#### Perinatal Complications in Pregnancy with Anemia

Ar	P value	
22 (62.86%)	40 (26.49%)	0.000
21 (60%)	63 (41.72%)	0.050
	Pregnancy with anemia (n=35) 22 (62.86%)	Pregnancy with anemia (n=35) normal Hb (n=151) 22 (62.86%) 40 (26.49%)

No statistically significant (p-value=0.05) association

between anemia and APGAR score <7 at 5 minutes.

#### CONCLUSION

There were significantly higher maternal complications among anemic women as compared with non-anemic women. The fetal complications that is Low Birth Weight and APGAR <7 at 5 minute has also been found significantly associated with maternal anemia.

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