



ANEMIA “STILL A MAJOR CAUSE OF MATERNAL MORTALITY”

Gynaecology

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ABSTRACT

India contributes to about 80 percent of the maternal deaths due to anaemia in the region of South asia. Indian contribution both to the prevalence of anaemia in pregnancy and maternal deaths due to anaemia, is higher than warranted by the size of the population. This study was design for evaluation of anaemia in Antenatal and Postnatal woman and their management and outcome All antenatal cases and postnatal cases studied, on admission Hb, management and outcome evaluated. On the basis of Hb blood transfusions, parenteral iron therapy and oral iron therapy started. 29.03% mortalities are due to anemia out of total maternal mortality. 75 % of all cases is due to Iron deficiency which got complicated during labour and due to postpartum hemorrhage. Other 25% cases of anemia complicated with malaria, megaloblastic anaemia etc. So there is an urgent need for improving overall nutritional status of adolescents through Nutrition education, Community awareness and Supplementation programmes.

KEYWORDS

anaemia , haemoglobin , maternal mortality

INTRODUCTION

Ezzati M.et al(2002) reported that half of the global maternal deaths due to anaemia. India contributes to about 80 percent of the maternal deaths due to anaemia in the region of South asian. Indian contribution both to the prevalence of anaemia in pregnancy and maternal deaths due to anaemia, is higher than warranted by the size of the population. According to National consultation on control of nutritional anemia in India, anemia is defined as the hemoglobin of less than 12 g/dl in females. (mild anemia 10-11.9gm%, moderate anemia 7 – 9.9 gm% and severe anemia below 7 gm%).

This study was design for evaluation of anaemia in Antenatal and Postnatal woman and their management and outcome.

MATERIAL AND METHOD

This was a retrospective study done at KAMLA RAJA HOSPITAL, G.R.M.C, Gwalior for a Period of one year (May 2015 to april 2016). 736 admitted cases which included both ANC's and PNC's were registered.

Total maternal mortalities, studied, their cause of death and relation to anaemia detected. All antenatal cases and postnatal cases studied, on admission Hb, management and outcome evaluated. Total number of anaemic patient admitted-736 (ANC-250, PNC-486) Total maternal mortalities reported in KRH -62 Death due to severe anaemia -18 (12 referred and 6 direct) Of which 4 ANC and 14 PNC cases. Brought dead –4 (3 referred and 1 direct)

On admission Hemoglobin of all cases taken. On the basis of Hb blood transfusions, parenteral iron therapy and oral iron therapy started. Anaemia typing done. 29.03% mortalities are due to anaemia. 75 % of all cases is due to Iron deficiency which got complicated during labour and due to postpartum haemorrhage. Other 25% cases of anemia complicated with malaria, megaloblastic anaemia etc.

Table 1. Anemia in antenatal cases (ANC=250)

On admission Hb(gm%)	< 7 (n = 54)	7 – 9.9 (n = 75)	10 – 11.9 (n=121)
Blood Transfusion	3 – 4	2 – 3	Oral iron
Parental Iron Therapy	2 - 3	1 - 2	therapy and anti helminthics
Outcomes	4 mortalities 50 discharged with Hb 10	All discharged with Hb 10	

Table 2. Anemia in post natal cases (PNC = 486)

On admission Hb(gm%)	< 7 (n = 54)	7 – 9.9 (n = 75)	10 – 11.9 (n=121)
Blood Transfusion	3 – 4	2 – 3	Oral iron
Parental Iron Therapy	2 - 3	1 - 2	therapy and anti helminthics
Outcomes	14 mortalities 56 discharged with Hb 10	All discharged with Hb 10	

DISCUSSION

It is estimated that about 20% - 40% of maternal deaths in India are due to anaemia and One in every two Indian women (56%) suffers from some form of anaemia. If the prevalence of anemia at community levels is more than 40%, it is considered as problem of high magnitude(WHO) . With the onset of menstruation and associated blood loss, there is a further rise in prevalence and severity of anaemia in adolescent girls. So there is an urgent need for improving overall nutritional status of adolescents through Nutrition education, Community awareness and Supplementation programmes.

The need for regular blood tests to check hemoglobin levels is emphasized. Anemia in adolescent age if untreated become severe in reproductive age which ultimately contributes in maternal mortality.

CONCLUSIONS

OF total of 250 ANC's (246 ANC's) 96.85% cases got blood transfusion, parenteral and oral iron therapy and got discharged with Hb 9-10 gm%. Of total of 486PNC's(364 PNC's) ; 74.89% cases got blood transfusion, parenteral and oral therapy and got discharged with Hb 9-10gm%. In antenatal group, 3.15% and in postnatal group, 25.11% mortality occurred even after vigorous management.

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