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ANALYSIS OF VARIOUS FACTORS ASSOCIATED WITH INTRAUTERINE FETAL DEATH IN A TERTIARY CARE CENTRE

Obstetrics & Gynaecology

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ABSTRACT

Background - IUFD means intrauterine fetal demise after 20 weeks of gestation or a fetal weight of more than 500 gm. An Intrauterine Fetal Demise (IUFD) is a major obstetrical catastrophe causing severe emotional trauma to the patient and the family.

Aims & Objective- The aim of present study is to know the factors responsible for intrauterine fetal death in cases admitted in the Labor room of Nalanda Medical College & Hospital, Patna from June 2019 to May 2021 and to know measures to be taken in the prevention of IUFD. The objective of the present study is to determine possible causes of IUFD, and to determine preventive measures.

Material & Method - All the pregnant women with IUFD admitted in the Labor room of Nalanda Medical College & Hospital, Patna from June 2019 to May 2021 were included in the study. The cases of IUFD diagnosed by loss of fetal movement complained by the patient, clinical examination by absence of fetal heart rate and confirmed by USG.

Observation and result- Hypertensive disorder of Pregnancy, Abruptio Placentae, Oligihydramnios, Diabetes, congenital anomaly in the fetus, and unexplained causes, were major causes of IUFD in my study. Unexplained cases of IUFD needs through history, basic as well as modern diagnostic facilities.

Conclusion- Many cases of IUFD can be prevented by regular ANC, screening of high risk pregnancy, timely referral and timely intervention whenever needed. A large number of unexplained IUFD cases indicate lack of awareness among women, lack of proper ANC and lack of advanced diagnostic techniques to evaluate maternal and fetal health. More advancement in diagnostic techniques as well as dedicated team work at community level is required .

KEYWORDS

intra uterine fetal death (IUFD), ultrasonography (USG), Pregnancy induced hypertension (PIH), intra uterine death (IUD).

INTRODUCTION-

An Intrauterine Fetal Death (IUFD) is a major obstetrical catastrophe at any gestational age but the emotional pain caused by this event increases in direct relation to the duration of pregnancy. The objective of the present study was to determine possible causes of Intrauterine Fetal Demise (IUFD), and to determine preventive measures.

Some common causes of IUFD are - Placental insufficiency, Placental abruption, Fetal infection, Genetic anomaly in fetus, Feto maternal haemorrhage, Umbilical cord complications etc.

AIMS & OBJECTIVE-

The aim of present study is to know the etiology of intra uterine fetal death in cases admitted in the Labor room of Nalanda Medical College & Hospital, Patna from June 2019 to May 2021 and to study the role of antenatal care in the prevention of IUD. The objective of the present study is to determine possible causes of Intrauterine Fetal Demise (IUFD), and to determine preventive measures.

MATERIAL & METHOD-

Inclusion criteria were all the pregnant women with IUFD admitted in the Labor room of Nalanda Medical College & Hospital, Patna from June 2019 to May 2021. The cases of IUFD diagnosed by loss of fetal movement complained by the patient, clinical examination by absence of fetal heart rate and confirmed by USG. Total 100 cases were studied. The age, Parity, were recorded. Detailed history, clinical examination, associated medical conditions, mode of delivery, details of fetuses and Placenta were noted.

OBSERVATION & RESULTS:

All the IU FD cases admitted were studied regarding age, parity, ANC status. Detailed Obstetrical, Medical and Surgical history was taken and clinical examination done. Mean maternal age was 29 years, 62% of cases were booked cases. Majority of IUFD cases (46%) were para 3-4, 18 % cases were primigravida. Previous history of IUD was present in 6% cases.

Even after advancement in modern diagnostic and therapeutic modalities many cases of IUFD are still unexplained and unless the cause is known Prevention and treatment is difficult. Regular ANC is very helpful to find out any abnormality at the earliest. The causes of IUFD in my study are shown in the table -1

Table-1

Causes of IUFD	Number	Percentage (%)
PIH	18	18
Congenital anomaly in fetus	16	16
Oligohydramnios	10	10
Abruptio Placentae	09	09
IUGR	08	08
Diabetes in Pregnancy	06	06
PROM	04	04
unexplained	22	22
miscellaneous	07	07

As shown in the above table 18% women had hypertensive disorder of Pregnancy, 16% of fetuses had congenital anomaly. Oligohydramnios was noted in 10% cases and 9 % of the women had abruptio placentae and IUGR was noted in 8% cases. Diabetes was found in 6% women and 4% of women had PROM, 3% of the cases had non immune hydrops, 22 % cases had unexplained causes. In 97 % cases vaginal delivery was possible and in three percent cases LSCS was done due previous scar on the uterus, duration of previous caesarean one year ago and fetal macrosomia with scarred uterus.

CONCLUSIONS: -

Hypertensive disorder of Pregnancy, Abruptio Placentae, congenital anomaly in the fetus, and unexplained causes, were major causes of IUFD in my study. A large number of unexplained causes indicate lack of awareness among women, lack of proper ANC and lack of advanced diagnostic techniques to evaluate maternal and fetal health in antenatal period. Health education to encourage the utilization of the available antenatal care services, family planning and genetic counseling are being advocated strongly as possible preventive measures. Regular ANC, screening of high risk pregnancy, timely referral and intervention whenever needed.

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