



## Prevalence of hypertensive disorders of pregnancy and perinatal outcome: A rural tertiary teaching hospital-based study

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### Abstract

Hypertension is one of the common problems in pregnancy affecting about 10% of all pregnancies worldwide and an important cause of maternal and perinatal morbidity and mortality affecting women health, we have done a retrospective control study to estimate the prevalence of hypertensive disorders of pregnancy and to assess the perinatal outcome at our medical college and hospital between July 2015- June 2017. For all cases demographic data of women and adverse pregnancy outcome like oligohydramnios, IUGR, abruption, PPH, HELLP syndrome, DIC, preterm delivery and neonatal data like birth weight, sex, APGAR score, NICU admission, were recorded and compared with the control group with normal blood pressure without any associated medical complications. In our study prevalence of PIH was 20% that was in accordance with the prevalence of preeclampsia observed in the study by G.B. Doddamani was approximately 10%. The complications were found higher in PIH than normal ANC patients. Almost half of these were delivered by LSCS (56.1%) which was found to be statistically significant ( $p=0.000$ ) compared to controls (37.9%). Labor was induced in 60.8% of cases of them 60.3% required emergency LSCS in view of fetal distress. Based on our results younger and nulliparous the prevalence is more with greater complications. Neonates required more of NICU care as a result of preterm birth, LBW and IUGR. It can be concluded from our study that the most common complications found were HELLP Syndrome, PPH, LSCS, in fetus were preterm birth, LBW, abortions, IUD, RD, Sepsis etc. The unpleasant effect of hypertension in pregnancy warrants the need for routine prenatal care, early detection and treatment of hypertension at younger ages of pregnancy and follow up after delivery.

### Biography

Reeta Agarwal is a senior consultant in OBGY, infertility specialist and laparoscopic surgeon. She has her expertise in women health evaluation and passion in improving the health and wellbeing, she has built this model after years of experience in medical field, research, evaluation, teaching and administration both in hospital and education institutions. She is actively participated in various national and international conferences related to her subject and presented various papers. She has various publications in national and international journals. She has trained many junior doctors, nurses and school teachers also by conducting various workshops, camps etc related to health issues. She has taken various power presentation at school in empowering the knowledge related to Adolescent health issues particularly in girls. Her areas of interest are women health, adolescent health, pregnancy related issues, and infertility. She knows hindi, english, punjabi, haryanvi and telugu languages. And special interest in laparoscopic and hysteroscopic surgeries.

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