
**A CROSS SECTIONAL STUDY OF SEVERE PRE
ECLAMPSIA AND HELLP SYNDROME IN A TERTIARY
CARE HOSPITAL IN BELAGAVI**

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LIST OF ABBREVIATIONS USED

ACOG	-	American College of Obstetricians and Gynecologists
ALAT	-	Alanine aminotransferase
ALT	-	Alanine transaminase
AST	-	Aspartate aminotransferase
BP	-	Blood pressure
CNS	-	Central nervous system
CP	-	Cerebral palsy
CPD	-	Cephalopelvic disproportion
CT	-	Computed tomography
cumm	-	Cubic millimeter
DIC	-	Disseminated intravascular coagulation
ESRD	-	End-stage renal disease
FD	-	Fetal distress
FDP	-	Fibrin degradation products
FOGSI	-	Federation of Obstetrics & Gynaecological Societies of India
g	-	grams
g/L	-	Grams per litre
GDM	-	Gestational diabetes mellitus
gm	-	Gram
GST	-	Glutathione
HELLP	-	Haemolysis elevated liver enzymes low platelets
hrs	-	Hours
HUS	-	Hemolytic uremic syndrome
ICOG	-	Indian College of Gynaecologists
ie,	-	That is,
ISSHP	-	International Society for the Study of Hypertension in Pregnancy
ITP	-	Immune thrombocytopenic purpura
IU/L	-	International units per litre
IUD	-	Intra uterine death
IUD	-	Intra uterine death
IUGR	-	Intrauterine growth retardation

IVH	-	Intraventricular haemorrhage
JNC	-	Joint National Committee
Kg	-	Kilogram
LBW	-	Low birth weight
LDH	-	Lactate dehydrogenase
LDH	-	Lactate dehydrogenase
LFT	-	Liver function test
LSCS	-	Lower segment caesarean section
MAHA	-	Microangiopathic haemolytic anaemia
mg/24 hr	-	Milligrams per 24 hours
mg/dL	-	Milli grams per deciliter
mg/L	-	Micro grams per liter
min	-	Minute
mm Hg	-	Millimeters of mercury
mm	-	Millimeter
MRI	-	Magnetic resonance imaging
MSL	-	Meconium stain liquor
n	-	Total number
NEC	-	Necrotizing enterocolitis
NER	-	National Eclampsia Registry
NHBPEP	-	National High Blood Pressure Education Programme
NICE	-	National institute of health and clinical excellence
NICU	-	Neonatal intensive care unit
OE	-	On examination
OICU	-	Obstetric Intensive Care Unit
p	-	Probability value
PIERS	-	Preeclampsia integrated estimate of risk study
PIH	-	Pregnancy-induced hypertension
PLTs	-	Platelets
PRES	-	Posterior Reversible Encephalopathy Syndrome
RCOG	-	Royal College of Obstetricians and Gynecologists
RDS	-	Respiratory distress syndrome
SBP	-	Systolic blood pressure
SD	-	Standard deviation

SD	-	Standard deviation
sFlt-1	-	Fms-like tyrosine kinase 1
SGA	-	Small for gestational age
SGOT	-	Serum glutamic oxaloacetic transaminase
SGPT	-	Serum glutamic pyruvic transaminase
SOGC	-	Society of Obstetricians and Gynecologists of Canada
SPE	-	Severe preeclampsia
TNF	-	Tumour necrosis factor alpha
TTP	-	Thrombotic thrombocytopenia purpura
U/L	-	Units per liter
UK	-	United Kingdom
USG	-	Ultrasound
VEGF	-	Vascular endothelial growth factor
vs	-	Versus
µg/ml	-	Micro grams per milli liter
µL	-	Micro liter
µmol/l	-	Micro mole per litre

ABSTRACT

Background and objectives

Pre-eclampsia still remains a significant public health problem in both developed and developing countries and an important cause of maternal and perinatal morbidity and mortality globally. This study was aimed to find out the incidence of severe pre eclampsia and HELLP syndrome, and to evaluate the maternal morbidity and mortality in women with pregnancy complicated by severe pre eclampsia.

Methodology

This cross sectional study was conducted in the Department of obstetrics and gynaecology, KLES Dr. Prabhakar Kore Hospital and Medical Research Centre, Belagavi for the period of one year from January 2016 to December 2016. During the study period there were 6236 number deliveries. Among them 597 women (9.57%) developed preeclampsia. Further 350 women had severe preclampsia. Out of which 312 women who satisfied selection criteria were selected for study.

Results

The incidence of severe preeclampsia after excluding was medical disorders like chronic hypertension, renal disease and epilepsy and gestational age of <24 weeks was 5%. The most common age group was 21 to 25 years (39.10%) and the mean age was 26.18±4.45 years. 24.68% of the women were induced for labour and the most common indication for the induction of labour was severe preeclampsia (47.83%). Most of the women (53.85%) had vaginal delivery and 46.15% of the women underwent LSCS and severe preeclampsia (25.00%) was the most common indication for LSCS. Complications were noted in 64 (20.51%) women and the most

common complication was HELLP syndrome noted in 33 women (10.58%). Of them HELLP I was noted in 20 (60.91%) women. The other complications noted were abruption (8.33%), eclampsia (0.96%), pulmonary oedema (0.96%), renal failure and DIC (1.28% each). Majority of the women had live births (96.15%), while multiple gestation and IUD was noted in 2.24% and 1.60% of the women. Most of the babies (26.65%) weighed between 2.500 to 2.999 kg and the mean birth weight was 2.36 ± 0.77 Kgs. At 5 minutes the mean APGAR score was 8.01 ± 4.76 . NICU admission was noted in 20.06% of the babies and the most common cause of NICU admission was LBW (39.06%) followed by fetal distress (28.13%).

Conclusion and interpretation

The present study showed incidence of severe preeclampsia as 5% and incidence of HELLP syndrome in women with severe preeclampsia as 10.57%. The other complications noted were abruption, eclampsia, pulmonary oedema, renal failure and DIC.

Keywords

Haemolysis elevated liver enzymes low platelets (HELLP) syndrome; Severe preeclampsia; Maternal outcome; Neonatal outcome;

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INTRODUCTION

Hypertensive disorders are the most common medical complication occurring in 12-22% of all pregnancies.¹ Approximately 70% of hypertensive disorders are due to gestational hypertension-preeclampsia.² The spectrum of hypertensive disease that can complicate pregnancy is broad, ranging from “white coat” hypertension to gestational hypertension, chronic hypertension and preeclampsia to chronic hypertension with superimposed preeclampsia.³ Eclampsia is the presence of new onset grandmal seizure in a woman with pre-eclampsia. It occurs in 18 % intrapartum, 38 % antepartum and 44% in postnatal cases.⁴

10% of all pregnancies are complicated by pre eclampsia.⁵ It refers to the new onset of hypertension (systolic blood pressure \geq 140 mm Hg or diastolic blood pressure \geq 90 mm Hg) and proteinuria (\geq 0.3 gm protein in 24 hours urine specimen) after 20 weeks of gestation in a previously normotensive non proteinuric woman.⁶

The etiology of preeclampsia is unknown: numerous models have attempted to explain its roles in the pathogenesis of immunology, cytokines, and growth factors, including tumor necrosis factor, endothelial damage, platelet dysfunction, and genetics has been implicated in the pathogenesis of preeclampsia.^{7,8}

Pre-eclampsia is considered severe if the blood pressure is \geq 160 mm Hg systolic and or \geq 110 mm Hg diastolic or proteinuria of 5 gm or higher in a 24 hours urine specimen or oliguria, cerebral or visual disturbances, pulmonary edema, impaired liver function or thrombocytopenia is present.⁹

Pre-eclampsia is a leading cause of maternal and perinatal morbidity and mortality worldwide.² Preterm labor, IUGR, IUD, accidental hemorrhage, pulmonary

edema, cardiac failure, HELLP syndrome (3%), disseminated intravascular coagulation (3%), renal failure (4%), adult respiratory distress syndrome (3%) and cerebral hemorrhage are the complications associated with pre eclampsia (1.2%).⁹

Pre-eclampsia and eclampsia accounts for 24% of all maternal deaths in India.¹⁰ Abruptio placentae, hepatic rupture and eclampsia account for majority of the maternal deaths.¹¹ Perinatal mortality is increased five-fold in patients of pre-eclampsia with iatrogenic prematurity being the main culprit.¹²

Despite advances in medical practice, pre-eclampsia and eclampsia still remains a leading cause of maternal and perinatal morbidity and mortality throughout the world. Clinical studies of pre-eclampsia and eclampsia can be used for the evaluation of safe motherhood program at population level.¹³

Acute renal failure, hepatic failure, disseminated intravascular coagulation, pulmonary oedema, cerebrovascular haemorrhage and infection are the complications of severe pre eclampsia. Preterm delivery is seen in up to 70% of cases and is at less than 28 weeks in 15%. Prematurity is therefore common and perinatal mortality is in the region of 14.1%.¹⁴

The occurrence of microangiopathic haemolysis, elevated liver enzymes and low platelets (HELLP) is a serious complication of pregnancy associated with statistically significant increase in maternal and fetal morbidity and mortality. The syndrome is seen in 0.5%-0.9% of pregnancies and 10%-20% of patients with severe preeclampsia.¹⁵ Diagnosis is based on reports of haemolysis, raised liver enzymes and low platelets. There may be variation based on the parameters. Martin has defined haemolysis on the basis of progressive anaemia, raised lactate dehydrogenase >600

IU/L; alanine transaminase and aspartate transaminase >40 IU/L and platelets count less than 150000/mm.¹⁶ . Sibai¹⁷ employed LDH of 700 IU/L, AST >70 IU/l and platelets less than 100000/mm³. The Mississippi classification recognised three classes based on platelet counts of 50000/mm³, 100000/mm³, and 150000/mm³ respectively.¹⁶

HELLP syndrome is a complication of severe pre eclampsia¹⁸ and was first described by Weinstein in 1982.¹⁹ It is a frequent complication of severe pre eclampsia, characterized by Microangiopathic hemolytic anemia; Hepatic dysfunction; and thrombocytopenia³ which usually progresses to DIC.

The HELLP syndrome in general complicates 0.2 to 0.6% of all pregnancies and its incidence increases to 4 to 12% in severe pre eclampsia.²⁰ However upto 15% of the patients will have neither hypertension nor proteinuria. There is a clinical and pathological overlap with acute fatty liver of pregnancy, which makes the diagnosis very difficult. Clinical features include jaundice, right upper quadrant pain, nausea, vomiting, headache and blurring of vision. 70% of HELLP syndrome develops in antepartum¹⁸ period (3rd trimester) and the rest in postpartum period within 48 hours of delivery.²¹ The complications of HELLP syndrome include Adverse maternal outcomes: abruption placenta, DIC; acute renal failure, pulmonary edema and intracerebral hemorrhages.²² The maternal mortality ranges from 1 to 24%. Perinatal complications include Intrauterine growth retardation (IUGR), oligohydramnios fetal distress APGAR score of <7 in 1st and 5th minute. Respiratory distress syndrome (RDS), sepsis, convulsion and perinatal mortality which ranges between 18 to 20.3%.²³

HELLP syndrome is a preventable complication of pre eclampsia. The patient enters this condition due to failure in early diagnosis of severe pre eclampsia. The

developed countries have achieved great success in preventing the development of this condition and research today is focused on early detection of pre eclampsia and its treatment but developing nations have a long way to go.

There is limited data about HELLP syndrome in cases with severe preeclampsia and incidence of HELLP syndrome, among pregnant women with severe preeclampsia remain in our settings as such cases are occasionally referred to our tertiary care centre. The present study was designed to find out the incidence of severe pre eclampsia and HELLP syndrome, to determine the percentage of renal, pulmonary and cardiac complications, to assess associated maternal morbidity and mortality in these patients so as to describe the epidemiology and disease course which may help in early diagnosis and prompt management of the disease and reduce the morbidity and mortality.

OBJECTIVES

The objectives of this study were;

Primary

To determine the incidence of severe pre eclampsia and its complications especially HELLP syndrome.

Secondary

- To evaluate the complications of severe preeclampsia and HELLP syndrome.
- To assess associated maternal and fetal morbidity and mortality.

REVIEW OF LITERATURE

HYPERTENSIVE DISORDERS OF PREGNANCY

Hypertension in pregnancy complicates around 2-3% of pregnancies. The incidence of Pregnancy induced hypertension occurs is 8-10% of pregnant women in India.²⁴ In the west it accounts for approximately 2-5% of all pregnancies.²⁵

In developing countries PIH(Pregnancy induced Hypertension) accounts for 40% to 80% of maternal mortality occurring mainly as a result of inadequacy of emergency care. The Fetus of a preeclamptic women is prone to fivefold increase in mortality as compared with infants without the disorder. Preeclampsia is responsible for approximately 15% of all preterm births.²⁶

Hypertensive disorders of pregnancy are classified into following categories:^{24,27}

1. Gestational hypertension,
2. Preeclampsia and Eclampsia
3. Chronic hypertension
4. Preeclampsia superimposed on chronic hypertension.

Hypertension in pregnancy is defined as per ACOG guidelines²⁸ is a diastolic blood pressure of 90mmHg or higher, or systolic blood pressure level of 140 mm Hg or higher, after 20 weeks of gestation, with or without proteinuria, in a previously normotensive non proteinuric woman, blood pressure measured on more than one occasion at least 4 to 6 hours apart.²⁸

Proteinuria is defined as greater than or equal to 0.3 g of protein in a 24- hour urine collection.²⁸⁻³⁰

It has been suggested in few studies that a rise in Blood pressure of 30 mm Hg systolic or 15 mm Hg diastolic should also be considered as a criteria to diagnose preeclampsia.^{29,30} But recent guidelines suggest that these patients are at an increased risk of development of PIH and benefit from close observation^{29,30}

Features of severe pre eclampsia^{29,30}

1. Hypertension – systolic > 160 mm Hg or diastolic > 110 mm Hg on two occasions atleast 4 hrs apart while the patient is on bed rest.
2. Thrombocytopenia- platelet count < 1,00,000 μ L.
3. Impaired liver function test – elevated liver transaminases to twice the normal, severe persistent right upper quadrant or epigastric pain unresponsive to medication and not accounted for by alternative diagnosis or both.
4. New development of renal insufficiency - Serum creatinine >1.1 mg/dl OR doubling of serum creatinine in absence of renal disease.
5. Pulmonary odema
6. New onset cerebral or visual disturbances
7. IUGR

For management purposes both gestational hypertension and pre-eclampsia are considered as one. But the prognosis of gestational hypertension is better than pre-eclampsia.³¹

Classifications of Hypertensive Disorders During Pregnancy³²⁻³⁶

	American College of Obstetricians and Gynecologists (ACOG)	International Society for the Study of Hypertension in Pregnancy (ISSHP)	Working Group on High Blood Pressure in Pregnancy	Royal College of Obstetricians and Gynecologists (RCOG)
Chronic Hypertension	BP 140/90 mm Hg Present before 20 weeks	BP 140/90 mm Hg Present before 20 weeks	BP 140/90 mm Hg Present before 20 weeks	***
Gestational Hypertension	BP 140/90 mm Hg Onset after 20 weeks	BP 140/90 mm Hg Present before 20 weeks	BP 140/90 mm Hg Onset after 20 weeks	***
Preeclampsia	BP 140/90 mm Hg Onset after 20 weeks Proteinuria*	BP 140/90 mm Hg Onset after 20 weeks Proteinuria*	BP 140/90 mm Hg Onset after 20 weeks Proteinuria*	Gestational hypertension Proteinuria
Severe Preeclampsia	BP > 160/110 mm Hg Excessive proteinuria***	BP 160/110 mm Hg	DBP 110 mm Hg	BP 170/110 mm Hg (Severe hypertension)
Preeclampsia Superimposed on Chronic Hypertension	BP 140/90 mm Hg Present before 20 weeks New onset proteinuria	BP 140/90 mm Hg Present before 20 weeks New onset proteinuria	New onset proteinuria during pregnancy in chronic hypertension	***

* Proteinuria is defined as > 300 mg on 24 hour urine collection or > 30 mg on a urine spot test

** Excessive proteinuria is defined as > 5 gram on 24 hour urine collection

*** RCOG follows NICE guidelines

Epidemiology

Worldwide

Hypertensive disorders of pregnancy complicate approximately 5–10% of pregnancies.³⁷ Hypertensive disorders accounted for 9% maternal deaths in Africa and Asia, and 25% in Latin America and the Carribean.^{38,39}

Indian scenario

Incidence of hypertensive disorders in India is found to be 10.08 % as observed through the data collected by the National Eclampsia Registry (NER) (11,266 out of 1,11,725 deliveries) over the past 3 years with 2,554 patients out of this presenting with eclampsia.³⁹

Recently Ngwenya S.⁴⁰ reported a retrospective descriptive cohort study which was carried out at Mpilo Central Hospital, a tertiary teaching referral government hospital in a low-resource setting in Bulawayo, Zimbabwe to determine the incidence of severe preeclampsia/eclampsia in a low-resource setting; to determine the maternal complications of severe preeclampsia/eclampsia in a low-resource setting; and to determine the perinatal outcomes of severe preeclampsia/eclampsia in a low-resource setting. The incidence of severe preeclampsia/eclampsia at Mpilo Central Hospital was 1.3%. The most common maternal complication was HELLP syndrome. Maternal mortality was 1.7% due to acute renal failure. Nearly half (49.6%) of the babies born were lost to stillbirths and early neonatal deaths.

The HELLP syndrome

The incidence of HELLP syndrome is 10–20% in severe preeclamptic/eclamptic pregnancies.^{42,43} The syndrome was first described in 1982 by Weinstein and colleagues⁴⁴ as being characterized by hemolysis, low platelets and elevated liver enzymes. Maternal morbidity and mortality is significant in HELLP syndrome. Hypertension and proteinuria may not be present,⁴² Women with HELLP syndrome should typically be delivered as soon as possible due to the significant morbidity and mortality. They are not candidates for expectant management.

The HELLP is currently regarded as a variant of severe preeclampsia or a complication.¹⁵

The incidence of HELLP syndrome is 0.5 to 0.9 % in all pregnancies 10 to 20 % in severe pre eclampsia.^{45,46} In about 70% of the cases, the HELLP syndrome develops before delivery⁴⁷ with a peak frequency between the 27th and 37th gestational weeks; 10% occur before the 27th week, and 20% beyond the 37th gestational week.¹⁹ The mean age of pregnant women with HELLP syndrome is usually higher than in women with preeclampsia.^{48,49} Most white women with HELLP are multiparous.⁵⁰ The HELLP syndrome usually develops within the first 48 hours in the post-partum period in women who have had proteinuria and hypertension prior to delivery.⁴⁷ The onset of the HELLP syndrome is usually rapid.⁸¹ In 10–20% of the cases, HELLP syndrome may be non proteinuric and normotensive.¹⁷ Excessive weight gain and generalized oedema precede the syndrome in more than 50% of the cases.^{15,52}

Diagnostic criteria

Main diagnostic criteria of the HELLP syndrome

There are two major definitions for diagnosing the HELLP syndrome. In the Tennessee Classification System, Sibai has proposed strict criteria for "true" or "complete" HELLP syndrome (all the three criteria should be met).^{17,52} If two of the three criteria are met, then it is labeled Partial HELLP. Intravascular haemolysis is diagnosed by abnormal peripheral blood smear, increased serum bilirubin ($20.5 \mu\text{mol/L}$ or $1.2 \text{ mg}/100 \text{ mL}$) and elevated LDH levels ($> 600 \text{ units/L (U/L)}$).^{52,53}

Main diagnostic criteria of the HELLP syndrome⁵¹

HELLP class	Tennessee Classification	Mississippi classification
1	Platelets $100 \cdot 10^9/\text{L}$	Platelets $50 \cdot 10^9/\text{L}$
	AST 70 IU/L	AST or ALT 70 IU/L
	LDH 600 IU/L	LDH 600 IU/L
2		Platelets $100 \cdot 10^9/\text{L}$ $50 \cdot 10^9/\text{L}$
		AST or ALT 70 IU/L
		LDH 600 IU/L
3		Platelets $150 \cdot 10^9/\text{L}$ $100 \cdot 10^9/\text{L}$
		AST or ALT 40 IU/L
		LDH 600 IU/L

In The Mississippi-Triple Class System, a further classification of the disorder is based on the nadir platelet count any time during the course of the disease.⁵¹ Class 1 and class 2 are associated with haemolysis (LDH > 600 U/L) and elevated AST (> 70 U/L) concentration, while class 3 requires only LDH > 600 U/L and AST > 40 U/L in addition to the specific platelet count.¹⁵

Different criteria are used to diagnose HELLP syndrome.¹⁷ The condition can be diagnosed simply on biochemical evidence. Some require the presence of severe preeclampsia together with biochemical substantiation to diagnose HELLP. Others deal with the HELLP syndrome as partial or incomplete HELLP. A number of studies have included women with lack of suspicion or evidence of haemolysis.^{15,17} According to Smulian et al.⁵⁴ the threshold of normal LDH values may be much lower than 600 U/L depending on the laboratory method adopted. Visser and Wallenburg used ALAT > 30 U/L to define abnormality (2 SD above mean in hospital).⁵⁵ Clearly, the analytical method used is important for the diagnostic reference range.¹⁵

However, at present differing diagnostic criteria for HELLP syndrome have been reported, two commonly used criteria follow.

OE Sibai et al.⁴⁷ (each of following required)

1. Hemolysis on peripheral smear, lactate dehydrogenase > 600 U/L, or total bilirubin > 1.2 mg/dL.
2. Aspartate aminotransferase > 70 U/L.
3. Platelet count < 100,000 cells/mm³.

OE Martin et al²¹ (each of following required)

1. Lactate dehydrogenase > 600 U/L.
2. Aspartate aminotransferase or alanine aminotransferase > 40 IU/L.
3. Platelet count < 150,000 cells/mm³.

Studies have shown that, outcomes for pregnancy complicated by hypertension carries significant risk for complications. There are several immediate and long-term maternal health risks as well as fetal risks which varies widely in different studies due to geographical variation, sociocultural practices and varied criteria of patient selection.⁵⁶

In a report by Sibai et al.⁴⁷ on the outcome of 442 pregnancies complicated by HELLP, cerebral bleeding was not mentioned as a complication.

Sibai BM et al.⁴² conducted a prospective cohort study on 442 pregnancies complicated with HELLP syndrome to describe the incidence and effects of serious obstetric complications on maternal outcome in pregnancies complicated by HELLP syndrome. They reported five maternal deaths, of which three attributed to diffuse hypoxic encephalopathy, and significant morbidity – including placental abruption (16%), acute renal failure (7.7%), pulmonary edema (6%) and subcapsular hematoma (0.9%) in a study of 442 patients with HELLP syndrome.⁴²

Audibert et al.⁴⁹ report cerebral bleeding to occur in 1.5% of the cases. Contrary to this, in a highly selected group of 37 women with the HELLP syndrome that was transferred to an obstetric intensive care unit in Turkey, 15 women (40%) had cerebral haemorrhage. In this study CT and MRI were used as diagnostic tools.⁵⁷

Maternal mortality

In a large retrospective cohort study⁴⁷ comprising 442 pregnancies complicated by the HELLP syndrome, the maternal mortality was 1.1%.¹⁶ However, higher maternal mortality, up to 25%, has been reported. Unexpected rapid death from HELLP may require forensic expertise.⁵⁸ Isler et al.²⁴ found cerebral haemorrhage or stroke to be the primary cause of death in 26% and the most contributing factor in another 45% of the deaths. Maternal mortality rate in hepatic rupture ranges from 18 to 86%.⁵⁹

Tuffnell DJ et al.⁴¹ reported a five-year prospective study in 2005 to establish the risk of serious complications from severe pre-eclampsia and eclampsia in a region using a common guideline for the management of these conditions. Between 1 January 1999 and 31 December 2003, 210631 women had delivered. One thousand eighty-seven women were diagnosed with severe pre-eclampsia or eclampsia (5.2/1000). Serious complications were reported in 151 women including 82 women (39/10,000) having eclamptic seizures and 49 women (23/10,000) requiring ICU admission. 54 out of 1145 babies died before discharge, giving a mortality rate of 47.2/1000, but no maternal deaths were reported. Of the 82 cases of eclampsia, 45 occurred antenatally (55%), 18 before admission to the maternity unit. Eleven cases occurred in labour (13%), including 1 during a caesarean section, and 26 cases occurred following delivery (32%). Twenty-five women developed pulmonary oedema (2.3% of cases) and six women required renal dialysis (0.55% of cases). One hundred and sixty-five (15%) required no antihypertensive therapy and 489 (53%) of the remainder required only oral therapy. Two hundred and one (18.5%) required more than one drug.

Quah TC et al.⁶⁰ in 2001 conducted a study was to review all obstetric admissions to the intensive therapy unit at the KK Women's and Children's Hospital from 1998 to 1999 with respect to indications for admission, interventions employed and clinical outcome. There were 31,725 deliveries in our hospital during the study period of which there were 239 admissions to the intensive therapy unit. Of these, 42% were Malays, 41% Chinese, 12% Indians and 5% other races. 65% stayed 1 day, 24% 2 days, 7% 3 days and 4% more than 3 days. The patients' ages ranged from 18 to 44 years. The indications for admission were hypertension (50%), haemorrhage (24%), respiratory insufficiency (10%), neurological problems (11%) and sepsis (3%). The maternal mortality and stillbirth rates were 1.3% and 3.7% of intensive therapy unit admissions, respectively. The study concluded that, the admission rate to the intensive therapy unit as 0.73% of all deliveries during the 2-year study period and hypertensive disease and haemorrhage were the predominant admitting diagnoses.

Iacobelli S. et al.⁶¹ assessed the prevalence of preterm birth in pre-eclamptic deliveries in Reunion Island, a tropical overseas French department to compare this prevalence with that of international literature. All singleton live-born deliveries referred to three maternity centers in Reunion Island over 13 years were eligible. Pre-eclampsia occurred in 2.3% of 51 927 singleton live-born deliveries in Reunion Island. The prevalence of preterm birth among pre-eclamptic deliveries was 59.8% (28.6% late and 31.2% early preterm birth). Among identified reports, only one prospective study from Canada (1986-1995) described preterm and early preterm birth rates higher than Reunion Island. A cohort-based report from Guadeloupe, another tropical French DOM, showed a preterm birth prevalence of 60.9%, with 30.8% of early preterm birth. It was concluded that, predominance of early- or late-onset pre-

eclampsia has huge geographical differences. Further investigations are required to address risk factors for preterm birth and early onset pre-eclampsia in French DOM.

Ghimire S.⁶² carried out a retrospective cross-sectional hospital based study to assess fetomaternal outcomes in their setting in Nobel Medical College, Biratnagar, from 17th June 2014 to 16th June 2015. Among 8,066 deliveries, 112 had eclampsia with incidence of 13.8/1000 deliveries. Majority (41%) were of <19 years of age. Above 90% were unbooked. About 63.4% were primiparas and 83% had antepartum eclampsia. Eclamptic fits were more common (41.6%) in 37-40 weeks period of gestation. About 18.9% women developed eclampsia related complications. Common causes of maternal deaths (5.36%) were pulmonary edema, aspiration pneumonia, cerebrovascular accidents and HELLP syndrome. Perinatal death was 9%.

Perinatal morbidity and mortality

Perinatal mortality and morbidity are higher in the HELLP syndrome, and are primarily dependent on the gestational age when the condition develops.¹⁵

According to Gul et al.⁶³ the perinatal mortality is 34% before 32 weeks' gestation, and 8% after the 32nd gestational week. The leading causes of neonatal death are preaturity, placental insufficiency and IUGR. Hepatic rupture has a perinatal mortality rate that can reach 80%.^{15,59}

Murray et al.⁶⁴ published in 2001 the outcome of 20 cases of the HELLP syndrome over a 5-year period. 85% were delivered by Caesarean section within 24 hours of diagnosis. 65% were preterm. The mean gestation at delivery was 33.5 weeks and the mean birth weight 1923 g. 40% of the neonates developed respiratory distress syndrome (RDS).

Analysis of the perinatal and neonatal data for women diagnosed with HELLP from 1993 to 1996 was performed by Singhal et al.⁶⁵ who compared the neurodevelopmental outcome of HELLP a group of birth weight matched controls. 104 women with HELLP syndrome gave birth to of 109 infants (mean gestational age 32.6 weeks, mean birth weight 1766 g). Prematurity is the leading cause of all morbidity and mortality despite having no significant differences in gender, APGAR score, need for resuscitation, RDS, sepsis, NEC or death in the neonatal unit. No significant differences in neonatal mortality and morbidity were found in infants weighing less than 1250 g compared to the weight matched control group. At 3 years of age, the HELLP group had fewer children with cerebral palsy (CP) and mental disability.⁶⁵

Kandler et al.⁶⁶ reported that in the time span between 6 and 72 months (median 24 months) after delivery, 90% of children born from mothers with HELLP showed normal development or only minor disabilities. 33 weeks was the mean gestational age and the mean birth weight 1671 g. However, the neonatal outcome is poor before 25 weeks' gestation or with birth weights less than 700 g; after 26 weeks' gestation or in infants weighing more than 700 g it is substantially better.

In a study conducted by Aabidha PM. et al.⁶⁷ in a secondary care hospital in South India in 2015, the incidence of pre eclampsia was approximately 5%.

In a study conducted by Balsera EC. et al.¹⁸ in 2011 it was analysed that the maternal morbidity and mortality among patients admitted to Obstetric Intensive Care Unit (OICU) incidence of pre eclampsia was 7%. 5% of all pre eclampsia developed eclampsia. 19% of the pre eclamptic cases develop HELLP syndrome. 9% develop heart failure 5% develop acute renal failure and coagulation disorders in 2% cases.

In a prospective study conducted by Banoo S. et al.²⁰ in a tertiary care hospital in Srinagar in 2007, to analyse what number of severe PE patients develop HELLP syndrome. 100 patients were enrolled out of which 10% had HELLP syndrome, 8% had partial HELLP syndrome and 82% had no HELLP syndrome.

In a retrospective descriptive study conducted by Virgil Gracia P. et al.⁶⁸ in Panama over 3 years, in 2000, 558 pregnancies were complicated by pre eclampsia and 26 by eclampsia. The incidence of HELLP syndrome was 12% in severe pre eclampsia patients and 34.6 % in eclampsia patients. with a total incidence of 16%.

In a review article on HELLP syndrome by Satpathy H et al.⁶⁹ published in Feb 2009, the incidence of HELLP syndrome was found to be 1% in all pregnancies and 4 to 12 % in severe pre eclampsia or eclampsia.

METHODOLOGY

This study was conducted in the Department of Obstetrics and Gynecology, KLES Dr. Prabhakar Kore Hospital and Medical Research Centre, Belagavi.

Study design

The study design was a cross-sectional study.

Study duration and period

This study was conducted for period of one year from January 2016 to December 2016.

Place

The present study conducted in the labour room and wards of KLES Dr. Prabhakar Kore Hospital and Medical Research Centre, Belagavi, a tertiary care teaching hospital attached to Jawaharlal Nehru Medical College, Belagavi.

Source of data

Pregnant women getting admitted in the labour room of KLES Dr Prabhakar Kore Charitable Hospital and Medical Research Center, Belagavi and who were diagnosed to have severe preeclampsia fulfilling selection criteria during the study period were enrolled.

Sample size

The study was comprised of 312 pregnant women.

Sampling procedure

The sample size was calculated considering the prevalence based on the formula as below.

$$n = [2(z_1 + z_2)^2 * p(1-p)] / (p_1 - p_2)^2$$

Where,

$$z_1 = \text{Constant (1.96)}$$

$$z_2 = \text{Constant (0.84)}$$

$$p = (p_1 + p_2) / 2$$

$p_1 = 0.07^{19}$ of all the pregnancies that progress to develop pre eclampsia

$p_2 = 0.19^{19}$ of the pre eclampsia cases that progress towards HELLP

$$p = (0.07 + 0.19) / 2 = 0.13$$

L = Standard error (10%) at 95% confidence level

Therefore,

$$n = [2(1.96 + 0.84)^2 * 0.13(1 - 0.13)] / (0.19 - 0.03)^2$$

$$n = 123.153 \quad 125 \text{ (Approx)}$$

The sample obtained from the above formula was 125. However 312 women fulfilled the selection criteria during the study period and were enrolled in the study.

Selection criteria

Inclusion criteria

- Women with severe preeclampsia or any of the following laboratory criteria will be included in the study

- Severe preeclampsia was defined by presence of any of the below mentioned features.²⁵
 - o Hypertension – systolic > 160 mm Hg and or diastolic > 110 mm Hg on two occasions at least 4 hours apart while the patient is on bed rest developing after 20 weeks gestation with proteinuria.
 - o Thrombocytopenia- platelet count < 1,00,000
 - o Impaired liver function test – elevated liver transaminases to twice the normal, severe persistent right upper quadrant or epigastric pain unresponsive to medication and not accounted for by alternative diagnosis or both.
 - o New development of renal insufficiency - Serum creatinine >1.1 mg/dl OR doubling of serum creatinine in absence of renal disease.
 - o Pulmonary odema.
 - o New onset cerebral or visual disturbances.
- Gestational age >24 weeks

Exclusion criteria

Pregnant women with;

- Those with medical disorders like chronic hypertension, renal disease, epilepsy.
- Those not willing to participate in the study

Ethical clearance

Prior to the commencement of study, the ethical clearance was obtained from the Institutional Ethics Committee, Jawaharlal Nehru Medical College, Belagavi.(Annexure III)

Informed Consent

The eligible women were explained about the nature of the study and a written informed consent was obtained (Annexure I).

Method of collection of data

After the enrollment demographic data, obstetric history and current pregnancy details were obtained through an interview. These women were subjected to clinical examination. The data obtained was recorded on the predesigned and pretested proforma (Annexure II).

Investigations

The selected women underwent following investigations.

- Haemoglobin levels
- Prothrombin time
- Activated Partial Thromboplastin Time
- Peripheral smear
- Blood group
- Serum fibrinogen
- Urine albumin, microscopy
- Lactate dehydrogenase
- Liver function tests
- Renal function tests.

Medical management

The medical management was done with following medications

- Antihypertensive drugs: eg, nifedipine, hydralazine, labetolol
- Magnesium sulphate intramuscular for therapeutic and prophylaxis purposes

Obstetric management

Termination of pregnancy based on the BISHOPS score by vaginal delivery or a caesarean section was done for obstetric indications. The Mother and the baby were monitored for one week in the postpartum period.

Outcome variables

The selected women were monitored for maternal and neonatal outcomes as below.

Maternal outcome

- Onset of labour
- Mode of delivery
- In case of caesarean section delivery, indication for LSCS
- Maternal complications
- Maternal mortality

Neonatal outcome

- Birth weight
- APGAR score -1min 5min
- Admission in NICU
- Causes of Admission to NICU
- Neonatal mortality

The above outcomes were monitored for women who developed HELLP syndrome also.

With regard to complications, the women were diagnosed to have HELLP syndrome based on Mississippi classification.¹⁶ Abruptio was considered when a clinical and sonography aided diagnosis that includes antepartum haemorrhage with pre mature separation of a normally situated placenta, more common in pre eclampsia. Acute renal failure in obstetrics was regarded as an abrupt decline in renal function characterised by a urine output of less than 400 ml in 24 hours pulmonary oedema was defined as bilateral crepts on auscultation. Plus bilateral chest infiltrates on x ray and impaired oxygenation PaO₂ less than 200 mm hg, eclampsia was defined as pre eclampsia with convulsions and DIC was defined as fibrinogen less than 180 mg/DL with a raised PT INR.⁷¹

Statistical analysis

The data obtained was coded and entered into Microsoft Excel Worksheet (Annexure III). The data was analysed using SPSS statistical software version 20.0. The categorical data was expressed as rates, ratios and proportions and continuous data was expressed as mean \pm standard deviation (SD). The comparison of continuous data done using independent sample 't' test. A probability value (p value) of 0.05 was considered as statistically significant.

RESULTS

The present cross sectional study was conducted for the period of one year from January 2016 to December 2016 in the labour room and wards of Department of obstetrics and Gynaecology, KLES Dr. Prabhakar Kore Hospital and Medical Research Centre, Belagavi. A total of 312 pregnant women with blood pressure 160/110 mmHg suggestive of severe preeclampsia were enrolled. The consort diagram for Screening, selection and enrollment is as shown below. During the study period the incidence of severe preeclampsia was found to be 5.00%

Screening, selection of the study population

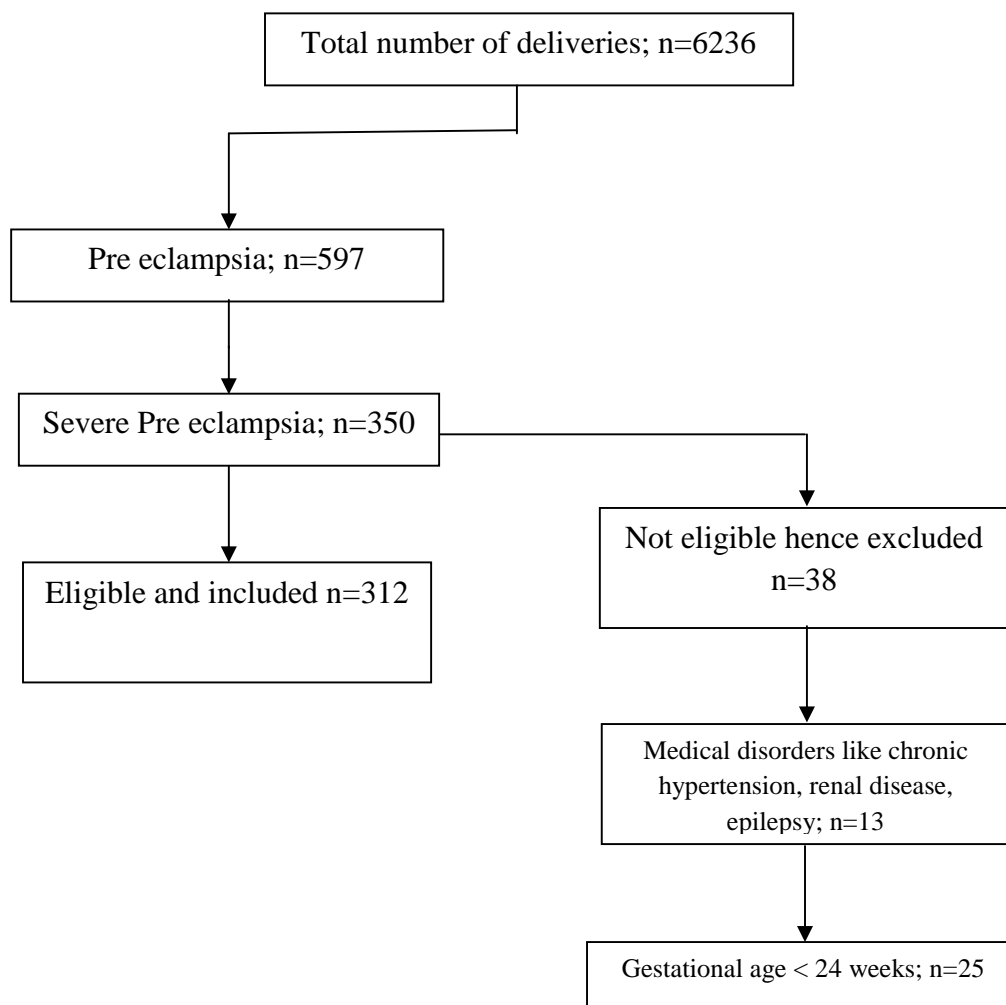
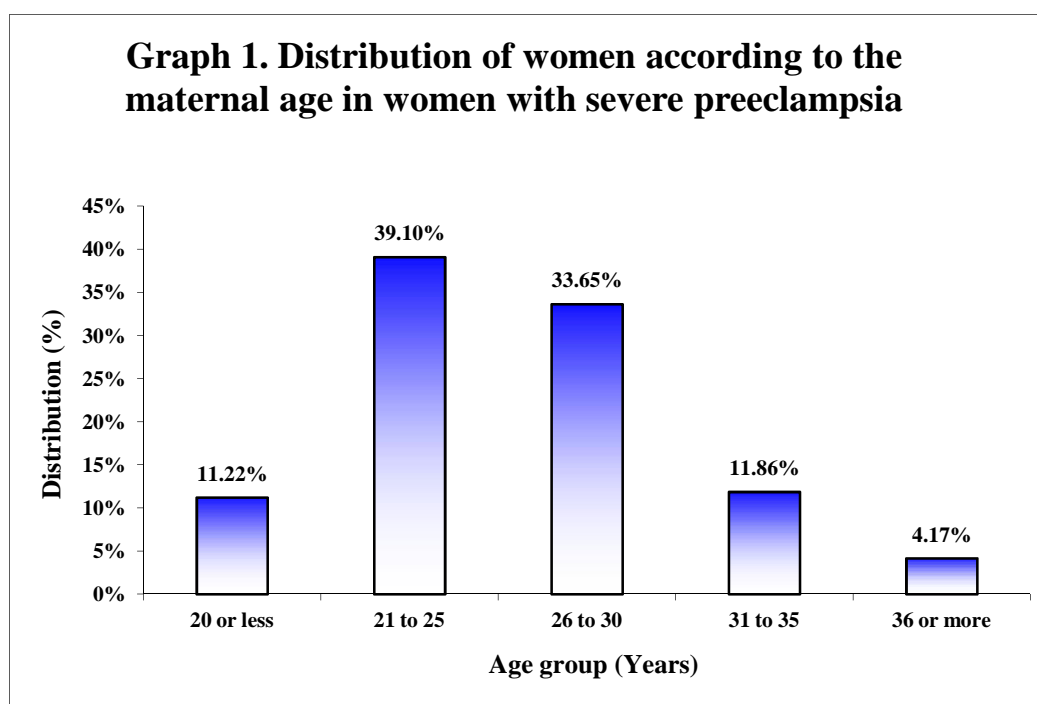


Table 1. Distribution of women according to the maternal age in women with severe preeclampsia

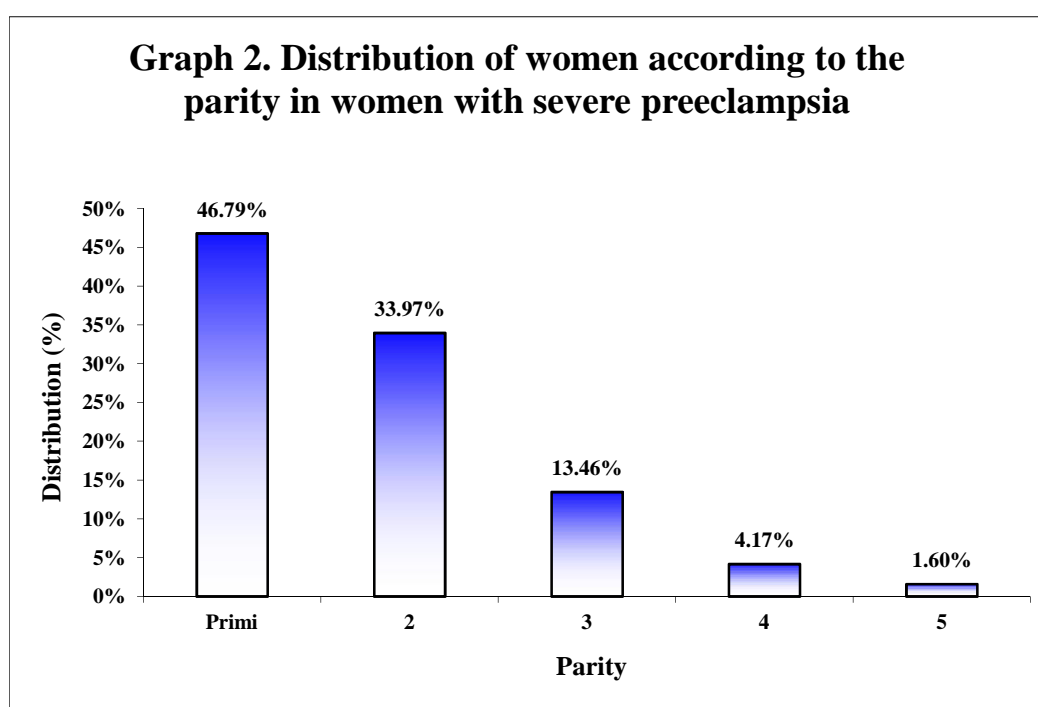
Age group (Years)	Distribution (n=312)	
	Number	Percentage
20 or less	35	11.22
21 to 25	122	39.10
26 to 30	105	33.65
31 to 35	37	11.86
36 or more	13	4.17
Total	312	100.00



In the present study most of the women were aged from 21 to 25 years (39.10%). The mean age was 26.18 ± 4.45 years. The median age was 25 years and ranged between 18 to 38 years.

Table 2. Distribution of women according to the parity in women with severe preeclampsia

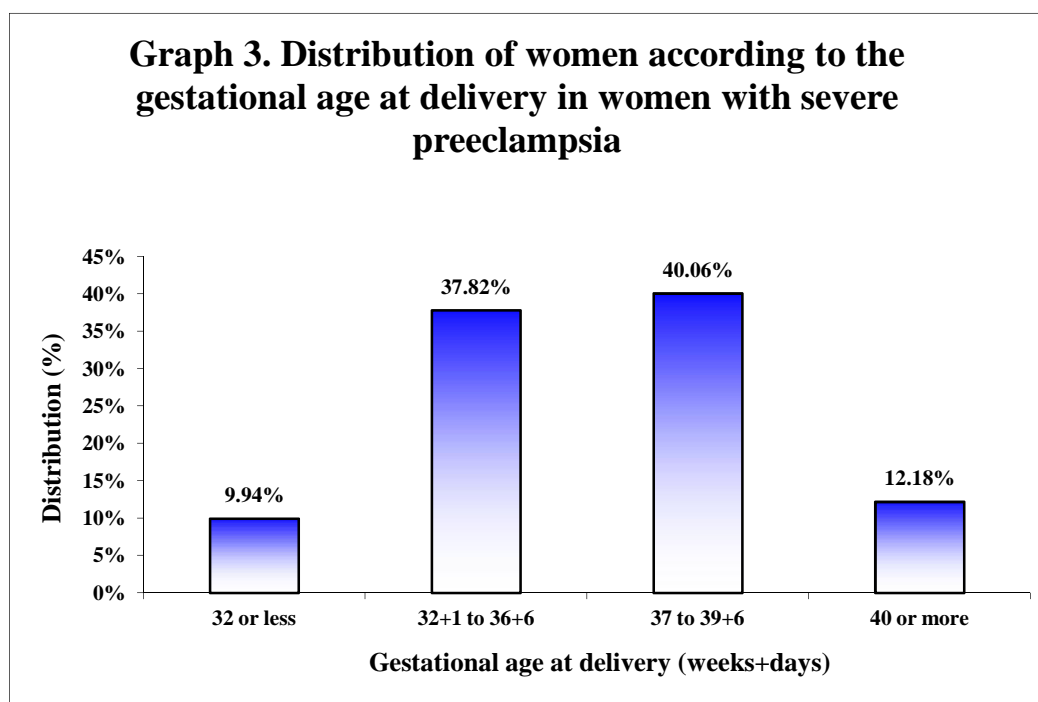
Parity	Distribution (n=312)	
	Number	Percentage
Primi	146	46.79
2	106	33.97
3	42	13.46
4	13	4.17
5	5	1.60
Total	312	100.00



In the present study most of the women were primi (46.47%) followed by para 2 (33.97%), para 3 (13.46%), para 4 (4.17%) and para 5 (1.60%).

Table 3. Distribution of women according to the gestational age at delivery in women with severe preeclampsia

Gestational age at delivery (weeks+days)	Distribution (n=312)	
	Number	Percentage
32 or less	31	9.94
32+1 to 36+6	118	37.82
37 to 39+6	125	40.06
40 or more	38	12.18
Total	312	100.00

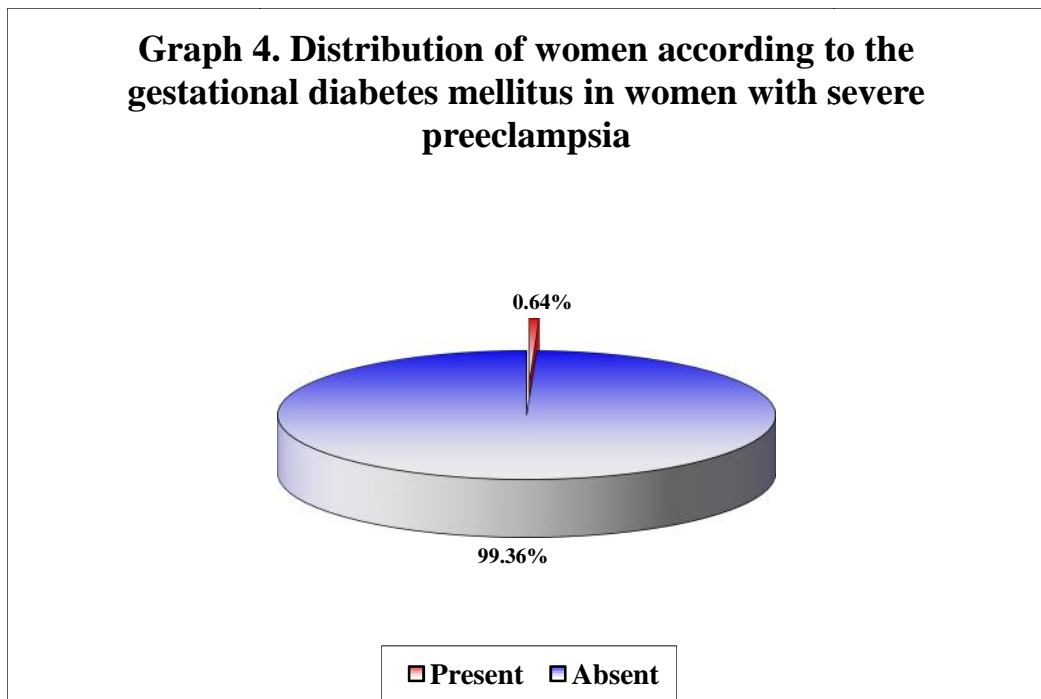


In the present study most of the women delivered between 37 to 39+6 weeks (40.06%). The mean gestational age at delivery was 36.31±3.51 weeks.

Table 4. Distribution of women according to the gestational diabetes mellitus in women with severe preeclampsia

Gestational diabetes mellitus	Distribution (n=312)	
	Number	Percentage
Present	2	0.64
Absent	310	99.36
Total	312	100.00

Graph 4. Distribution of women according to the gestational diabetes mellitus in women with severe preeclampsia

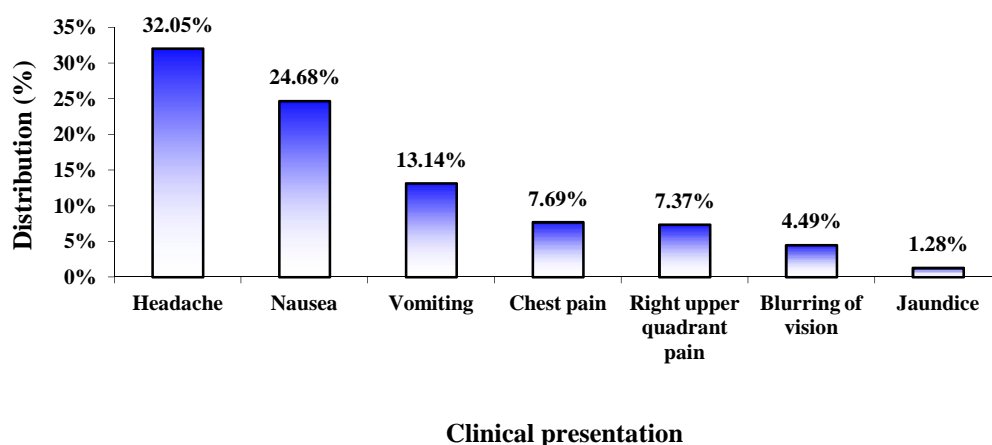


In the present study 0.64% of the women had gestational diabetes mellitus.

Table 5. Distribution of women according to the clinical presentation in women with severe preeclampsia

Clinical presentation	Distribution (n=312)	
	Number	Percentage
Headache	100	32.05
Nausea	77	24.68
Vomiting	41	13.14
Chest pain	24	7.69
Right upper quadrant pain	23	7.37
Blurring of vision	14	4.49
Jaundice	4	1.28

Graph 5. Distribution of women according to the clinical presentation in women with severe preeclampsia

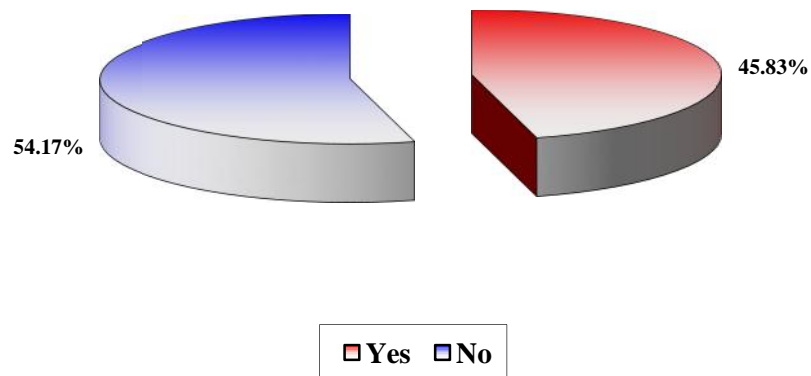


In the present study the most common clinical presentation was headache (32.05%) followed by nausea (24.68%), Vomiting (13.14%), chest pain (7.69%), right upper quadrant pain (7.37%), blurring of vision (4.49%) and jaundice 1.28%.

Table 6. Distribution of women according to the administration of magnesium sulphate in women with severe preeclampsia

Magnesium sulphate administration	Distribution (n=312)	
	Number	Percentage
Yes	143	45.83
No	169	54.17
Total	312	100.00

Graph 6. Distribution of women according to the administration of magnesium sulphate in women with severe preeclampsia

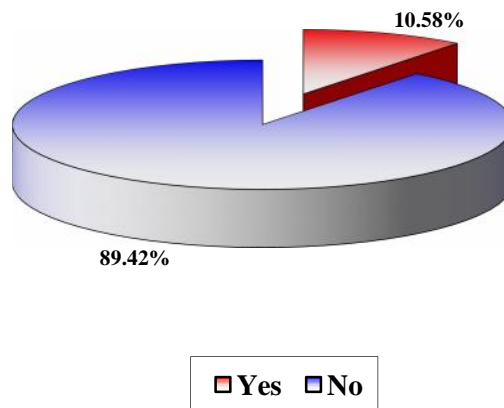


In the present study magnesium sulphate administration was done in 45.83% of the women.

Table 7. Distribution of women according to the HELLP syndrome in women with severe preeclampsia

HELLP syndrome	Distribution (n=312)	
	Number	Percentage
Yes	33	10.58
No	279	89.42
Total	312	100.00

Graph 7. Distribution of women according to the HELLP syndrome in women with severe preeclampsia

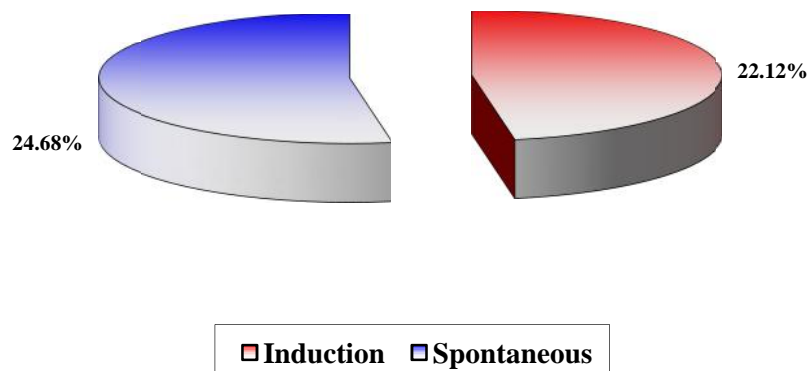


In the present study the 10.58% of the women had developed HELLP syndrome.

Table 8. Distribution of women according to the onset of labour in women with severe pre eclampsia

Onset of Labor	Distribution (n=312)	
	Number	Percentage
Induction	69	22.12
Spontaneous	77	24.68
Total	146	46.79

Graph 8. Distribution of women according to the onset of labour in women with severe preeclampsia

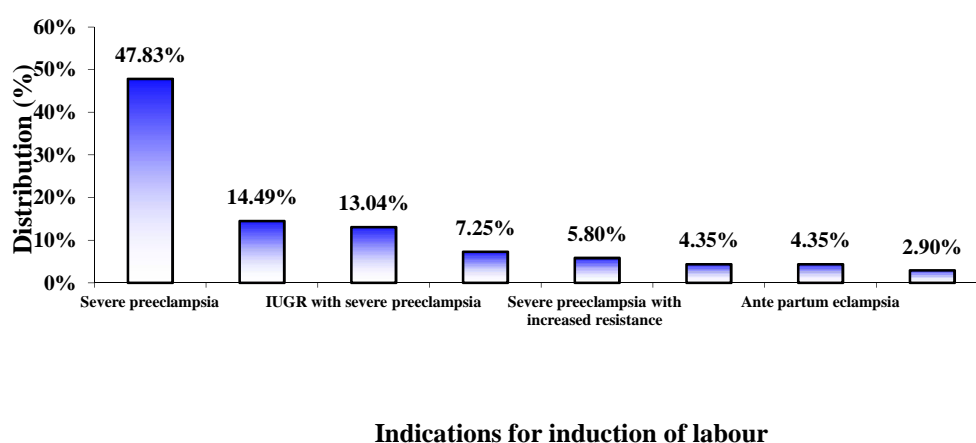


In the present study 24.68% of the women were induced for labour while 22.12% of the women had spontaneous labour.

Table 9. Distribution of women according to the indications for induction of labour in women with severe preeclampsia

Indications for induction of labor	Distribution (n=69)	
	Number	Percentage
Severe preeclampsia	33	47.83
Postdatism	10	14.49
IUGR with severe preeclampsia	9	13.04
IUD with severe preeclampsia	5	7.25
Severe preeclampsia with increased resistance on doppler	4	5.80
Severe preeclampsia with GDM	3	4.35
Antepartum eclampsia	3	4.35
HELLP	2	2.90
Total	69	100.00

Graph 9. Distribution of women according to the indications for induction of labour in women with severe preeclampsia

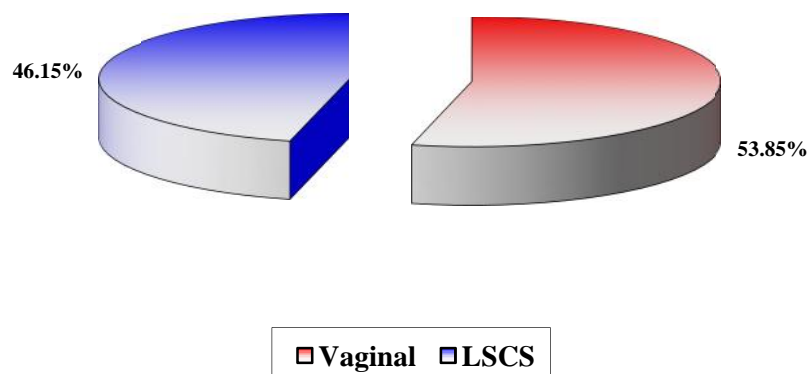


In the present study the most common indication for the induction of labour was severe preeclampsia (47.83%) followed by postdatism (14.49%).

Table 10. Distribution of women according to the mode of delivery in women with severe preeclampsia

Mode of delivery	Distribution (n=312)	
	Number	Percentage
Vaginal	168	53.85
LSCS	144	46.15
Total	312	100.00

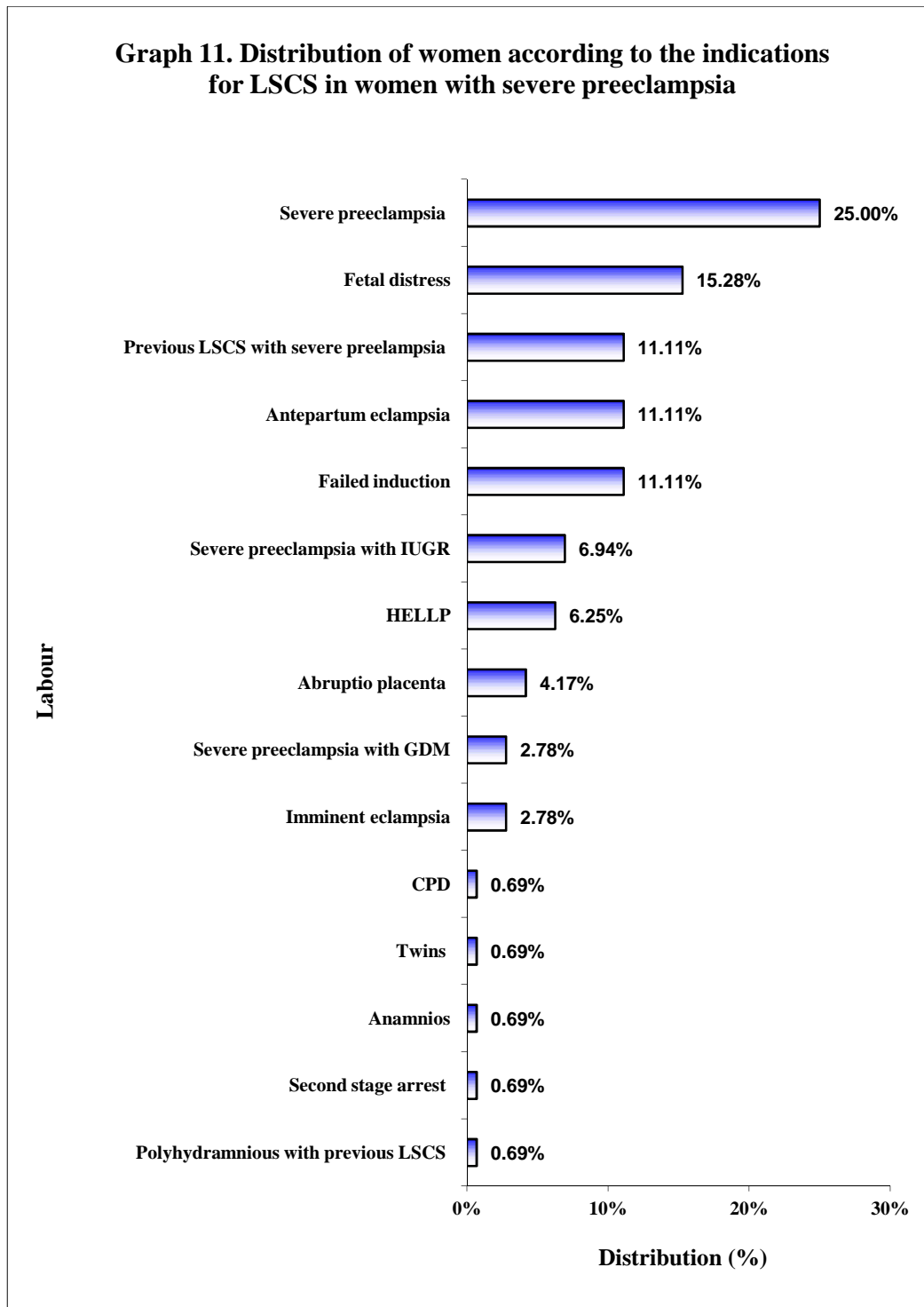
Graph 10. Distribution of women according to the mode of delivery in women with severe preeclampsia



In the present study, 53.85% of the women had vaginal delivery and 46.15% of the women underwent LSCS.

Table 11. Distribution of women according to the indications for LSCS in women with severe preeclampsia

Indications	Distribution (n=144)	
	Number	Percentage
Polyhydramnios with previous LSCS	1	0.69
Second stage arrest	1	0.69
Anamnios	1	0.69
Twins	1	0.69
CPD	1	0.69
Imminent eclampsia	4	2.78
Severe preeclampsia with GDM	4	2.78
Abruptio placenta	6	4.17
HELLP	9	6.25
Severe preeclampsia with IUGR	10	6.94
Failed induction	16	11.11
Antepartum eclampsia	16	11.11
Previous LSCS with severe preelampsia	16	11.11
Fetal distress	22	15.28
Severe preeclampsia	36	25.00
Total	144	100.00

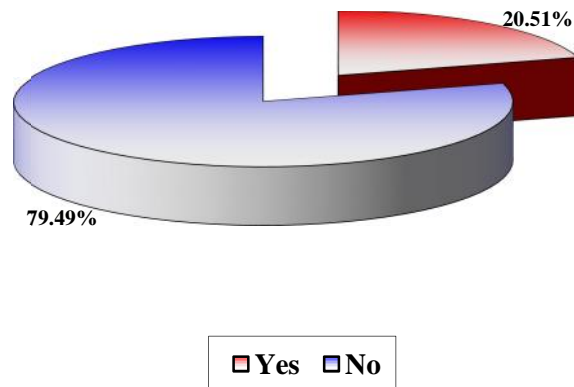


In the present study, the most common indication for LSCS was severe preeclampsia 25.00% followed by fetal distress (15.28%). The other indications are as depicted in Table 11 and graph 11.

Table 12. Distribution of women according to the complications in women with severe preeclampsia

Complications	Distribution (n=312)	
	Number	Percentage
Yes	64	20.51
No	248	79.49
Total	312	100.00

Graph 12. Distribution of women according to the complications in women with severe preeclampsia

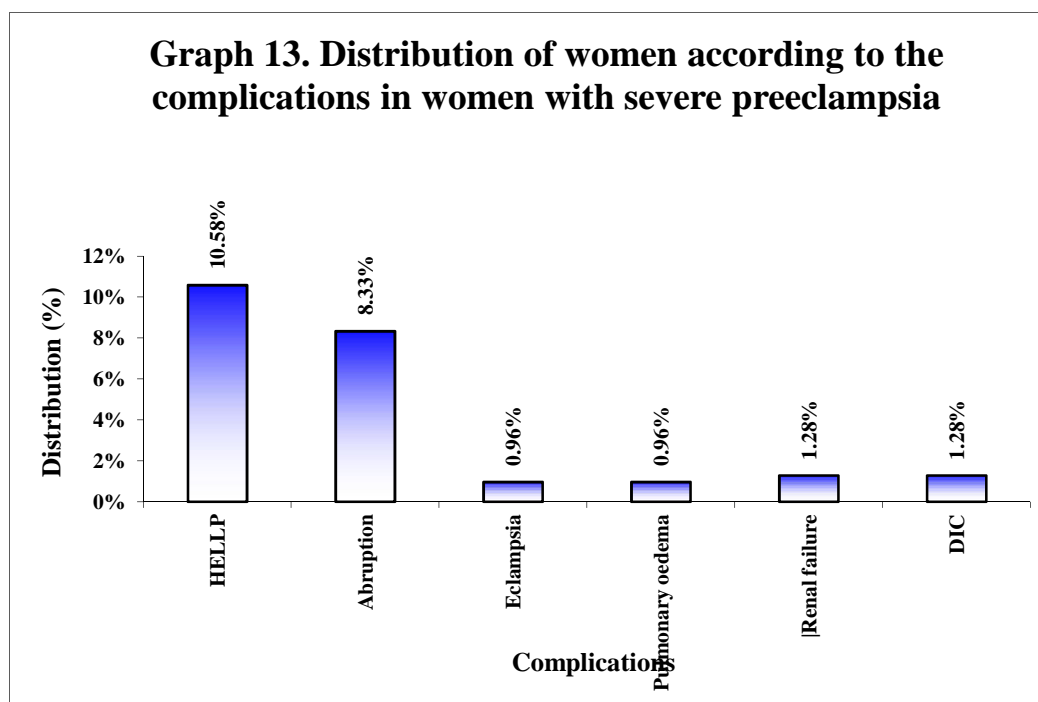


In this study, 20.51% of the women with severe pre eclampsia developed complications.

Table 13. Distribution of women according to the complications in women with severe preeclampsia

Complications	Distribution (n=312)	
	Number	Percentage
HELLP	33	10.58
Abruption	26	8.33
Eclampsia	4	0.96
Pulmonary oedema	4	0.96
Renal failure	3	1.28
DIC	3	1.28

Multiple complications noted hence total not shown

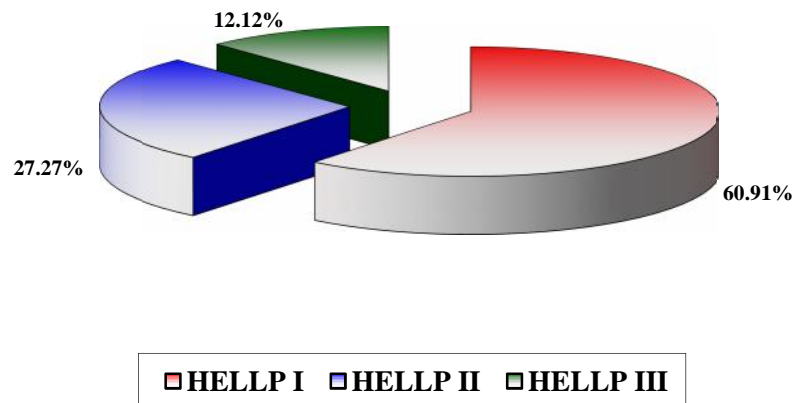


In the present study, the most common complication was HELLP syndrome (10.58%) followed by abruption (8.33%), eclampsia (0.96%), pulmonary oedema (0.96%), renal failure and DIC (1.28%).

Table 14. Distribution of women according to the severity of HELLP syndrome in women with severe preeclampsia (MISSISSIPPI classification)

Severity	Distribution (n=33)	
	Number	Percentage
HELLP I	20	60.61
HELLP II	9	27.27
HELLP III	4	12.12
Total	33	100.00

Graph 14. Distribution of women according to the severity of HELLP syndrome in women with severe preeclampsia

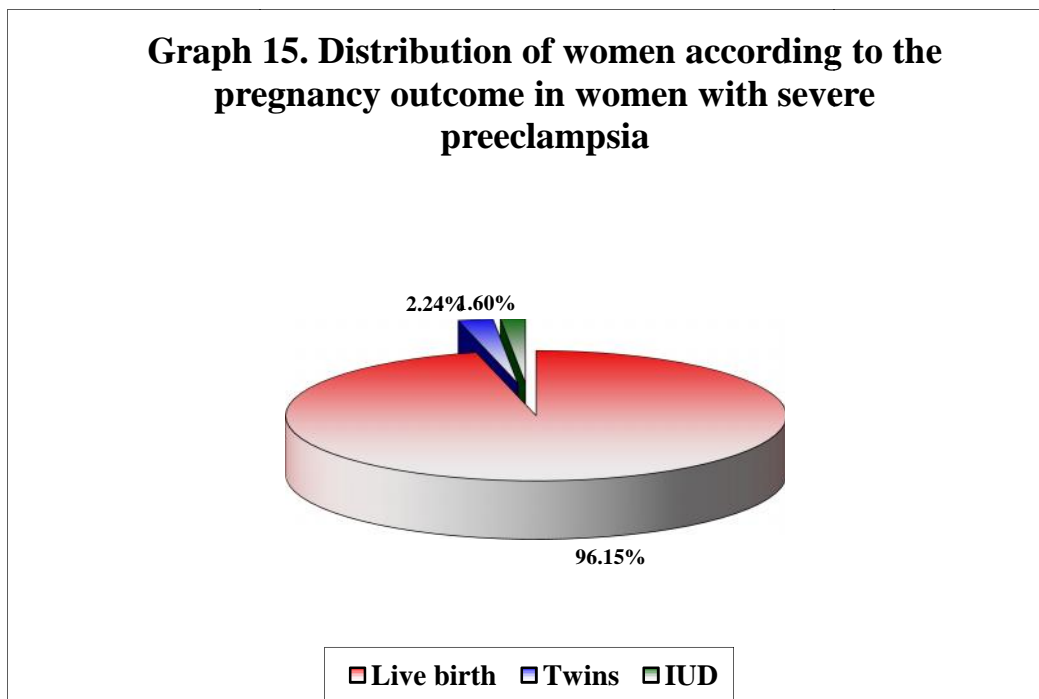


In this study most of the women who developed HELLP Syndrome were HELLP I (60.91%), followed by HELLP II (27.27%) and HELLP III (12.12%).

Table 15. Distribution of women according to the pregnancy outcome in women with severe preeclampsia

Pregnancy outcome	Distribution (n=312)	
	Number	Percentage
Live birth	300	96.15
Twins	7	2.24
IUD	5	1.60
Total	312	100.00

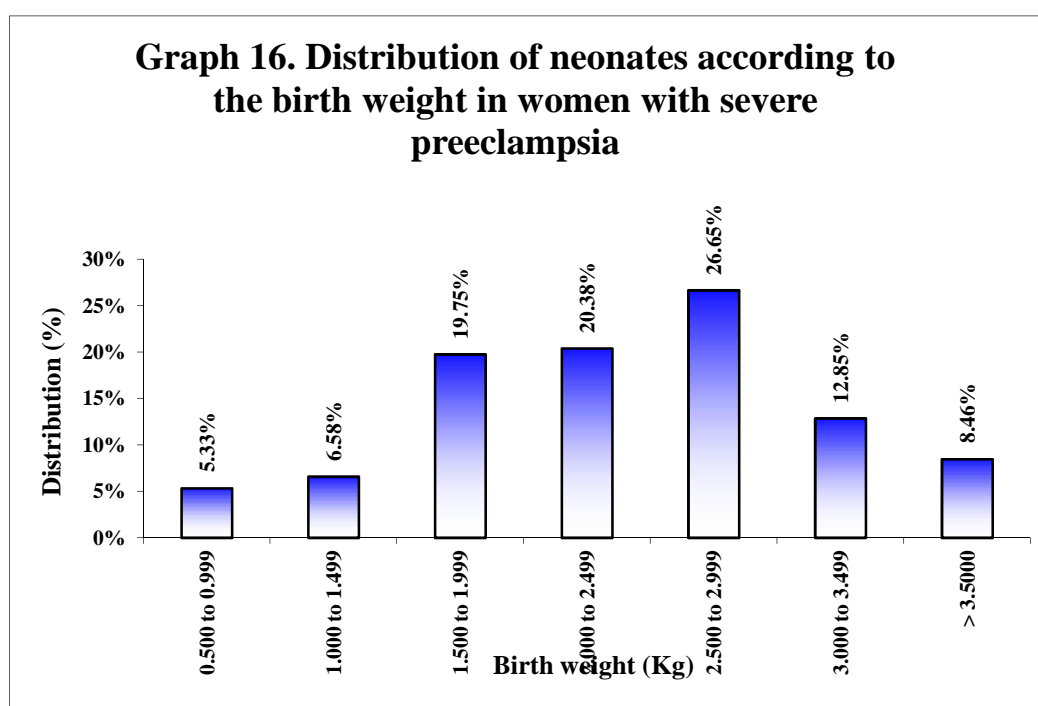
Graph 15. Distribution of women according to the pregnancy outcome in women with severe preeclampsia



In the present study majority of the women had live births (96.15%), while multiple gestation and IUD was noted in 2.24% and 1.60% of the women respectively.

Table 16. Distribution of neonates according to the birth weight in women with severe preeclampsia

Birth weight (Kg)	Distribution (n=319)	
	Number	Percentage
0.500 to 0.999	17	5.33
1.000 to 1.499	21	6.58
1.500 to 1.999	63	19.75
2.000 to 2.499	65	20.38
2.500 to 2.999	85	26.65
3.000 to 3.499	41	12.85
> 3.5000	27	8.46
Total	319	100.00

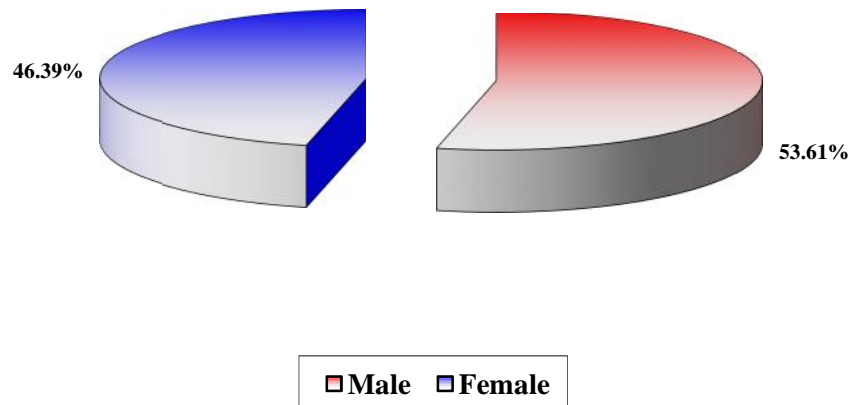


In the present study 26.65% of the babies weighed between 2.500 to 2.999 kg followed by 2.000 to 2.499 Kg (20.38%) and 1.500 to 1.999 kg (19.75%). The mean birth weight was 2.36 ± 0.77 Kgs.

Table 17. Distribution of neonates according to the sex in women with severe preeclampsia

Sex	Distribution (n=319)	
	Number	Percentage
Male	171	53.61
Female	148	46.39
Total	319	100.00

Graph 17. Distribution of neonates according to the sex in women with severe preeclampsia

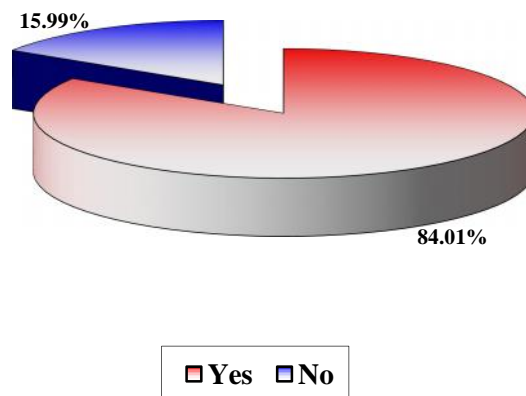


In the present study, 53.61% of the babies were males and 46.39% were females.

Table 18. Distribution of neonates according to the resuscitation born to the women with severe preeclampsia

Requirement	Distribution (n=319)	
	Number	Percentage
Yes	268	84.01
No	51	15.99
Total	319	100.00

Graph 18. Distribution of neonates according to the resuscitation born to the women with severe preeclampsia

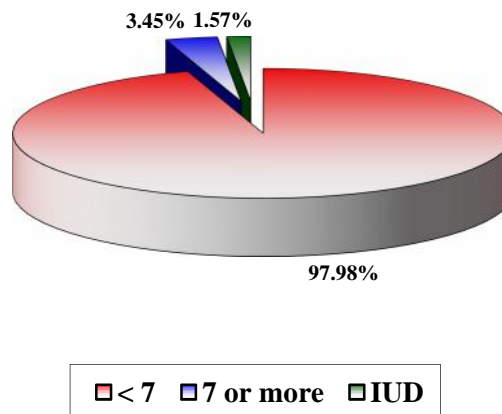


In the present study, 84.01% of the babies required resuscitation.

Table 19. Distribution of neonates according to the APGAR score at 1 minute born to the women with severe preeclampsia

APGAR Score	Distribution (n=319)	
	Number	Percentage
< 7	303	94.98
7 or more	11	3.45
No APGAR score (IUD)	5	1.57
Total	319	100.00

Graph 19. Distribution of neonates according to the APGAR score at 1 minute born to the women with severe preeclampsia

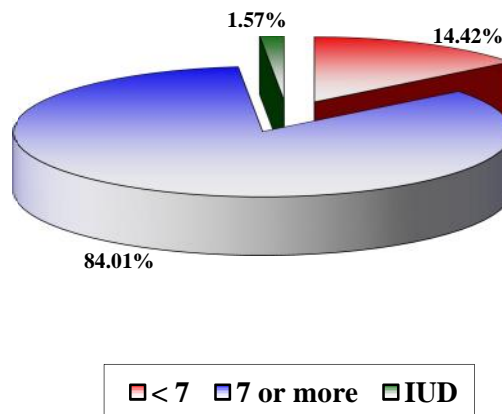


In this study at 1 minute APGAR score of >7 was noted in 94.98% of the babies. The mean APGAR score at one minute was 6.23±1.13.

Table 20. Distribution of neonates according to the APGAR score at 5 minute born to the women with severe preeclampsia

APGAR Score	Distribution (n=319)	
	Number	Percentage
< 7	46	14.42
7 or more	268	84.01
IUD	5	1.57
Total	319	100.00

Graph 20. Distribution of neonates according to the APGAR score at 5 minute born to the women with severe preeclampsia

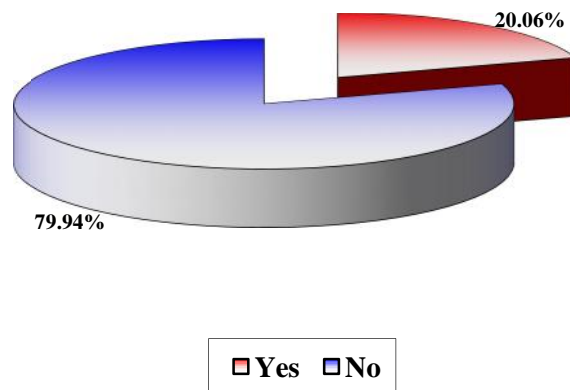


In the present study at 5 minutes APGAR score of 7 was noted in 84.01% of the babies. The mean APGAR score was 8.01 ± 4.76 .

Table 21. Distribution of neonates according to the NICU admission born to the women with severe preeclampsia

NICU admission	Distribution (n=319)	
	Number	Percentage
Yes	64	20.06
No	255	79.94
Total	319	100.00

Graph 21. Distribution of neonates according to the NICU admission born to the women with severe preeclampsia

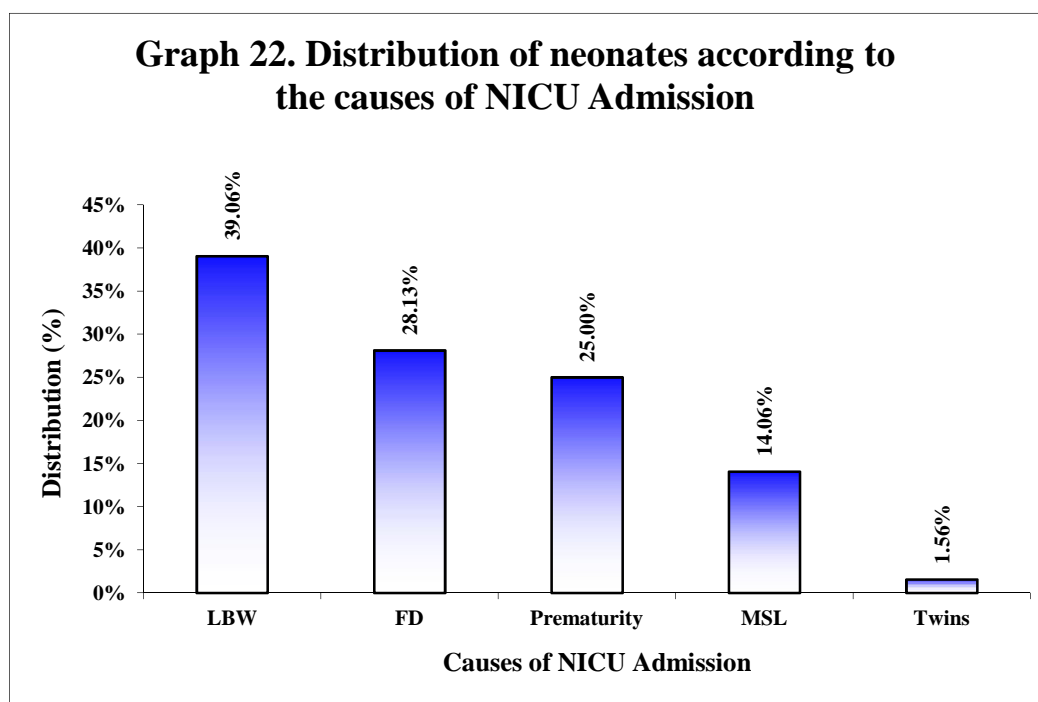


In the present study, 20.06% of the babies required NICU admission.

Table 22. Distribution of neonates according to the causes of NICU Admission born to the women with severe preeclampsia

Causes of NICU Admission	Distribution (n=64)	
	Number	Percentage
LBW	25	39.06
FD	18	28.13
Prematurity	16	25.00
MSL	9	14.06
Twins	1	1.56

Multiple causes hence total not shown

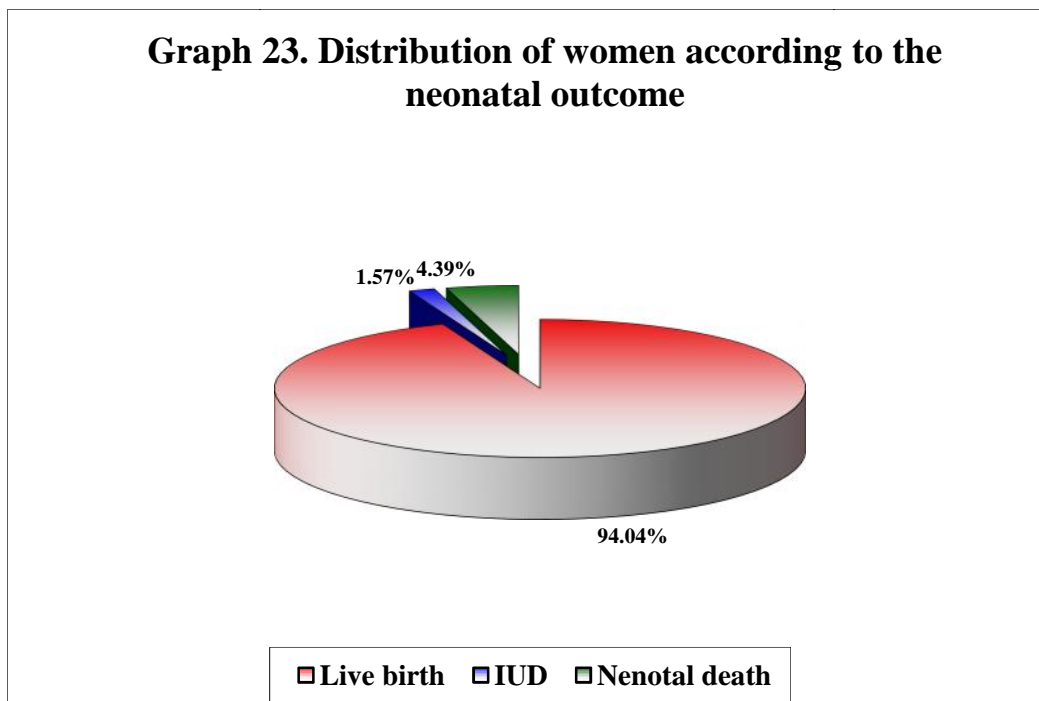


In the present study the most common cause of NICU admission was LBW (39.06%) followed by fetal distress (28.13%).

Table 23. Distribution of women according to the neonatal outcome born to the women with severe preeclampsia

Neonatal outcome	Distribution (n=319)	
	Number	Percentage
Live birth	300	94.04
IUD	5	1.57
Neonatal death	14	4.39
Total	319	100.00

Graph 23. Distribution of women according to the neonatal outcome



In the present study, 94.04% of the women had live birth, while IUD was noted in 1.57% and early neonatal death in 4.39%.

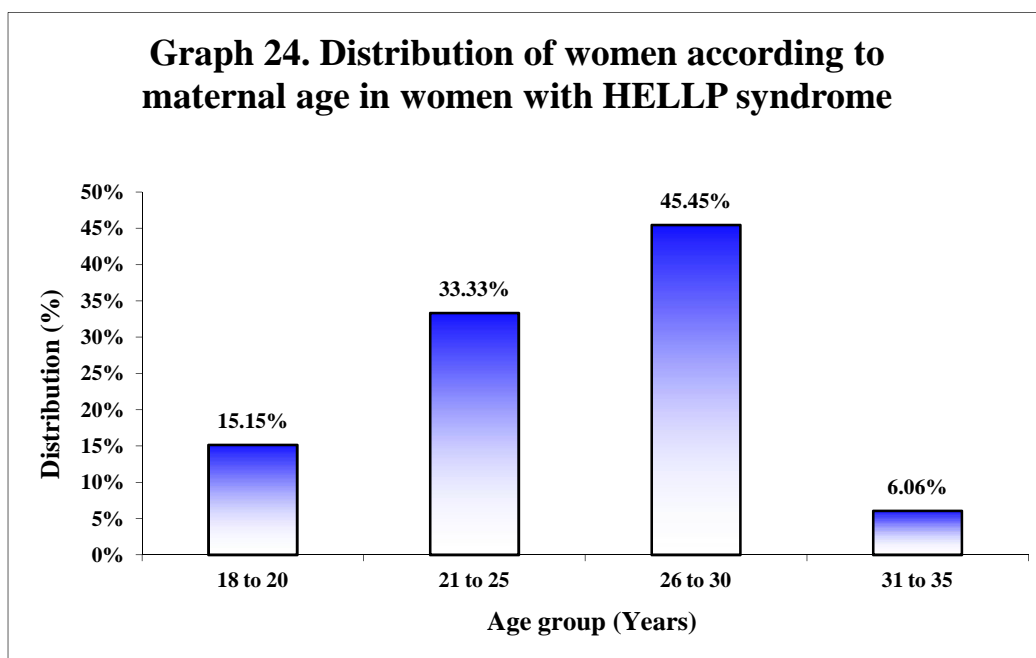
Table 24. Clinical and biochemical characteristics of women with complications vs women without complications

Clinical characteristics	Complications				p value
	Yes (n=64)		No (n=248)		
	Mean	SD	Mean	SD	
Age (Years)	26.16	4.47	26.19	4.45	0.963
Systolic (mm Hg)	162.34	11.42	162.10	12.65	0.882
Diastolic (mm Hg)	105.28	10.40	106.44	10.96	0.436
Haemoglobin (g/dL)	11.11	2.38	11.25	2.17	0.673
Platelet count (per cumm)	132265.6 3	102760.7 1	217607.2 8	97904.1 9	< 0.001
SGOT (IU/L)	168.16	160.79	47.74	96.93	< 0.001
SGPT (IU/L)	116.42	101.41	39.54	79.64	< 0.001
Uric acid (mg/dL)	6.27	1.89	6.26	5.87	0.976
Serum Creatinine (mg/dL)	0.85	0.77	2.47	16.18	0.119
LDH	557.52	417.66	429.23	266.78	0.022
Fibrinogen	314.92	108.75	334.53	103.93	0.198
Gestational age (weeks)	35.21	4.10	36.60	3.28	0.014

The comparison of clinical characteristics in women with and without complications is as shown in Table 23. It was observed that, the SGOT and SGPT, LDH were significantly high in women who developed complications ($p < 0.05$). Also the mean platelet count and gestational age in women with complications was significantly low ($p = 0.014$).

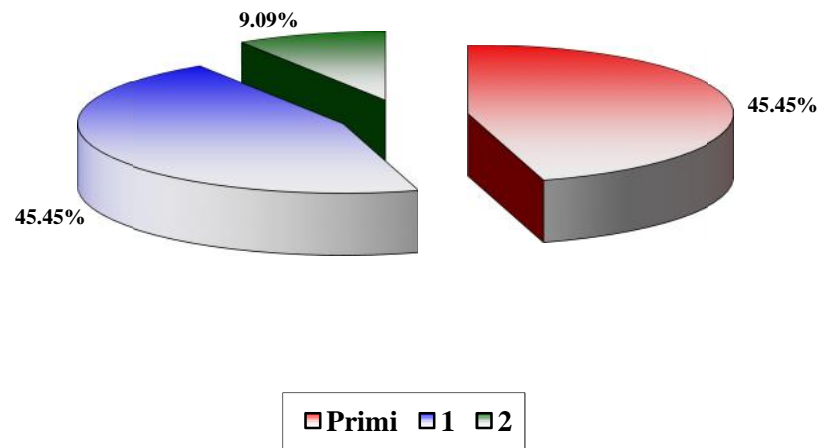
Table 25. Distribution of women according to the demographic characteristics in women with HELLP syndrome

Demographic characteristics	Findings	Distribution (n=33)	
		Number	Percentage
Age group (Years)	18 to 20	5	15.15
	21 to 25	11	33.33
	26 to 30	15	45.45
	31 to 35	2	6.06
	Total	33	100.00
Parity	Primi	15	45.45
	1	15	45.45
	2	3	9.09
	Total	33	100.00



In the present study, most of the women with HELLP were in age group between 26 to 30 (45.45%). The mean age was 25.18 ± 3.81 years (in women with HELLP syndrome)

Graph 25. Distribution of women according to the parity in women with HELLP syndrome

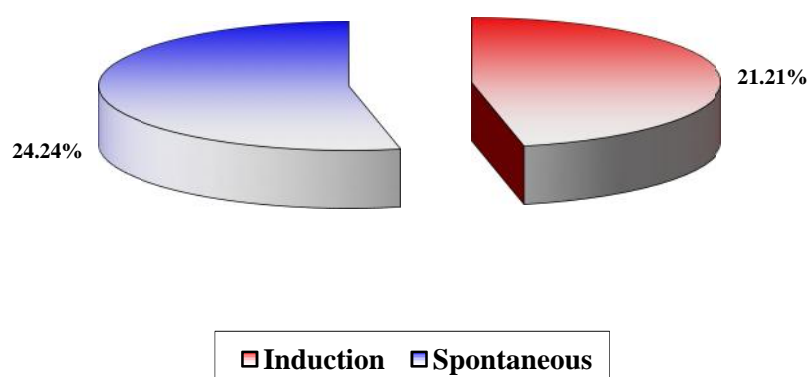


In this study most of the women were primi and para 1 (45.45%) each and para 2 (9.09%).(in women with HELLP syndrome)

Table 26. Distribution of women according to the labour in women with HELLP syndrome

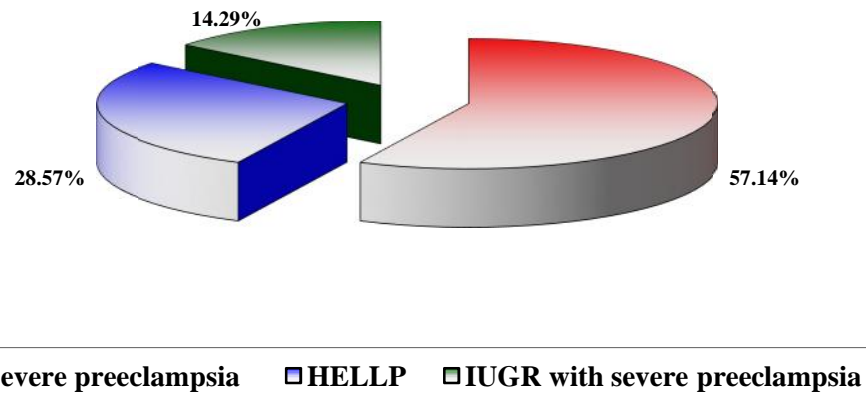
Labour	Findings	Distribution	
		Number	Percentage
Onset (n=15)	Induction	7	21.21
	Spontaneous	8	24.24
	Total	15	45.45
Indications (n=7)	Severe preeclamlivwpsia	4	57.14
	HELLP	2	28.57
	IUGR with severe preeclampsia	1	14.29
	Total	7	100.00

Graph 26. Distribution of women according to the onset of labour in women with HELLP syndrome



In this study, 24.24% of the women had spontaneous labour while 21.21% of the women were induced for labour. (in women with HELLP syndrome)

Graph 27. Distribution of women according to the indications for induction of labour in women with HELLP syndrome

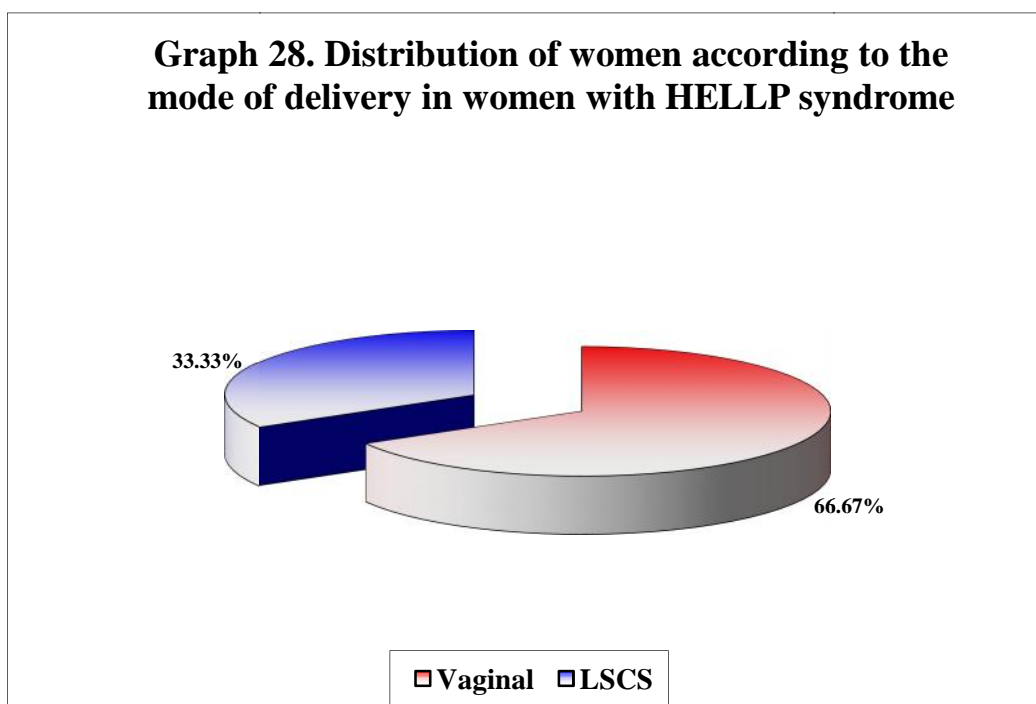


In the present study, most common indication for the induction of labour was severe preeclampsia (57.14%) followed by HELLP (28.57%) and IUGR with severe preeclampsia (14.29%) of the women. (in women with HELLP syndrome)

Table 27. Distribution of women according to the mode of delivery in women with HELLP syndrome

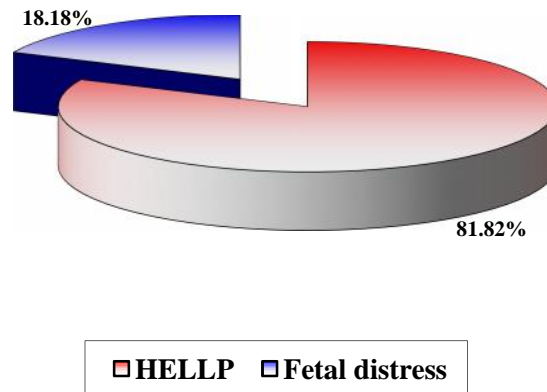
Mode of delivery	Findings	Distribution	
		Number	Percentage
Mode of delivery (n=33)	Vaginal	22	66.67
	LSCS	11	33.33
	Total	33	100.00
Indication for LSCS (n=11)	HELLP	9	81.82
	Fetal distress	2	18.18
	Total	11	100.00

Graph 28. Distribution of women according to the mode of delivery in women with HELLP syndrome



In the present study 66.67% of the women had vaginal delivery and 33.33% of the women had undergone for LSCS. (in women with HELLP syndrome)

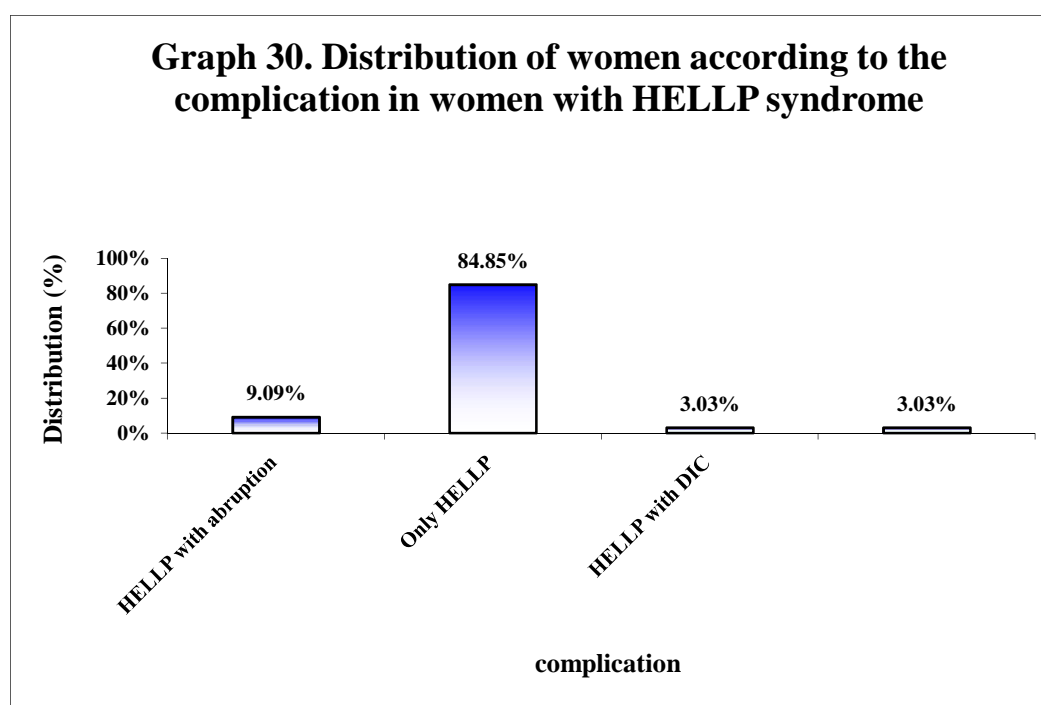
Graph 29. Distribution of women according to the indications for LSCS in women with HELLP syndrome



In the present study most common indication for LSCS was HELLP (81.82%) followed by fetal distress (18.18%).(in women with HELLP syndrome)

Table 28. Distribution of women according to the complications in women with HELLP syndrome

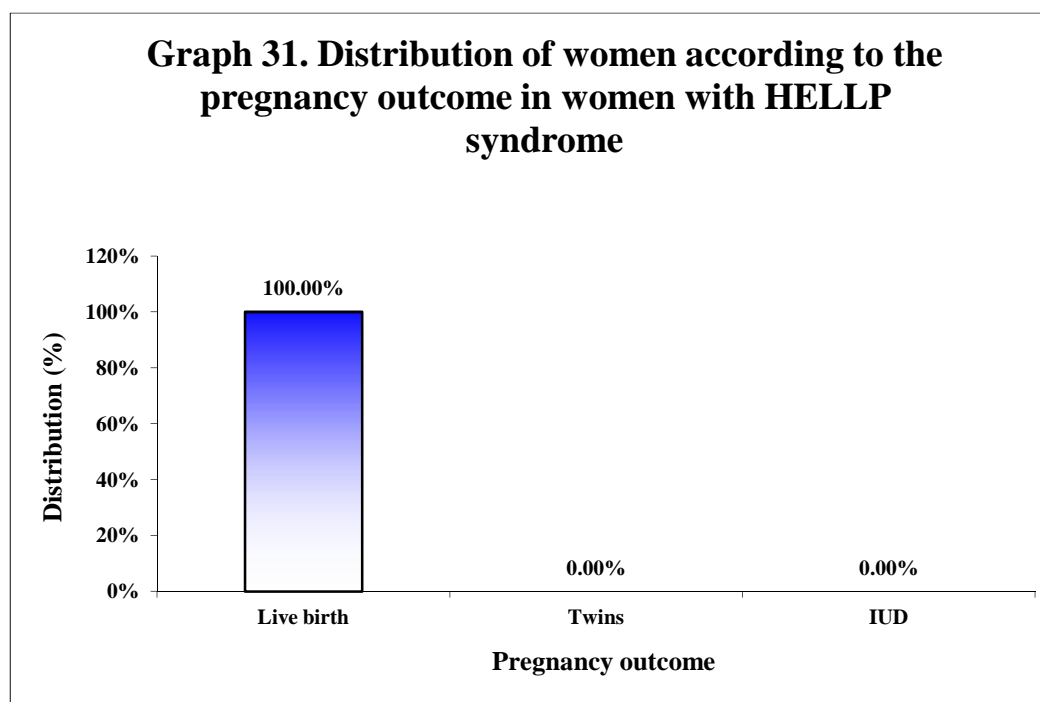
Complications	Findings	Distribution (n=33)	
		Number	Percentage
Complications	HELLP with abruption	3	9.09
	Only HELLP	28	84.85
	HELLP with DIC	1	3.03
	HELLP with abruption with renal failure	1	3.03
	Total	33	100.00



In the present study, abruption was noted in 9.09 % and DIC and renal failure in 3.03 % each in women with HELLP syndrome

Table 29. Distribution of women according to the pregnancy outcome in women with HELLP syndrome

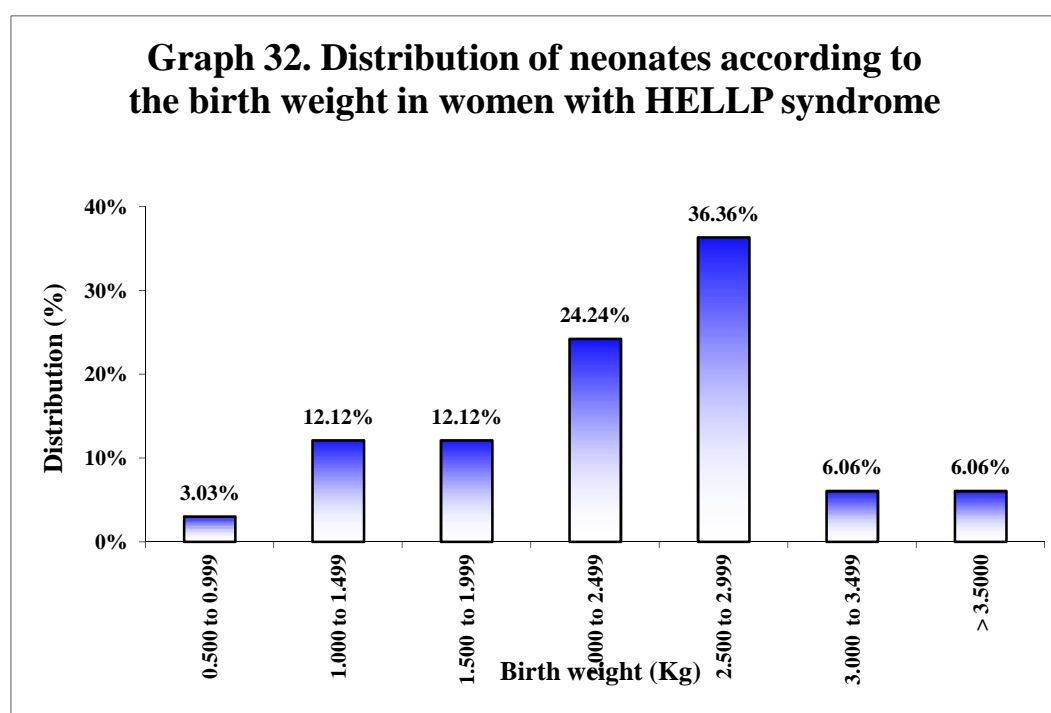
Pregnancy outcome	Distribution (n=33)	
	Number	Percentage
Live birth	33	100.00
Twins	0	0.00
IUD	0	0.00
Total	33	100.00



In the present study 100.00% of the women had live birth. (in women with HELLP syndrome)

Table 30. Distribution of neonates according to the birth weight in women with HELLP syndrome

Birth weight (Kg)	Distribution (n=33)	
	Number	Percentage
0.500 to 0.999	1	3.03
1.000 to 1.499	4	12.12
1.500 to 1.999	4	12.12
2.000 to 2.499	8	24.24
2.500 to 2.999	12	36.36
3.000 to 3.499	2	6.06
> 3.5000	2	6.06
Total	33	100.00

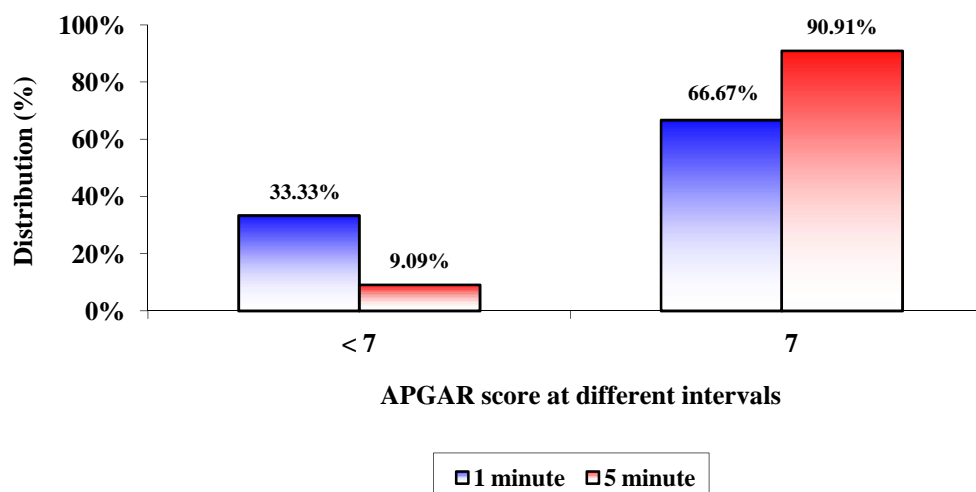


In the present study, 36.36% of the babies birth weight between 2.500 to 2.999 kg followed by 2.000 to 2.499 kg (24.24%), 1.000 to 1.499 kg and 1.500 to 1.999 kg (12.12%) each. (in women with HELLP syndrome)

Table 31. Distribution of new born according to the APGAR score in women with HELLP syndrome

APGAR score at different intervals	Findings	Distribution (n=33)	
		Number	Percentage
1 minute	< 7	11	33.33
	7	22	66.67
	Total	33	100.00
5 minute	< 7	3	9.09
	7	30	90.91
	Total	33	100.00

Graph 33. Distribution of new born according to the APGAR score in women with HELLP syndrome

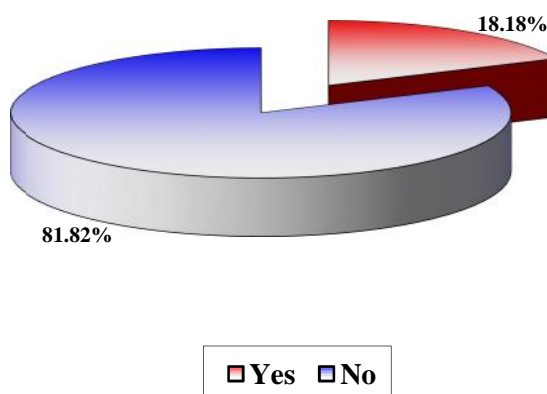


In this study at 1 minute APGAR score in 7 was noted in 66.67% of the new born babies while at 5 minute APGAR score in 7 was noted in 90.91% of the new born babies. (in women with HELLP syndrome)

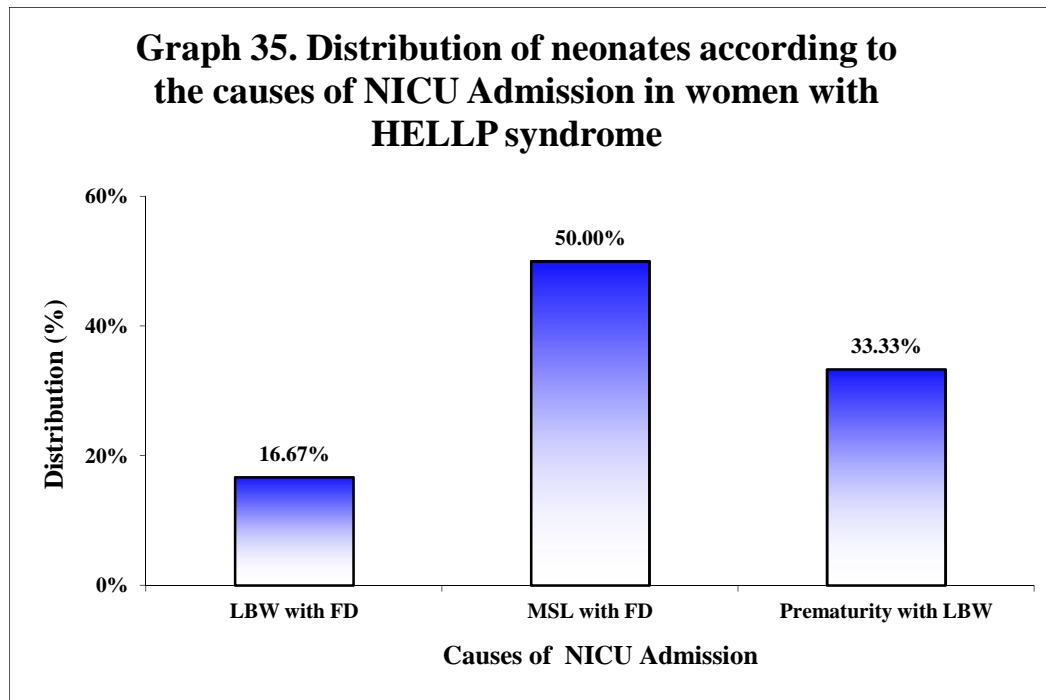
Table 32. Distribution of new born according to the NICU admission in women with HELLP syndrome

NICU admission	Findings	Distribution	
		Number	Percentage
Requirement (n=33)	Yes	6	18.18
	No	27	81.82
	Total	33	100.00
Causes (n=6)	LBW with FD	1	16.67
	MSL with FD	3	50.00
	Prematurity with LBW	2	33.33
	Total	6	100.00

Graph 34. Distribution of neonates according to the NICU admission in women with HELLP syndrome



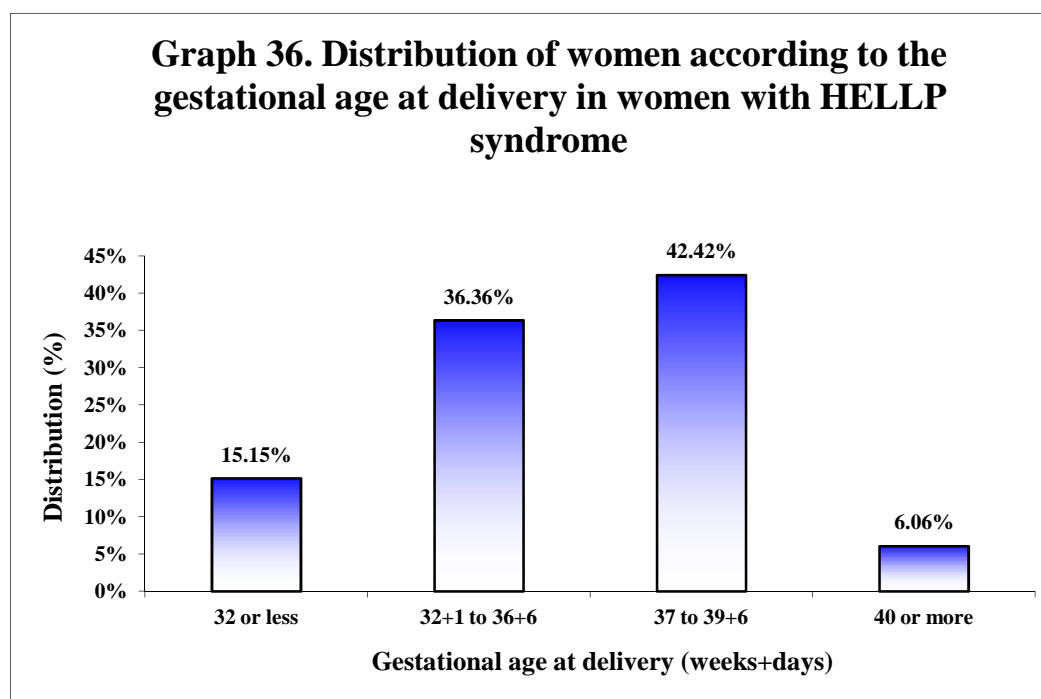
In the present study, 18.18% of the babies required NICU admission (in women with HELLP syndrome).



In the present study, the most common cause of NICU admission was MSL with FD (50.00%) followed by prematurity with LBW (33.33%) and LBW with FD (16.67%) in women with HELLP syndrome

Table 33. Distribution of women according to the gestational age at delivery in women with HELLP syndrome

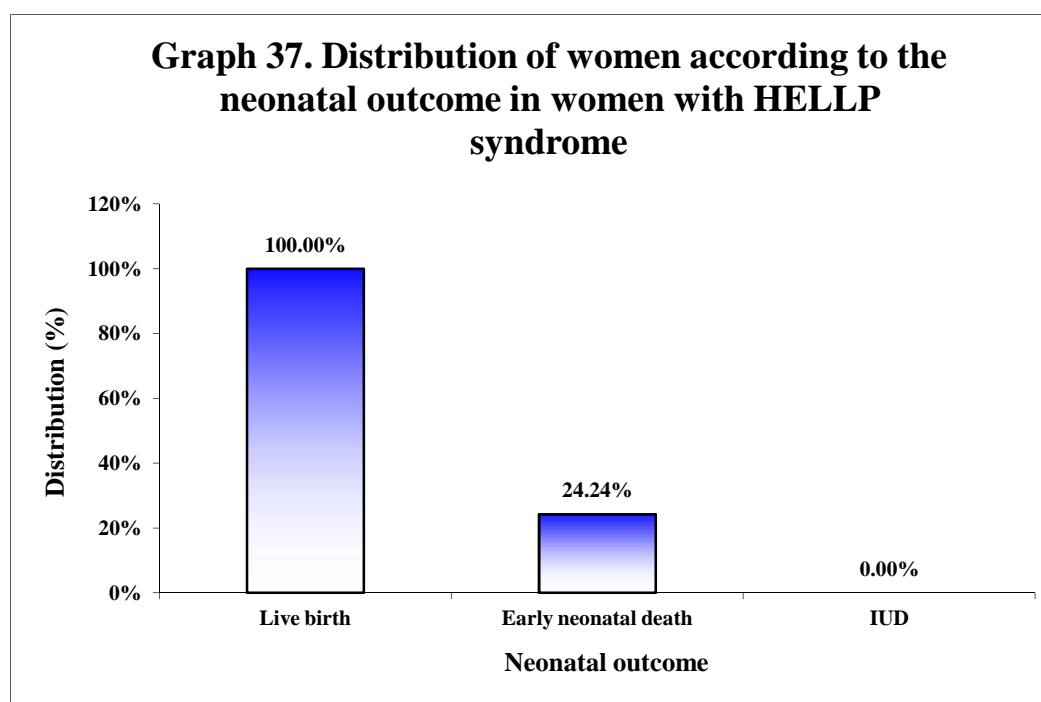
Gestational age at delivery (weeks+days)	Distribution (n=33)	
	Number	Percentage
32 or less	5	15.15
32+1 to 36+6	12	36.36
37 to 39+6	14	42.42
40 or more	2	6.06
Total	33	100.00



In the present study, most of the women delivered between 37 to 37+6 weeks (36.36%). The mean gestational age at delivery was 36.13 ± 3.39 weeks (in women with HELLP syndrome)

Table 34. Distribution of women according to the neonatal outcome in women with HELLP syndrome

Neonatal outcome	Distribution (n=33)	
	Number	Percentage
Live birth	33	100.00
Early Neonatal death	8	24.24
IUD	0	0.00
Total	41	124.24



In the present study, 100.00% of women delivered live birth, while early neonatal death in 24.24%. (in women with HELLP syndrome)

Table 35. Clinical and biochemical characteristics of patients with HELLP syndrome vs patients without HELLP syndrome

Clinical characteristics	HELLP syndrome				p value
	Yes (n=33)		No (n=279)		
	Mean	SD	Mean	SD	
Age (Years)	25.18	3.81	26.30	4.51	0.127
Systolic (mm Hg)	164.18	11.12	161.91	12.53	0.280
Diastolic (mm Hg)	101.94	10.24	106.70	10.82	0.016
Haemoglobin (g/dL)	10.51	2.59	11.30	2.16	0.105
Platelet count (per cu mm)	56266.67	35238.12	217114.00	96710.69	< 0.001
SGOT (IU/L)	239.91	38.33	52.64	113.88	< 0.001
SGPT (IU/L)	175.03	34.09	41.15	83.73	< 0.001
Uric acid (mg/dL)	6.72	1.86	6.21	5.57	0.271
Serum Creatinine (mg/dL)	0.81	0.24	2.29	15.27	0.108
LDH (U/L)	690.94	514.77	427.46	263.65	0.005
Fibrinogen	360.32	98.88	328.18	104.84	0.266
Gestational age (weeks)	36.00	3.43	36.34	3.52	0.744

The comparison of clinical characteristics in women with and without HELLP syndrome is as shown in Table 35. It was observed that, the mean platelet count, was significantly low in women with HELLP syndrome and mean SGOT and SGPT, LDH were significantly high in women who developed HELLP syndrome ($p < 0.05$).

Table 36. Clinical and biochemical characteristics in women with HELLP syndrome vs patients with other complications

Clinical characteristics	Complications				p value
	HELLP (n=33)		Others (n=31)		
	Mean	SD	Mean	SD	
Age (Years)	24.77	3.44	27.19	4.92	0.029
Systolic (mm Hg)	163.81	11.08	160.39	11.60	0.240
Diastolic (mm Hg)	102.06	10.56	108.84	9.49	0.010
Haemoglobin (g/dL)	10.60	2.59	11.73	1.99	0.059
Platelet count (per cu mm)	55896.7 7	36095.8 1	213167.7 4	87944.5 6	<0.001
SGOT (IU/L)	239.77	39.42	91.77	202.57	<0.001
SGPT (IU/L)	177.58	33.36	54.03	112.05	<0.001
Uric acid (mg/dL)	6.85	1.84	5.80	1.84	0.028
Serum Creatinine (mg/dL)	0.81	0.24	0.89	1.09	0.710
LDH	690.94	514.77	413.39	240.88	0.009
Fibrinogen	360.32	98.88	277.32	99.58	0.002
Gestational age (weeks)	36.00	3.43	34.23	4.59	0.090

Table 36 shows the comparison of clinical and biochemical characteristics in women with HELLP syndrome as compared to women with other complications. It was observed that, the mean age and platelet count, was significantly low in women with HELLP syndrome while mean SGOT and SGPT, uric acid, LDH and fibrinogen were significantly high in women who developed HELLP syndrome ($p < 0.05$) as compared to that in patients with other complications

DISCUSSION

Pre-eclampsia is a life threatening complication of pregnancy. It is a condition that typically starts after 20 week of pregnancy and related to increased blood pressure (140/90 mmHg) and protein in mother's urine (urinary albumin protein 300 mg/24 h). Preeclampsia maybe mild or severe. Worldwide, preeclampsia occurs in about 5 to 8% of the pregnancies, and is the second leading cause of direct maternal and fetal deaths. The etiology of pre-eclampsia is still obscure, despite many attempts to identify possible causes. The prevalence of preeclampsia varies in different populations and in different ethnic groups.⁷¹

Overall, preeclampsia remains a significant public health threat in both developed and developing countries contributing to maternal and perinatal morbidity and mortality globally.⁷² However, there has not been many studies concerning the epidemiology of preeclampsia in Indian population and data on severe preeclampsia and its complications including HELLP syndrome is scant. Therefore, this study was designed to determine the incidence of severe pre eclampsia and its complications especially HELLP syndrome and to assess associated maternal and fetal morbidity and mortality.

This crosssectional study was performed for the period of one year from January 2016 to December 2016. During the study period there were 6236 number deliveries. Among them 597 women (9.57%) developed preeclampsia. Further 350 women had severe preclampsia. Out of which 13 women were excluded due to medical disorders like chronic hypertension, renal disease and epilepsy while 25 women had gestational age of < 24 weeks and a total of 312 pregnant women with blood pressure equal to or more than 160/110 mmHg suggestive of severe

preeclampsia were enrolled. Hence the incidence of severe preeclampsia after excluding medical disorders like chronic hypertension, renal disease and epilepsy and gestational age of < 24 weeks was 5%. Despite advances in medical practice, preeclampsia/eclampsia has remained a leading cause of maternal mortality throughout the world. It is a common problem in developing countries because of illiteracy, poor antenatal care, lack of health awareness and poverty. A study conducted by Aabidha PM. et al.⁶⁷ in a secondary care hospital in South India in 2015, the incidence of pre eclampsia was approximately 5%.⁷

The incidence of severe preeclampsia observed in this study was high compared to a recent study by Ngwenya S.⁴⁰ who showed that the incidence of severe preeclampsia/eclampsia at Mpilo Central Hospital, Bulawayo, Zimbabwe, was 1.3%, which is similar to the one found in Tanzania (1.7%). In the UK, it was 0.5%. In low-resource settings, patients fail to book due to financial constraints, and this may lead to poor outcomes. However the study by Ngwenya S.⁴⁰ was a retrospective. Also the criteria for the identification of severe preclampsia was high blood pressure (diastolic 110 mmHg) and either severe headaches, epigastric pain, or deranged biochemical/hematological blood indices. Curial-Balsera E et al.¹⁸ in their study to describe the incidence and clinical and epidemiological profile of patients with severe preeclampsia reported that the incidence of severe preeclampsia as 4/1000 deliveries (0.37%).

Another study by Ananth C et al.⁷³ To estimate the contributions of biological aging, historical trends, and birth cohort effects on trends in pre-eclampsia in the United States. This study shows the prevalence of all pre-eclampsia and those of mild and severe pre-eclampsia between 1980 and 2010. For any pre-eclampsia, the rate

increased from 3.4% in 1980 to 3.8% in 2010. This increase is driven by severe pre-eclampsia; the rate increased from 0.3% in 1980 to 1.4% in 2010, a relative increase of 322%. In contrast, the prevalence rate of mild pre-eclampsia declined by 19%, from 3.1% in 1980 to 2.5% in 2010 (perhaps reflecting a shift from the mild to severe pre-eclampsia).

In the present study age ranged between 18 to 38 years. More than one third of the women were aged from 21 to 25 years (39.10%). The mean age was 26.18 ± 4.45 years. These findings suggest that the frequency of severe preeclampsia peaked in young women. Though advanced maternal age has been found to be an independent risk factor for pre-eclampsia, in this study most of the women were in the aged between 21 to 25 years, which can be explained by the practice of early marriage which is more common in Indian population. The age distribution pattern observed in the present study was consistent with another Indian study from Tamil Nadu by Abidha PM et al.⁶⁷ where out of 1900 women screened 93 were detected with pre-eclampsia. Out of 93 patients with pre-eclampsia, 46.23% of the women were aged between 21–25 years. In contrast to these observations Curial-Balsera E et al.¹⁸ in their study to describe the incidence and clinical and epidemiological profile of patients with severe preeclampsia admitted to intensive care in Spain reported mean age as 30.47 ± 5.7 years which was high compared to the present study and a study by Abidha PM et al.⁶⁷

In this study 46.47% of the women belonged to primi para (46.47%), para 2, para 3, para 4 and para 5 was noted in 33.97%, 13.46%, 4.17% and 1.60% of the women respectively. These findings suggest that, severe preeclampsia was widely prevalent among women with primi para. This observations was similar to those

reported in most existing literature that pre-eclampsia is common among the primigravida. Hernandez et al.⁷⁴ in his study found that the risk of pre-eclampsia was 4.1% in the first pregnancy and 1.7% in later pregnancies overall. The risk for multiparous women without a history of pre-eclampsia was around 1%.

It is reported that, women with moderate pre-eclampsia generally have no symptoms. Women with severe pre-eclampsia, or with very high blood pressure, may feel unwell, with symptoms such as headache, upper abdominal pain, or visual disturbances.⁷² In the present study the most common clinical presentation was headache (32.05%) followed by nausea (24.68%), Vomiting (13.14%), chest pain (7.69%), right upper quadrant pain (7.37%), blurring of vision (4.49%) and jaundice 1.28%. It is reported that, magnesium sulphate, for women with eclampsia reduces the RR of maternal death, further seizures and of serious maternal morbidity (respiratory depression, coma, pneumonia). Magnesium sulphate is the anticonvulsant of choice for women with eclampsia.⁷⁵ In this study the magnesium sulphate administration was done in 45.83% of the women.

Delivery of the fetus is the only way pre-eclampsia can be treated. Induction of labor once the fetus reaches maturity is the general management.¹⁸ In this study 24.68% of the women were induced for labour while 22.12% of the women had spontaneous labour. The most common indication for the induction of labour was severe preeclampsia (47.83%) followed by postdatism (14.49%). In contrast Ngwenya S.⁴⁰ reported higher rate of induction (58%).

In the present study more than half (53.85%) of the women had vaginal delivery and 46.15% of the women underwent LSCS. The most common indication for LSCS was severe preeclampsia 25.00% followed by fetal distress (15.28%). In

contrast a retrospective descriptive cohort study by Ngwenya S.⁴⁰ in a tertiary teaching referral government hospital in a low-resource setting majority of the patients were delivered by cesarean section (78.5%) due to the seriousness of the condition, and in most cases, there would be delayed presentation; hence no further time would be available to consider vaginal delivery. Despite having 75% of the patients being booked, factors that contributed to delay in seeking treatment were multifactorial. There was a combination of sudden presentation of the disease, missed diagnosis by poor attenders, patients' own delay to seek treatment due to either taking the condition lightly or lack of money. All the patients with severe preeclampsia/eclampsia were treated with magnesium sulfate for 24–48 hours and were admitted to ICU as per the labor ward protocol for the unit. The lower rate of LSCS in the present study can be attributed to the multidisciplinary approach, timely diagnosis, early presentation and prompt administration of magnesium sulphate.

Pregnancy-induced hypertension is a common cause of maternal morbidity and mortality, especially in developing countries.¹⁸ Maternal complications of severe preeclampsia/eclampsia can be serious, leading to maternal, fetal, and neonatal morbidity and mortality. These include HELLP syndrome,^{40,76} disseminated intravascular coagulopathy and acute renal failure. Severe preeclampsia was found to be associated with an 8.7-fold risk of composite maternal complication.⁷⁶ The risk of a woman in the developing world dying from a maternal-related cause is 33 times higher than a woman in the developed world.⁷⁷ Maternal mortality results from cerebral hemorrhage,⁷⁸ pulmonary edema,⁷⁹ acute renal failure, hepatic rupture, or DIC. Long-term effects may include chronic renal failure, cardiovascular disease,⁸⁰ or cortical blindness. Most patients (85.1%) did not have a major complication. In this study 20.51% of the women developed complications. The most common

complication was HELLP syndrome (10.57%) followed by abruption (8.33%), eclampsia (1.28%), pulmonary oedema (1.28%), renal failure and DIC (0.96% each). These observations were consistent with a retrospective descriptive cohort study by Ngwenya S.⁴⁰ who reported complications among 14.9% of the women and HELLP syndrome (9.1%) was the most common major complication the other complications were abruption placenta (2.5%), acute renal failure (1.7%), DIC (0.8%) and pulmonary oedema (0.8%). However, in the present study it was heartening to know that there was no maternal mortality throughout the study period. Curiel-Balsera et al.,¹⁸ Ngwenya S. et al.⁴⁰ and Quah et al.⁸¹ reported 1.5%, 1.7% and 1.3% maternal mortality in their settings, respectively. This difference may be following to low period of our study. However, Tuffnell et al.⁴¹ reported no maternal death in their setting during a 4 years study period. In addition, current overall incidence in developed world is low varying from 0.2-0.4 per thousand.^{18,28} The rate in developing countries is as high as 10% of the deliveries.¹⁸ A high incidence (21.4%) of maternal death among preeclamptic women was reported in the study of Souza et al.⁸² Most admitted patients were those at their postpartum period. Other studies also show that majority (>80%) of postpartum patients were admitted to the ICU.^{18,82}

In the present study HELLP syndrome was noted among 10.57% of the women with severe preeclampsia.

In this study majority of the women had live births (96.15%), while multiple gestation and IUD was noted in 2.24% and 1.60% of the women. These observations were consistent with a retrospective descriptive cohort study by Ngwenya S.⁴⁰ where the rate of live births was 78% there were six sets of twins, but, rate of stillbirth was very high that is 22% due to stillbirths. In a study by Abidha PM et al.⁶⁷ from Tamil

Nadu India, the rate of stillbirths was 10% which was high considered to present study.

In this study 96.15% of the women had live births and multiple gestation was noted among seven (2.24%) women and there were five IUDs (1.60%) resulting in neonatal outcome among 319 babies. 53.61% of the babies were males and 46.39% were females. Most of the babies delivered between 37 to 39+6 weeks (40.06%). The mean gestational age at delivery was 36.31 ± 3.51 weeks. In a study by Ngwenya S.⁴⁰ the mean gestational age was 33.4 ± 4.4 weeks gestation which was slightly low compared to the present study. More than one fourth (26.65%) of the babies weighed between 2.500 to 2.999 kg followed by 2.000 to 2.499 Kg (20.38%), 1.500 to 1.999 kg (19.75%). The mean birth weight was 2.36 ± 0.77 Kgs. The mean birth weight observed in the present study was considerably high compared to a study by Ngwenya S.⁴⁰ where the mean birth weight was $1,906 \pm 785.8$ g. Majority of the babies that is 84.01% of the babies required resuscitation. Majority of the neonates had APGAR score of > 7 at 1 minute interval (94.98%) The mean APGAR score at one minute was 6.23 ± 1.13 . At 5 minutes interval APGAR score of ≥ 7 was noted in majority of the of the babies (84.01%). The mean APGAR score was 8.01 ± 4.76 . In a study by Abidha PM et al.⁶⁷ from Tamil Nadu India, 10% of the neonates had APGAR score of less than 5. Requirement of NICU admission was noted among 20.06% of the babies and the most common cause of NICU admission was LBW (39.06%) followed by fetal distress (28.13%). Early neonatal death was noted in 4.39%.

In this study 20.06% of the babies required NICU admission. In contrast a study by Ngwenya S.⁴⁰ reported higher rate of NICU admission as 54.5% of the babies were admitted to NICU. Unlike the present study, a study by Ngwenya S.⁴⁰ The vast

majority of those admitted (81.5%) were due to a combination of prematurity, low birth weight, and respiratory distress syndrome (RDS), and 18.5% were due to low Apgar scores. Out of the total number (127) of babies born, 35 (27.6%) were early neonatal deaths which was high compared to the present study.

The higher rate of NICU admission and early neonatal death in a study by Ngwenya S.⁴⁰ can be explained by the fact that, in low-resource settings, there are untrained workers who cannot handle emergencies. The health workers are also not well-paid and are not well-motivated. There is also the issue of inadequate equipment/facilities and resources. Ultrasonography is not widely available. The instrument for fetal heart rate monitoring remains the Pinard stethoscope, which may not be properly used causing missed diagnosis in fetal heart rate abnormalities.

The comparison of clinical characteristics revealed, significantly higher SGOT (168.16 ± 160.79 vs 47.74 ± 96.93 ; $p < 0.001$), SGPT (116.42 ± 101.41 vs 39.54 ± 76.64 ; $p < 0.001$) and LDH (557.52 ± 417.66 vs 429.23 ± 266.78 ; $p = 0.022$) in women who developed complications while the mean platelet count (132265.63 ± 102760.71 vs 217607.28 ± 97904.19 ; $p < 0.001$) and gestational age (35.21 ± 4.10 vs 36.60 ± 3.28 ; $p = 0.014$) were low. However, no statistically significant difference was noted with regard to mean maternal age, systolic and diastolic blood pressure, haemoglobin levels, uric acid and fibrinogen levels ($p > 0.050$). Thus pregnant women presenting with higher SGOT, SGPT and LDH, and lower platelet count in women with preeclampsia pose significant risk of complications. Hence these findings prompt timely assessment and management of the condition to the gynaecologists in order to prevent development of life threatening complications. However, Curial-Balsera E et al.¹⁸ showed no significant differences in the appearance of complications according

to the diagnosis upon admission except haemoglobin levels which were significantly low in women with complications.

It is reported that, the HELLP syndrome occurs in about 0.5 to 0.9% of all pregnancies and in 10 to 20% of cases with severe preeclampsia.^{45,46} In this study 5% of the women developed severe pre eclampsia. The frequency of severe pre eclampsia noted in this study was sharp in agreement with a study conducted by Aabidha PM. et al.¹⁸ in a secondary care hospital of South India during 2015, where the incidence of pre eclampsia was approximately 5%.⁷ The incidence of severe preeclampsia observed in this study was high compared to a recent study by Ngwenya S.⁴⁰ who showed that the incidence of severe preeclampsia/eclampsia at Mpilo Central Hospital, Bulawayo, Zimbabwe, was 1.3%, and other study from Tanzania (1.7%) and UK (0.5%). Curial-Balsera E et al.¹⁸ in their study to describe the incidence and clinical and epidemiological profile of patients with severe preeclampsia reported that the incidence of severe preeclampsia as 4/1000 deliveries (0.37%).

Maternal complications of severe preeclampsia/eclampsia can be serious, HELLP syndrome,^{72,40} disseminated intravascular coagulopathy and acute renal failure. In this study incidence of HELLP syndrome in pregnancy complicated by severer preeclampsia was 10.57%. Based on Mississippi classification¹⁶ majority of the women had HELLP I (60.61%) followed by HELLP II (27.27%) and HELLP III (12.12%). A recent study by Isukapalli V et al.⁸⁴ in Vishakhapattanam, Andhra Pradesh also reported incidence of HELLP in severe preeclampsia as 11% which was similar to the present study. But majority of the cases in their study were HELLP II cases (69.23%). Another retrospective descriptive cohort study by Ngwenya S.⁴⁰ reported incidence of HELLP syndrome as 9.1%. In contrast to these observations,

Turgut A et al.⁸⁵ in 2010 reported 18% rate of HELLP syndrome among patients with severe preeclampsia which was high compared to the present study. Liu et al.²⁴ reported a higher proportion than the study by Turgut A et al.⁸⁵ that is 25%.

HELLP syndrome accounts for significant contribution to maternal and perinatal mortality and morbidity. Perinatal mortality is relatively high due to preterm induction of labour and associated complications. Incidence of prematurity is > 50% in these cases. Period of gestation, late referrals, associated complications, severity of presentation and NICU facilities all determine the Perinatal mortality. Similarly maternal deaths are more with higher grade, inadequate availability of platelets, lack of ICU facilities, associated other organ failure, late referral and poor response to treatment being the deciding parameters. However, in the present study it was heartening to know that there was no maternal mortality throughout the study period owing to prompt diagnosis and timely management with multidisciplinary treatment approach and the aggressive approach to delivery-i.e., that the fetus is delivered when maternal conditions warrant, regardless of gestational age. Curiel-Balsera et al.,¹⁸ Ngwenya S. et al.⁴⁰ and Quah et al.⁶⁰ reported 1.5%, 1.7% and 1.3% maternal mortality in their settings, respectively. In other publications maternal mortality was reported as ranging from 0% to 4.3 % for the HELLP syndrome group.^{16,86,87}

In the present study age ranged between 18 to 35 years in women who developed HELLP syndrome. More than one third of the women (45.45%) were aged from 26 to 30 years. The mean age was 25.18±3.81 years. These findings suggest that the frequency of HELLP syndrome peaked in the age group between 26 to 30 years that is, young women. The young age of the women observed in the present study can be explained by the socio cultural practice of early marriage in Indian population.

Turgut A et al.⁸⁵ reported mean age as 27.7 ± 5.4 years which was slightly high compared to the present study.

In this study 45.45% of the women who developed HELLP syndrome each belonged to primi para and para 1. These findings suggest that, severe preeclampsia was widely prevalent among women with primi para. Turgut A et al.⁸⁵ reported 37.8% of the women with primi para which was comparable to the present study. In this study most of the women presented with headache (36.36%) which was consistent with a study by Turgut A et al.⁸⁵ where 52.3% of the women presented with features of headache.

The clinical course of women with HELLP syndrome is usually characterized by progressive, but sometimes sudden deterioration of maternal & fetal condition. Once the diagnosis of HELLP syndrome is confirmed. The decision is to be made regarding the need & mode of delivery in a multi disciplinary institute. Traditionally, women with severe preeclampsia, even if remote from term, are delivered expeditiously, regardless of gestational age. In this study most of the women (42.42%) delivered between 37 to 40 weeks and 36.36% of the women delivered between 32 to 36 weeks while 15.15% of the women delivered at gestational age 32 weeks. However the mean gestational age was 36.13 ± 3.39 weeks suggestive of mostly term delivery. The mean gestational age reported by Turgut A et al.⁸⁵ was slightly low compared to present study that is, 33.2 ± 3.6 weeks. The labour was induced in 21.21% of the women and the most common indication was severe preeclampsia (57.14%). more two thirds that is, 66.67% of the women had vaginal delivery and 33.33% of the women underwent LSCS suggesting higher rate of vaginal delivery. The rate of vaginal delivery observed in the present study was very high

compared the study by Turgut A et al.⁸⁵ who reported rate of vaginal delivery as only 18.9%. The most common indication for LSCS was HELLP syndrome itself (81.82%) followed by fetal distress (18.18%). The lower rate of LSCS in the present study can be attributed to the multidisciplinary approach, timely diagnosis, early presentation and prompt administration of magnesium sulphate. Haddad et al. reported several retrospective, case-control, observational, prospective, or randomized trials in which expectant management in women with severe preeclampsia was feasible in well-selected patients without prejudicing maternal safety.⁸⁸

In this study the most common associated complication with HELLP syndrome was abruption noted in 9.09% of the women followed by DIC (3.03%) and abruption with renal failure. (3.03%). In contrast to these observations, Turgut A et al.²³ in their study found that acute renal failure was significantly higher in the HELLP syndrome group. Liu et al.⁸⁹ and Martin et al.¹⁶ also found significantly higher acute renal failure in the HELLP group.

In this study it was heartening to know that, all the pregnancies with HELLP syndrome were uneventful (100%) with respect to live births. Again this may be explained by the multidisciplinary approach, timely diagnosis, early presentation and prompt administration of magnesium sulphate. These observations were consistent with a retrospective descriptive cohort study by Ngwenya S.⁴⁰ where the rate of live births was 78% there were six sets of twins, but, rate of stillbirth was very high that is 22% due to stillbirths. In a study by Abidha PM et al.⁶⁷ from Tamil Nadu India, the rate of stillbirths was 10% which was high considered to present study.

In this study as all the pregnancies complicated with HELLP syndrome were uneventful (100%), neonatal outcome was available among 33 babies. 57.58% of the

babies were males and 42.42% were females. More than one third (36.36%) of the babies weighed between 2.500 to 2.999 kg and the mean birth weight was 2.27 ± 0.69 Kgs suggesting normal birth weight. The mean birth weight observed in the present study was considerably high compared to a study by Ngwenya S.⁴⁰ where the mean birth weight was $1,906 \pm 785.8$ g and a study by Turgut A et al.⁸⁵ who reported mean birth weight as $1.971.2 \pm 0.735.5$ kgs. Majority of the babies that is 87.88% of the babies required resuscitation. Majority of the neonates had APGAR score of > 7 at 1 minute interval (66.67%) The mean APGAR score at one minute was 6.39 ± 1.06 which was comparable to the study by Turgut A. et al.⁸⁵ At 5 minutes interval APGAR score of ≥ 7 was noted in majority of the of the babies (90.91%). The mean APGAR score was 7.91 ± 1.10 . In a study by Turgut A. et al., the mean APGAR score at 5 minutes was noted as 8.0 ± 1.2 which was consistent with the present study. In this study Requirement of NICU admission was noted among 18.18% of the babies and the most common cause of NICU admission was meconium stained liquor with fetal distress (50%) on the contrary In a study by Turgut A. et al.⁸⁵ the rate of NICU admission was 69.5% and most common cause was hyperbilirubinemia. The complications increased in HELLP syndrome. In this study early neonatal death was noted in 24.24% of the babies.

In the present study it was observed that, in women with HELLP syndrome, the mean platelet count was significantly low (56266.67 ± 35238.12 vs 217117.00 ± 96710.69 ; $p < 0.001$) and mean SGOT (239.91 ± 38.33 vs 52.64 ± 113.88 ; $p < 0.001$), SGPT (175.03 ± 34.09 vs 41.15 ± 85.73 ; $p < 0.001$) and LDH (690.94 ± 514.77 vs 427.46 ± 263.65 ; $p < 0.001$) were significantly high in women who developed HELLP syndrome. These findings hints prompt attention in women with preeclampsia

who present with low platelet count and raised SGPT, SGOT, and LDH in order to avoid complications of HELLP.

In the present study it was observed that, the mean platelet count was significantly low (56266.67 ± 35238.12 vs 217117.00 ± 96710.69 ; $p < 0.001$) and mean SGOT (239.91 ± 38.33 vs 52.64 ± 113.88 ; $p < 0.001$), SGPT (175.03 ± 34.09 vs 41.15 ± 85.73 ; $p < 0.001$) and LDH (690.94 ± 514.77 vs 427.46 ± 263.65 ; $p < 0.001$) were significantly high in women who developed HELLP syndrome. These findings hints prompt attention in women with preeclampsia who present with low platelet count and raised SGPT, SGOT, and LDH in order to avoid complications of HELLP.

In this study it was also observed that, the mean age (24.77 ± 3.44 vs 27.19 ± 4.92 years; $p = 0.029$) and diastolic blood pressure (102.06 ± 10.56 vs 108.84 ± 9.49 mm Hg $p = 0.010$), platelet count (55896.77 ± 36095.81 vs 213167.74 ± 87944.56 per cumm; $p < 0.001$), was significantly low in women with HELLP syndrome while mean SGOT (239.77 ± 39.42 vs 91.77 ± 202.57 ; $p < 0.001$) and SGPT (177.58 ± 33.36 vs 54.03 ± 112.05 ; $p < 0.001$), uric acid (6.85 ± 1.84 vs 5.80 ± 1.84 ; $p = 0.028$), LDH (690.94 ± 514.77 vs 413.39 ± 240.88 ; $p = 0.009$) and fibrinogen (360.32 ± 98.88 vs 277.32 ± 99.58 ; $p = 0.002$) were significantly high in women who developed HELLP syndrome ($p < 0.05$). Hence young women with preeclampsia presenting with low platelet count and diastolic blood pressure, raised SGPT, SGOT, LDH and fibrinogen are at high risk of HELLP syndrome compared to other complications.

It is reported that, the mean age of pregnant women with HELLP syndrome is usually higher than in women with preeclampsia.^{48,49} Most white women with HELLP are multiparous.⁵⁰ In the post-partum period the HELLP syndrome usually develops

within the first 48 hours in women who have had proteinuria and hypertension prior to delivery.⁴² Although variable, the onset of the HELLP syndrome is usually rapid.⁵¹ The majority of women with the HELLP syndrome have had hypertension and proteinuria, which may be absent in 10–20% of the cases.¹⁷ Excessive weight gain and generalized oedema precede the syndrome in more than 50% of the cases.^{22,52}

Overall the present study shows 5% incidence of severe preeclampsia and 10.57% incidence of HELLP syndrome in women with severe preeclampsia. With regard to maternal outcome, pregnant women presenting with severe preeclampsia may require induction of labour and more likely to undergo LSCS. The other possible but not significant complications of severe preeclampsia are abruption, eclampsia, pulmonary oedema, renal failure and DIC. With respect to fetal outcome, though not significant there is risk of stillbirth, prematurity, low birth weight, lower apgar score at one minute resulting in NICU admission. Hence high degree of suspicion is the mainstay in diagnosis and prompts multi disciplinary teamwork, immediate and prompt delivery, remains the cornerstone in the management of severe preeclampsia. Though the maternal and perinatal mortalities are high, they can be reduced by timely availability of blood products, ICU facilities and NICU care. However these findings need further validation due to potential limitations of the study. The limitations of the study were smaller subset of proportion of women with HELLP Syndrome which limited us to determine the significant risk factors and single centre study design which limits us to generalize the results on entire population. Further large multicentric studies involving higher subset women with HELLP Syndrome focusing risk factors may provide insights of severe preeclampsia and especially HELLP syndrome. Aggressive treatment for the pregnant women complicated HELLP syndrome appears to decrease the maternal mortality rate. Also, this observation

allows the clinician to be more attentive to clinical and biological disturbances, especially the simultaneous presence of HELLP syndrome and preeclampsia, along with oliguria, ascites, thrombocytopenia, and elevated liver enzymes. Though the maternal and perinatal mortalities are high, they can be reduced by timely availability of blood products, ICU facilities and NICU care.

CONCLUSION

The present study shows 5% incidence of severe preeclampsia and 10.57% incidence of HELLP syndrome in women with severe preeclampsia after excluding medical disorders like chronic hypertension, renal disease and epilepsy and gestational age of < 24 weeks. With regard to maternal outcome, pregnant women presenting with severe preeclampsia may require induction of labour and more likely to undergo LSCS. Though HELLP Syndrome in severe preeclampsia is life threatening, mortality can be prevented by prompt diagnosis and timely management with multidisciplinary treatment approach. The other possible but not significant complications of severe preeclampsia, are abruption, eclampsia, pulmonary oedema, renal failure and DIC. With respect to fetal outcome, though not significant there is risk of stillbirth, prematurity, low birth weight, lower APGAR score at one minute resulting in NICU admission. In all patients who developed complications, a higher SGOT, SGPT and LDH were noted. The mean maternal age, the diastolic blood pressure and platelet count, was significantly low in women with HELLP syndrome as compared to that in other complications while mean SGOT and SGPT, uric acid, LDH and fibrinogen were significantly high in women who developed HELLP syndrome as compared to that in other complications. Also the present study showed that the mean platelet count, was significantly low in women with HELLP syndrome and mean SGOT and SGPT, LDH were significantly high in women who developed HELLP syndrome. Hence women with severe preeclampsia who present with low platelet count and raised SGPT, SGOT, and LDH needs careful monitoring in order to avoid complications.

SUMMARY

Pre-eclampsia, a life threatening complication of pregnancy still remains a significant public health problem in both developed and developing countries contributing to maternal and perinatal morbidity and mortality globally.

The present crosssectional study was performed for the period of one year from January 2016 to December 2016 in the Department of obstetrics and gynaecology, KLES Dr. Prabhakar Kore Hospital and Medical Research Centre, Belagavi. During the study period there were 6236 number deliveries. Among them 597 women (9.57%) developed preeclampsia. Further 350 women had severe preclampsia. Out of which 13 women were excluded due to medical disorders like chronic hypertension, renal disease and epilepsy while 25 women had gestational age of <24 weeks and a total of 312 pregnant women with blood pressure 160/110 mm Hg suggestive of severe preeclampsia were enrolled. The results and observations are as summarized below.

- The incidence of severe preeclampsia after excluding was medical disorders like chronic hypertension, renal disease and epilepsy and gestational age of <24 weeks was 5%.
- Most of the women were aged from 21 to 25 years (39.10%). The mean age was 26.18 ± 4.45 years.
- Most of the women belonged to primi parity (46.47%).

- The most common clinical presentation was headache (32.05%) followed by nausea (24.68%), Vomiting (13.14%), chest pain (7.69%), right upper quadrant pain (7.37%), blurring of vision (4.49%) and jaundice 1.28%.
- Magnesium sulphate administration was done in 45.83% of the women.
- 24.68% of the women were induced for labour and the most common indication for the induction of labour was severe preeclampsia (47.83%) followed by postdatism (14.49%).
- 53.85% of the women had vaginal delivery and 46.15% of the women underwent LSCS. The most common indication for LSCS was severe preeclampsia 25.00% followed by fetal distress (15.28%).
- Most of the women delivered between 37 to 39+6 weeks (40.06%). The mean gestational age at delivery was 36.31±3.51 weeks.
- 94.04% of the women had live birth, while IUD was noted in 1.57% and early neonatal death in 4.39%.
- 20.51% of the women developed complications and the most common complication was HELLP syndrome (51.56%) and most of the women with HELLP Syndrome had HELLP I (60.91%), followed by HELLP II (27.27%) and HELLP III (12.12%). The other complications noted were abruption (40.63%), eclampsia (6.25%), pulmonary oedema (6.25%), renal failure and DIC (4.69% each).
- Majority of the women had live births (96.15%), while multiple gestation and IUD was noted in 2.24% and 1.60% of the women.

- 26.65% of the babies weighed between 2.500 to 2.999 kg followed by 2.000 to 2.499 Kg (20.38%) and 1.500 to 1.999 kg (19.75%). The mean birth weight was 2.36 ± 0.77 Kgs.
- 84.01% of the babies required resuscitation.
- At 1 minute APGAR score of >7 was noted in 94.98% of the babies. The mean APGAR score at one minute was 6.23 ± 1.13 . At 5 minutes APGAR score of ≥ 7 was noted in 84.01% of the babies. The mean APGAR score was 8.01 ± 4.76 .
- Requirement of NICU admission was noted in 20.06% of the babies and the most common cause of NICU admission was LBW (39.06%) followed by fetal distress (28.13%).
- Significantly higher SGOT (168.16 ± 160.79 vs 47.74 ± 96.93 ; $p < 0.001$), SGPT (116.42 ± 101.41 vs 39.54 ± 76.64 ; $p < 0.001$) and LDH (557.52 ± 417.66 vs 429.23 ± 266.78 ; $p = 0.022$) was noted in women who developed complications women compared to women with severe preeclampsia while the mean platelet count (132265.63 ± 102760.71 vs 217607.28 ± 97904.19 ; $p < 0.001$) and gestational age (35.21 ± 4.10 vs 36.60 ± 3.28 ; $p = 0.014$) were low.
- The mean platelet count was significantly low (56266.67 ± 35238.12 vs 217117.00 ± 96710.69 ; $p < 0.001$) and mean SGOT (239.91 ± 38.33 vs 52.64 ± 113.88 ; $p < 0.001$), SGPT (175.03 ± 34.09 vs 41.15 ± 85.73 ; $p < 0.001$) and LDH (690.94 ± 514.77 vs 427.46 ± 263.65 ; $p < 0.001$) were significantly high in women who developed HELLP syndrome compared to women with severe preeclampsia.

- The mean age (24.77 ± 3.44 vs 27.19 ± 4.92 years; $p=0.029$) and diastolic blood pressure (102.06 ± 10.56 vs 108.84 ± 9.49 mm Hg $p=0.010$), platelet count (55896.77 ± 36095.81 vs 213167.74 ± 87944.56 per cumm; $p<0.001$), was significantly low in women with HELLP syndrome compared to women with other complications while mean SGOT (239.77 ± 39.42 vs 91.77 ± 202.57 ; $p<0.001$) and SGPT (177.58 ± 33.36 vs 54.03 ± 112.05 ; $p<0.001$), uric acid (6.85 ± 1.84 vs 5.80 ± 1.84 ; $p=0.028$), LDH (690.94 ± 514.77 vs 413.39 ± 240.88 ; $p=0.009$) and fibrinogen (360.32 ± 98.88 vs 277.32 ± 99.58 ; $p=0.002$) were significantly high in women who developed HELLP syndrome ($p<0.05$)
- Most of the women who developed HELLP syndrome were aged between 26 to 30 years (45.45%). The mean age in women who developed HELLP syndrome was 25.18 ± 3.81 years.
- Most of the women who developed HELLP syndrome were were primi (45.45%) and para 1 (45.45%).
- Most common clinical presentation in women who developed HELLP syndrome was headache (36.36%).
- Magnesium sulphate administration was done in 33.33% of the women who developed HELLP syndrome.
- Labour was induced in 21.21% of the women who developed HELLP syndrome while 24.24% of the women had spontaneous labour.

- The most common indication for the induction of labour in women who developed HELLP syndrome was severe preeclampsia (57.14%) followed by HELLP (28.57%).
- Majority (66.67%) of the women who developed HELLP syndrome had vaginal delivery and 33.33% of the women underwent LSCS.
- The most common indication for LSCS was HELLP 81.82% followed by fetal distress (18.18%).
- All the women who developed HELLP syndrome had live births (100%).
- Neonatal outcome was available in 33 babies of women who developed HELLP syndrome
- Of the 33 Babies born to women who developed HELLP syndrome, 36.36% of the babies weighed between 2.500 to 2.999 kg. The mean birth weight was 2.27 ± 0.69 Kgs.
- The requirement of resuscitation was noted in 87.88% of the neonates born to women who developed HELLP syndrome,.
- The requirement of resuscitation was noted in 87.88% of the neonates, at 1 minute APGAR score of >7 was noted in 66.67% of the babies and the mean APGAR score as 6.39 ± 1.06 . At 5 minutes APGAR score of ≥ 7 was noted in 90.91% of the babies. The mean APGAR score was 7.91 ± 1.10 . The requirement of NICU admission was noted in 18.18% and the most common cause of NICU admission was MSL with fetal distress (50%).

- Out of 33 women with HELLP syndrome, majority (84.85%) of the women had complications of HELLP alone while 9.09% of the women had HELLP with abruption and 3.03% of the women each had HELLP with DIC and HELLP with abruption with renal failure.

Overall the present study shows 5% incidence of severe preeclampsia and 10.57% incidence of HELLP syndrome in women with severe preeclampsia. The other complications noted were abruption, eclampsia, pulmonary oedema, renal failure and DIC.

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ANNEXURE - I - INFORMED CONSENT

“A CROSS SECTIONAL STUDY OF SEVERE PRE ECLAMPSIA AND HELLP SYNDROME IN A TERTIARY CARE HOSPITAL IN BELAGAVI”

Purpose of the study

You are being asked to enroll in this study as you are eligible for participation in this study. If you are diagnosed with severe pre eclampsia you will be included in this study.

The purpose of this study is to determine the incidence of severe pre eclampsia and HELLP syndrome in severe pre eclampsia. Also the secondary purpose of this study is to find out the incidence of complications occurring in severe hypertensive pregnancies, eg renal failure, cardiac failure, etc and the associated maternal and fetal morbidity and mortality

Procedure

During this study, you will be asked questions regarding your socio-demographic background, history and you are supposed to answer to the best of your knowledge. The principal investigator of the study is Dr. _____ under the guidance of Dr. _____.

If you agree to enroll yourself in this study, you will be interviewed regarding your sociodemographic details, present, past and treatment history.

Risks and benefits

The benefits of taking part in this study will be early diagnosis and treatment of severe pre eclampsia and HELLP syndrome so that prompt treatment can be initiated for the same and the condition can be stopped from worsening further. There are no risks involved in taking part in this study.

Alternatives

Taking part in this study is voluntary. You may choose not to take part in this study, or if you decide to take part now, you can later change your mind and withdraw from the study. Your decision will not change the present or future health care or other services that you receive. The study doctor or sponsor may terminate your participation in this study anytime.

Privacy and confidentiality

All information collected about you during the course of this study will be kept confidential to the extent permitted by law. The code numbers will identify you in this research record. Information from this study will be published but your identity will be confidential in any publication. No information about you or information provided by you during the research will be disclosed to other without your written permission except:

1. In emergency to protect your rights and welfare.
2. If required by law.

Financial incentives for participation

You will not be paid /offered any gift/incentives for participating in this study.

Authorization to publish results

The results of this study would be forwarded to the KLE University, Belgaum as a part of requirement towards the completion of MS degree, review and publishing.

Questions

In case you have any questions related to the study, in future or in case of study related injury or illness, you can contact :

- If you have any queries about your rights as a study subject, you may call Dr.Ganga .S. Pilli, Professor, Department of Pathology, Chairman of J. N. Medical College Institutional Ethical Committee of Human Subjects Research, Phone No. 9448863866, at J. N. Medical College, Belgaum.

CONSENT STATEMENT

I voluntarily agree to take part in this study by signing below. I may withdraw at any time. I am not giving up any legal rights by signing this form. My signature below indicates that I have read, or it has been read to me, this entire consent form, and have had all my questions answered.

In case of the queries during the study or in future you may contact following person.

Name of the participant: (signature/thumbprint)

Name of the witness: (signature)

Name of the investigator: (signature)

Date: Place:

Address :

Phone no:

ANNEXURE – II - PROFORMA

A CROSS SECTIONAL STUDY OF SEVERE PRE ECLAMPSIA AND HELLP SYNDROME IN A TERTIARY CARE HOSPITAL IN BELAGAVI

- IP.NO :

1.SUBJECT INFORMATION

- Name :
- Age :
- Address :
- Contact number:
- Education:
- Occupation:

2. CURRENT PREGNANCY

- Gravida
- Para :
- Living :
- Abortion :
- Last menstrual period :
- Estimated date of delivery :
- Period of gestation :
- Ultrasound estimated date of delivery :

- Calcium supplementation intake status:
- Nutrition status:
- Any anti hypertensive medication taken:
- Magnesium sulphate taken:

7. INVESTIGATIONS:

- **Routine:**

Hemoglobin
Blood group
Platelet count
Peripheral smear

- **Special**

Liver function tests: Total bilirubin

Direct bilirubin
Total proteins
Serum Albumin
Albumin : Globulin ratio
Alanine transaminase (SGOT)
Aspartate Transaminase (SGPT)
Alkaline phosphatase

Renal Function tests: Serum urea

Serum uric acid
Serum creatinine

Urine albumin

Lactate Dehydrogenase

Disseminated Intravascular Coagulation (DIC) Profile:

Prothrombin Time

Activated Partial Thromboplastin Time

Serum fibrinogen

8. INFORMATION ON LABOUR

- Date and time of delivery :
- Type of delivery : spontaneous/ induced/caesarian
- If induced, indication:
- If caesarean section, indication:
- Magnesium sulphate taken:

1. INFORMATION OF THE BABY

- Gestational age :
- Time of birth :
- Sex :
- Weight in kgs :
- Length in cm:
- Did the baby cry after birth :
- Did the baby need resuscitation:
- APGAR score : 1minute : 5minute :
- Mortality

Signature and name of the principal investigator:

ANNEXURE - III - ETHICAL CLEARANCE



K.L.E.UNIVERSITY'S
JAWAHARLAL NEHRU MEDICAL COLLEGE,
NEHRU NAGAR, BELAGAVI-590010 (KARNATAKA-INDIA)
(Accredited 'A' Grade by NAAC)

Website: <http://www.jnmc.edu>
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Principal: 2471701
Fax No. +91 (0)831 – 2470759

Ref: MDC/DOME/ 398.

Date: 19/11/2015

To,

PG student in OBG,
J.N.Medical College,
BELAGAVI.

Sub: Institutional Ethical Clearance for the study.

With reference to the above, we wish to inform you that your proposed research project titled "A CROSS SECTIONAL STUDY OF SEVERE PRE ECLAMPSIA AND HELLP SYNDROME IN A TERTIARY CARE HOSPITAL IN BELAGAVI", is ethical and justifiable. The proposed research project has been cleared by the JNMC Institutional Ethics Committee on Human Subjects Research.

(Dr. Arathi Darshan)
Member Secretary
JNMC Institutional Ethics Committee
on Human Subjects Research,
J.N.Medical College, Belagavi.

(Dr. Ganga Pilli)
Chairman,
JNMC Institutional Ethics Committee
on Human Subjects Research,
J.N.Medical College, Belagavi.

ANNEXURE - IV - KEY TO MASTER CHART

-	-	Absent
+	-	Present
aPTT	-	Activated partial prothrombin time
BP	-	Blood pressure
bpm	-	beats per minute
Cms	-	Centimeters
CPD	-	Cephalopelvic disproportion
DIC	-	Disseminated intravascular coagulation
END	-	Early neonatal death
F	-	Female
FD	-	Fetal distress
GDM	-	Gestational diabetes mellitus
H/o	-	History of
HELLP	-	Haemolysis elevated liver enzymes low platelets
Ind	-	Induced
IUD	-	Intra uterine death
IUGR	-	Intrauterine growth restriction
Kg	-	Kilogram
LB	-	IUD
LBW	-	Low birth weight
LSCS	-	Lower segment caesarean section
m	-	Male
m	-	meter

mm Hg	-	Millimeters of mercury
MSL	-	Meconium stain liquor
n	-	No
NICU	-	Neonatal intensive care unit
PE	-	Preeclampsia
PT	-	Prothrombin time
res.	-	Resistance
S.IUGR	-	Severe intrauterine growth restriction
SGOT	-	Serum glutamic oxaloacetic transaminase
SGPT	-	Serum glutamic pyruvic transaminase
Sp	-	Spontaneous
y	-	Yes

