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Poster Number: EP 446 Name: Dr Chaitra kamala S

Title: How much risk is HIGH RISK in pregnancy?

INTRODUCTION - Any pregnancy that involves increased risk or complication for the mother or fetus or both during pregnancy or childbirth is referred to as High risk pregnancy . Nearly 15% of women develop life threatening complications during pregnancy and 50-60% of women with maternal complications undergo cesarean delivery (1)

CASE REPORT - We have a case of a 36 year old female, G4A3 with previous 3 spontaneous miscarriages in first trimester. Patient has a history of laparoscopic myomectimy for submucosal fibroids and also history of hysteroscopic septal resection..This pregnancy was an IVF conception with DCDA twin gestation, cervical encerclage was done at 14 weeks. Pateint was a know case of hypothyroidism since two years and was on Thyronorm 50 mcg . In the course of her pregnancy patient developed pre eclampsia and started on Tab Labetolo 100g BD, developed GDM and was on OHAs and Insulin, and developed intra hepatic cholestasis of pregnancy in the third trimester and started on Tab Udiliv . Patient was in a close follow up throughout pregnancy with careful monitorings of sugars and BP and fetal growth.

Patient was steroided at 34 weeks and underwent an Elective LSCS as the scans showed discorancy between two twins of 12%. Patient delivered a female baby weighing 2.26 kg and a male baby weighing 1.72kg.

CONCLUSION - Since there is high prevelance of High risk pregnancy in Indian women around 49.4%, 33% having a single high risk and 16.4% having multiple high risks(2),addresing the health issues of the mother from the first visit, regular monitoring and timely interventions will reduce the prevelance of morbidity and mortality in the mother and the fetus

REFERENCE

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2. Periyaswamy kuppuswamy - High risk pregnancy in India : prevelance and contributing risk factors - a national survey based analysis