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Hypertensive disorders of pregnancy (HDP) in women attending L and D, JNH, Jeddah, KSA

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Aim: To reduce maternal and perinatal complication and ensure both pregnant women and infants to be healthy and safe and to determine the risk factors of hypertensive disorders in pregnancy.

Materials and Methods: A retrospective study was conducted in laboring women aged 15 years and above who were attending laboring and delivery (L and D) unit at JNH hospital, Jeddah. Even in 21st century maternal mortality and morbidity is very high in certain communities with highest birth rate in the lives of women due to traditional values like more the children merrier is the family, especially where polygamy is not restricted up to four marriages. The married life starts at 14 years till 50 years. A single woman can produce 20-25 children in her lifetime, surprisingly even at 50 years of age. This study is based on a single unit having births around 3500 per year. This study is shown to reveal the risk factors for HDP who attended the center for delivery from January 2018 to December 2018. Predisposing factors included are anemia in women, no antenatal care,

pregnancy in unmarried young girls, illegal immigrants from neighboring countries where abortion law is abandoned, black race, refugees from Myanmar, low socioeconomic status, personal history of diabetes, history of hypertension in previous pregnancy, family history of hypertension, grand multiparity, multiple pregnancy (twins, triplets, quadruplets), advanced maternal age, overweight and obesity.

Results: Gestational hypertension-10%, Pre-eclampsia with proteinuria-6-8%, Eclampsia-4% and Chronic hypertension in pregnancy-3%. Intrauterine fetal deaths, Preterm births, Postpartum hemorrhage (PPH). PPH led to anemia and sometimes hysterectomy, increased caesarian section rate compared to vaginal deliveries. Neonatal outcome included preterm birth, increased admission rate to neonatal intensive care unit.

Conclusion: The risk factors confirmed in this study are useful for early diagnosis of HDP with appropriate treatment and prevention of complication leading to safe motherhood and healthy neonates.

Biography

Gulnaz Haroon Rasheed hails from India and was graduated from the most prestigious University of Mysore, India in 1990 and then pursued her career in Obstetrics and Gynaecology, obtaining Diploma in Obstetrics and Gynaecology from the College of Physicians and Surgeons from Bombay, now called as Mumbai. Later on, moved to Jeddah, Saudi Arabia and continued to study aiming to achieve International qualification and was awarded membership from the most prestigious Royal college of Obstetrics and Gynecologists, London in 2017. Since graduation, she has worked as an Obstetrician and Gynecologist in India and overseas for more than 29 years with a successful proven track. She also worked as the Hospital Director at Dr. Hassan Ghazzawi Hospital, Jeddah from December 2007 to December 2009. From 2013 to 2015, led the Operation Theatre / Delivery Room and NICU as manager in the above Hospital. Since 2016, she is working at Jeddah National Hospital.

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