INCIDENCE OF ABRUPTIO PLACENTAE IN PREECLAMPSIA IN A RURAL TERTIARY CARE HOSPITAL
Ratna Bulusu¹, Payel Ray², Aritra Maji³

¹Professor and HOD, Department of Obstetrics and Gynaecology, MVJ Medical College and Research Hospital, Bengaluru.
²Associate Professor, Department of Obstetrics and Gynaecology, MVJ Medical College and Research Hospital, Bengaluru.
³Junior Resident, Department of Obstetrics and Gynaecology, MVJ Medical College and Research Hospital, Bengaluru.

ABSTRACT

BACKGROUND
Preeclampsia is a pregnancy specific disorder commonly defined as de novo hypertension and proteinuria after 20 weeks of gestational age. It occurs in 3-5% of pregnancies and is still a major cause of both foetal and maternal morbidity and mortality worldwide. One of the most serious and dreaded complication of preeclampsia is abruptio placentae. Placental separation from its implantation site before delivery of the foetus has been called abruptio placentae or accidental haemorrhage. Various studies have shown that there is 2-2.5 fold increase in incidence of abruptio in hypertensive disorder of pregnancy.

The aim of the study is to study the incidence of abruptio placentae in women with preeclampsia.

MATERIALS AND METHODS
100 pregnant women with preeclampsia attending the antenatal OPD as well as admitted to the antenatal ward and labour room fulfilling the inclusion criteria were enrolled in the study. The incidence of abruptio placentae among these 100 women was studied.

RESULTS
Among the 100 women with preeclampsia enrolled in the study, abruptio placentae was noted in 14 women (14%). Maternal complications were seen in the form of anaemia (78.57%), need for blood transfusion (57.14%), shock (28.57%), postpartum haemorrhage (14.28%) and puerperal sepsis (7.14%). Perinatal complications were seen in the form of low birth weight (57.14%), prematurity (35.71%), NICU admission (71.43%) and intrauterine death (28.57%).

CONCLUSION
Abruptio placentae affects approximately 1% of all deliveries. However, the incidence significantly increases in cases of preeclampsia and other hypertensive disorders of pregnancy. Association of abruptio placentae in cases of preeclampsia varies from 10-50%. In our study, incidence of abruptio placenta in preeclampsia is 14%.

KEYWORDS
Preeclampsia, Abruptio Placenta, Proteinuria, Hypertension, Haemorrhage.


BACKGROUND
Preeclampsia is defined as a multisystem disorder of unknown aetiology characterised by rise of blood pressure to the extent of 140/90 mm of Hg or more taken on at least 2 occasions 6 hours apart with proteinuria (>300 mg in 24 hours urine) in previously normotensive and non-proteinuric women after 20 weeks of gestation. It features abnormal vascular response to placentation associated with increased systemic vascular resistance, enhanced platelet aggregation, activation of coagulation system and endothelial dysfunction.¹ It remains a major cause of maternal and foetal/neonatal morbidity and mortality. Every third case of obstetric morbidity and more than 50,000 maternal deaths per year worldwide are caused by preeclampsia. One major antenatal complication of preeclampsia is abruptio placentae, which has serious implication on the health of both the mother and the foetus, which may result in maternal as well as perinatal mortality.²,³

Abruptio placentae is defined as the separation of placenta from its implantation site before birth of the foetus. The initial event in abruptio placentae is bleeding into the decidua basalis. The haematoma formed separates placenta from maternal vascular system. This results in bleeding from or into the genital tract in the form of maternal blood and also cause impairment of foetal oxygenation and nutrition. Incidence of abruptio placentae varies from 0.5-1% of all births.⁴,⁵ Depending on the extent (partial or complete) and intensity of placental separation, it is a significant cause of perinatal mortality (15-20%) and maternal mortality (2-5%).⁶,⁷,⁸ It can occur at any period of gestation after 28...
weeks of gestation. There are 3 varieties of abruptio placentae revealed concealed and mixed. Abruptio severe enough to cause foetal death occurs approximately in 1 in 100 deliveries.\textsuperscript{1,3,9}

Preeclampsia, gestational hypertension, chronic hypertension all is associated with abruptio placentae. The association of preeclampsia in abruptio placentae varies from 10-50%.\textsuperscript{10,11} Risk of abruptio placenta is increased in women with chronic hypertension and preeclampsia increasing to a relative risk of 3.8 for preeclampsia and 2.8 for chronic hypertension with superimposed preeclampsia.\textsuperscript{2,3,5,8,9} The mechanism of placental separation in preeclampsia by spasm of the vessels in the decidua basalis, retroplacental haematoma,\textsuperscript{2,3,6} Prognosis depends on the degree of associated preeclampsia.

**AIMS AND OBJECTIVES**

1. To study the incidence of abruptio placenta in pregnancies complicated with preeclampsia.
2. To note the severity of the abruptio, amount of blood loss, need for blood and components transfusion.
3. Effect of this complication on maternal and foetal morbidity.

**MATERIALS AND METHODS**

The study was conducted in the Department of Obstetrics and Gynaecology in MVJ Medical College and Research Hospital, a rural tertiary care hospital, over a period of 2 years from October 2014 to September 2016. During this period, 100 antenatal women attending the outpatient department as well as admitted in the labour room and obstetric ward fulfilling the inclusion and exclusion criteria were included in the study after counselling and obtaining written informed consent.

The diagnosis of preeclampsia was done according to NHBPEP working group on high blood pressure.

The diagnosis of abruptio placentae was done according to the signs and symptoms including vaginal bleeding, abdominal pain, back pain, tense and tender uterus, pallor, features of shock, foetal death and USG confirmation were feasible.

<table>
<thead>
<tr>
<th>Total Number of Preeclamptica Women (%)</th>
<th>Number of Women Developing Abruptio Placenta (%)</th>
<th>Number of Women not Developing Abruptio Placenta (%)</th>
<th>95% Confidence Interval</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 (100%)</td>
<td>14 (14%)</td>
<td>86 (86%)</td>
<td>0.0720-0.2080</td>
</tr>
</tbody>
</table>

**Table 1. Distribution of the Patients**

No statistical significant relationship was found in respect of age, gestational age, gravidity between patients who developed abruptio placenta and those who did not develop abruptio placenta, while the association of severity of preeclampsia, mode of delivery and blood loss among patients with abruptio placenta and without abruptio placenta was statistically significant.

<table>
<thead>
<tr>
<th>Age</th>
<th>Women with Abruptio Placenta</th>
<th>Women Without Abruptio Placenta</th>
<th>Total Preeclamptic Women</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean±SD</td>
<td>25.38±4.72894</td>
<td>25.04±4.7722</td>
<td>25.21±4.72965</td>
<td>0.8033 Not Significant</td>
</tr>
</tbody>
</table>

**Table 2. Association of Subjects According to Age**

**Inclusion Criteria**

- Patients booked in the first trimester with known first trimester BP record.
- Pregnant women between 20-42 weeks of gestation.
- BP>140/90 mm of Hg with proteinuria (>300 mg/dL).
- Singleton pregnancy.
- Women with good dates.

**Exclusion Criteria**

- Gestational age <20 weeks or >42 weeks.
- Women who are neither sure of their dates nor having early USG.
- Obstetric complications like multiple gestation, polyhydramnios, premature rupture of membranes.
- Presence of gestational diabetes mellitus.
- Medical conditions like essential hypertension, renal disease, heart disease, diabetes mellitus and thrombophilia.
- History of trauma.
- Presence of short cord.
- History of prior abruption.
- Uterine anomalies.
- Placental anomalies.

All the women enrolled in the study were studied for demographic data such as age, gestational age, gravidity. The incidence of abruptio placenta in the 100 preeclamptic women was noted, severity of preeclampsia, severity of abruptio, amount of blood loss, need for blood and component transfusion, maternal and neonatal complications.

The data were evaluated and statistically analysed using chi-square test and Student’s t-test. P value <0.05 was considered statistically significant.

**RESULTS**

Among the hundred preeclamptic women who were included in the study, fourteen women developed abruptio placenta. The incidence of abruptio placenta in preeclampsia was found to be 14%. 95% Confidence Interval was 0.0720-0.2080.
Mean age of women who developed abruptio placentae was 25.38±4.72894 while that of women who did not develop abruptio placentae was 25.04±4.7222. This difference was statistically insignificant (p value 0.8033).

<table>
<thead>
<tr>
<th>Gestational Age</th>
<th>Women with Abruptio placenta (%)</th>
<th>Women Without Abruptio placenta (%)</th>
<th>Total Preeclamptic Women (%)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean±SD</td>
<td>33.12±6.16582</td>
<td>33.86±6.64574</td>
<td>33.28±6.28141</td>
<td>0.6974</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Not Significant</td>
</tr>
</tbody>
</table>

Table 3. Association of Subjects according to Gestational Age

Mean gestational age of women who developed abruptio placentae was 33.12±6.16582 while that of women who did not develop abruptio placentae was 33.86±6.64574. This difference was statistically insignificant (p value 0.6974).

<table>
<thead>
<tr>
<th>Gravidity</th>
<th>No. of Women with Abruptio placenta (%)</th>
<th>No. of Women Without Abruptio placenta (%)</th>
<th>Total Number of Preeclamptic Women (%)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primigravidae</td>
<td>5 (10%)</td>
<td>45 (90%)</td>
<td>50 (50%)</td>
<td>0.249</td>
</tr>
<tr>
<td>Multigravidae</td>
<td>9 (18%)</td>
<td>41 (82%)</td>
<td>50 (50%)</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>14 (14%)</td>
<td>86 (86%)</td>
<td>100 (100%)</td>
<td></td>
</tr>
</tbody>
</table>

Table 4. Association of Subjects according to Gravidity

Out of fifty primigravidae, five women (10%) developed abruptio placentae while out of fifty multigravidae, nine women (18%) developed abruptio placentae. This difference was statistically insignificant (p value 0.249).

<table>
<thead>
<tr>
<th>Severity of PE</th>
<th>No. of Women with Abruptio placenta (%)</th>
<th>No. of Women Without Abruptio placenta (%)</th>
<th>Total Number of Preeclamptic Women (%)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mild</td>
<td>4 (7.4%)</td>
<td>50 (92.6%)</td>
<td>54 (54%)</td>
<td>0.39538</td>
</tr>
<tr>
<td>Severe</td>
<td>10 (21.74%)</td>
<td>36 (78.26%)</td>
<td>46 (46%)</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>14 (14%)</td>
<td>86 (86%)</td>
<td>100 (100%)</td>
<td></td>
</tr>
</tbody>
</table>

Table 5. Association of Subjects with Severity of Preeclampsia

Out of fifty four women with mild preeclampsia, four women (7.4%) developed abruptio placentae while out of forty six women with severe preeclampsia, ten women (21.74%) developed abruptio placentae. This difference was statistically significant (p value 0.39538).

<table>
<thead>
<tr>
<th>Mode of Delivery</th>
<th>Number of Women with Abruptio placenta (%)</th>
<th>Number of Women Without Abruptio placenta (%)</th>
<th>Total Number of Preeclamptic Women (%)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vaginal</td>
<td>3 (5.26%)</td>
<td>54 (94.74%)</td>
<td>57 (57%)</td>
<td>0.003744</td>
</tr>
<tr>
<td>LSCS</td>
<td>11 (25.58%)</td>
<td>32 (74.42%)</td>
<td>43 (43%)</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>14 (14%)</td>
<td>86 (86%)</td>
<td>100 (100%)</td>
<td></td>
</tr>
</tbody>
</table>

Table 6. Association of Subjects with Mode of Delivery

Three women with abruptio placentaes underwent vaginal delivery and eleven women with abruptio placentaes underwent LSCS whereas fifty four women without abruptio placentaes underwent vaginal delivery and thirty two women without abruptio placentaes underwent LSCS. This difference was statistically significant (p value 0.003744).

<table>
<thead>
<tr>
<th>Blood Loss</th>
<th>Women with Abruptio placenta (%)</th>
<th>Women without Abruptio placenta (%)</th>
<th>Total Preeclamptic Women (%)</th>
<th>p value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean±SD</td>
<td>1642.86±158.22</td>
<td>456.38±186.54</td>
<td>622.04±182.74</td>
<td>&lt;0.0001</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Highly Significant</td>
</tr>
</tbody>
</table>

Table 7. Association of Subjects According to Blood Loss

Mean blood loss of women who developed abruptio placentaes was 1642.86±158.22 mL, while that of women who did not develop was 456.38±186.54 mL. This difference was highly significant (p value<0.0001).
Among the women who had abruptio placentae, eleven (78.57%) developed anaemia, eight of them (57.14%) needed blood transfusion, four (28.57%) went into shock, two (14.28%) developed postpartum haemorrhage and one (7.14%) developed puerperal sepsis, whereas there was no incidence of acute renal failure, coagulopathy or maternal mortality.

Perinatal complications in the form low birth weight was seen in eight cases (57.14%), prematurity in five cases (35.71%), ten babies (71.43%) needed NICU care while IUD was seen in four cases (28.57%).

Thus, among hundred preeclamptic women in the study, fourteen (14%) developed abruptio placentum among whom the relation of age, gestational age and gravidity was not statistically significant, whereas the relation of severity of PE, mode of delivery and blood loss was statistically significant. Maternal complications were seen in the form of anaemia (78.57%), need for blood transfusion (57.14%), shock (28.57%), postpartum haemorrhage (14.28%) and puerperal sepsis (7.14%). Perinatal complications were seen in the form of low birth weight (57.14%), prematurity (35.71%), NICU admission (71.43%) and intrauterine death (28.57%).

**CONCLUSION**

Abruptio placentae, a medical and obstetric emergency is a serious and frequent complication of preeclampsia. Its incidence increases highly with the severity of preeclampsia. Obstetrician must be cautious regarding abruptio placentae especially in cases of preeclampsia as close monitoring, early diagnosis and management can prevent serious maternal and perinatal hazards. The findings emphasise that better care could significantly improve maternal and perinatal prognosis.

**REFERENCES**


