

Diagnosis and management of maternal and foetal complications in severe pre-eclampsia

Mraihi Fathi *, Jihene Basly, Youssef Nouali, Dalenda Chelli

Department D, Tunis Maternity Center, Tunis, Tunisia.

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Objective. Severe pre-eclampsia is a serious pathology that can be life-threatening for pregnant women, mainly due to its complications. In our country, it is the second cause of maternal mortality after postpartum haemorrhage. The aim of this study is to specify the epidemiological data of patients with complications of severe pre-eclampsia and the management of these complications.

Materials and Methods. This is a prospective descriptive study conducted in ward D of the Tunis Maternity and Neonatology Centre, which is a level 3 maternity ward. We included all cases of severe pre-eclampsia managed in this service between January 2018 and December 2021. We looked for complications and evaluated the management of this pathology.

Results. We collected 84 cases of severe pre-eclampsia associated with at least one complication. The mean age of the pregnant women was 31.5 years, with extremes ranging from 21 to 39 years. The mean parity was 2.4 with extremes ranging from G1 to G6. The mean parity was 2.1. A history of pre-eclampsia was noted in 5 cases. There were 2 cases of diabetes mellitus treated with insulin and 3 cases of treated hypothyroidism. We have 54 cases of HELLP syndrome, 27 cases of acute renal failure, 13 cases of retroplacental haematoma, 6 cases of eclampsia and one case of haemostasis disorder.

Conclusions. Severe pre-eclampsia is a common pathology specific to pregnancy, which can cause several serious complications threatening the mother's vital prognosis. early and adequate treatment is the only way to guarantee a favourable outcome.