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Clinical characteristics, echocardiographic profile and outcome of peripartum cardiomyopathy at BPKIHS, a tertiary care hospital in Nepal

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Peripartum Cardiomyopathy (PPCM) is a pregnancy associated myocardial disease. It is a rare disease with unknown etiology. Recognition of its risk factors is important for prevention and treatment. The objective of this study was to determine clinical characteristics, echocardiographic profile and in hospital outcome of patients with peripartum cardiomyopathy. It was a retrospective study. Patients admitted with the diagnosis of peripartum cardiomyopathy from 1st November 2009 to 30th December 2014 were studied. Demographic data, echocardiogram and in hospital outcome of patients were reviewed. 65 patients were diagnosed with PPCM during the study period. Mean age was 28 ± 6.5 years. 58 patients (89%) were multigravida and seven (11%) were primigravida. Two patients had twin pregnancy. 44 (68%) patients presented after delivery whereas 21 (32%) presented during pregnancy. Most of the patients 57 (88%) were in NYHA class III and IV. 57 (88%) patients had moderate to severe left ventricle systolic dysfunction. Five (8%) patients had preeclampsia, four (6%) had eclampsia and two developed gestational hypertension. Two patients were diabetic. None of the multiparous patients had past history of PPCM. No maternal mortality was seen. Fetal outcomes were good with all resulting live births and most were appropriate for gestational age. To conclude, PPCM is common in multiparous women with postpartum presentation. In hospital maternal and fetal outcomes is good.

Biography

Naveen Kumar Pandey is currently working as a Cardiologist at B.P. Koirala Institute of Health Sciences, Dharan, Nepal. His research interest is in clinical cardiology.

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