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Outcome of twin deliveries at a tertiary care centre of Eastern Nepal

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Background: Twins, compared to singletons, have higher perinatal mortality and morbidity. The aim of this study is to describe the twinning rate, epidemiological variables and hospital outcome of twin deliveries at this institution.

Methods: We evaluated retrospectively the outcome of 92 twin pregnancies during one year study period (1st January 2014 to 31st December 2014). Only inborn twins were included. Cases with <28 weeks gestation and those twins delivered outside institution were excluded. Maternal and neonatal data were retrieved and statistically analysed.

Results: The twinning rate was 9.2/1000 (92/10,031). The mean birth weight was 1636.30±339.21 grams and mean gestational age 34.31±2.67 weeks. 182 babies (98.9%) were Low Birth Weight (LBW) while 32.1% were small for Gestational Age (SGA). There was mild, moderate and severe growth discordance in 68.5%, 23.9% and 7.6% respectively. Three (3.26%) of 92 pairs had twin to twin transfusion syndrome. The mortality rate was 10.87% (20/184). Out of 181 live babies, 69 (37.5%) had complications. The clinical causes of death were hyaline membrane disease (3.3%), severe birth asphyxia (2.7%), sepsis (1.6%) and congenital malformations (1.6%).

Conclusion: Twin deliveries are common in this hospital and need special consideration due to their substantial higher risk of complications and thereby consumption of relatively large proportion of resources before, during and after birth. Preparedness, early management and follow-ups are required for better management of twin infants in our part.

Biography

Shipra Chaudhary has completed her MD in Pediatrics & Adolescent Medicine from B P Koirala Institute of Health Sciences (BPKIHS), Dharan, Nepal. She is an Assistant Professor in Department of Pediatrics, BPKIHS, Dharan.

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