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Clinico-demographic profile and outcome of twin pregnancies in a tertiary government hospital: A three-year retrospective study

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Background & Aim: Multiple births have been associated with increased maternal and fetal morbidity and mortality during delivery. They are associated with higher cases of prematurity and low birth weight. It is important to review trends in multiple pregnancies and their outcomes to be able to identify opportunities for intervention in improving both maternal and neonatal outcomes. The study aims to provide more data on profiles of mothers and infants born with multiple pregnancies, their outcomes providing baseline data for hospital-based protocols and management of future multiple pregnancies.

Objective: To describe the clinico-demographic profile and outcome of twin pregnancies in a tertiary government hospital.

Study Design: It was a retrospective descriptive cross-sectional study. Neonatal intensive care unit and delivery room of a tertiary government hospital was used. Study Population considered were mother and newborns born at a tertiary government hospital.

Result: Among 100 twin births delivered between 2014-2016, 58% were born to the mothers from age group of 20 to <30 years old. Most of the twins were full term and delivered by caesarean section with birthweight of 1000-2000 grams. 45 babies were admitted to NICU mostly due to prematurity with respiratory distress syndrome as number one immediate cause of mortality.

Conclusion: The incidence of twin birth in Philippines is still lower than in other continents. Advanced maternal age and increase gravidity and parity may have a role in increased twinning rates. Prematurity, respiratory distress syndrome still one of the most common complications and cause of death in twin births.

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