FETAL CEREBROPLACENTAL RATIO AT TERM PREGNANCY AS A PREDICTOR OF ADVERSE PERINATAL OUTCOME

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ABSTRACT--The middle cerebral artery (MCA) Doppler accuracy for predicting fetus at risk of wellbeing is not known properly. The study's objective is to is to evaluate the middle cerebral artery Doppler accuracy for predicting adverse fetal outcome. For studying perinatal outcome in pregnancy at term with normal cerebroplacental ratio, to study perinatal outcome in pregnancy at term with abnormal cerebroplacental ratio, to compare between the perinatal outcomes in pregnancy at term with normal and abnormal cerebroplacental ratio. A cross sectional study including 1000 pregnant women at term between 37 to 40 weeks of gestation. CPR (Pulsatility index of MCA and PI of UA) were calculated of all patients on USG Doppler. Abnormal CPR were related to bad fetal outcome. 1000 women will be studied. The obstetric intervention rate for suspected fetal distress will be higher among cases with lower CPR compared to those with normal CPR. A significantly higher rate of adverse perinatal outcome will be found in fetuses with CPR < 10th percentile compared to those with more risk of obstetric intervention because of fetal distress and bad fetal outcomes. Earlier detection of low CPR can be helpful in predicting adverse perinatal outcomes.

Keywords--Cerebroplacental ratio, perinatal outcome

I. INTRODUCTION

As obstetricians, we are health experts providing tertiary care in MCH (maternal and child health) services. Apart from safe motherhood, we are equally responsible for good perinatal outcome. Preterm birth and fetal growth restriction are leading causes of adverse perinatal outcome.Both these entities are well studied and management protocols for them are well established in clinical practice.When placental function is not optimum fetal hypoxia and fetal growth restriction (FGR) can occur.

In cohort of AGA(appropriately grown) fetuses who have circulatory changes causing major risk for stillbirth and in neonate, a much greater risk of neurological morbidity [1,2]as well as heart diseases and other metabolic diseases in late life[3,4]Early detection of these circulatory changes can predict adverse perinatal outcome and improve MCH care. With the advances in ultrasound and color doppler in obstetrics, fetal

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cerebroplacental ratio (CPR) is a non-invasive investigation which is the ratio of PI of middle cerebral artery (MCA) to PI of umbilical artery (UA). It measures both compromised placental function and fetal circulatory adaptations [5]. CPR is known to evaluate bad perinatal outcomes better than its individual components [6] and it is better than conventional anthropometric models [7].

With above background, in present study we aim to evaluate role of Cerebroplacental ratio(CPR) as a predictor for bad perinatal outcome in term pregnancies as important screening tool in MCH care.

II. RATIONALE

. The Cerebroplacental ratio in obstetric Doppler for prediction of the fetus at risk of compromise of wellbeing is an emerging method as the present research has been inconclusive. The objective of this study is to study the normal and abnormal CPR values for predicting adverse perinatal outcome [8].

III. OBJECTIVES

1- To study perinatal outcome in pregnancy at term with normal cerebroplacental ratio.

2- To study perinatal outcome in pregnancy at term with abnormal cerebroplacental ratio.

3- To compare between the perinatal outcomes in pregnancy at term with normal and abnormal cerebroplacental ratio.

IV. METHODS

Study Design: A cross sectional observational study

Duration of Study:2018-2020

Place of Study:Department of OBGYN ,AVBRH, Datta Meghe Institute of Medical Science Wardha Sample Size: 1000

Materials-

Inclusion criteria: Low risk term pregnant women

Exclusion criteria: 1) Pregnant women preterm/post term 2) All high risk pregnant women

The research will be conducted in department of obstetrics and gynecology and department radiology.Cerebroplacental ratio will be done for low risk antenatal women at term attending obstetrics OPD of AVBRH.Antenatal study group women having normal CPR will be assigned to group 1(women with normal CPR) and abnormal assigned to group 2(women with abnormal CPR).Study group women will be followed till discharge from hospital.Following variables will be studied as outcome measures.(1) Antenatal fetal outcome:FGR, FHR (<110/min or 110-160/min or >160/min), still birth(2) Intrapartum fetal outcome:

Mode of delivery, FHR, Still birth, Meconium stained liquor, APGAR Score, NICU admission(3) Neonatal outcome:NICU admission

Data will be entered in predesigned proforma.Data will be analyzed for comparison between two groups using appropriate statistical method.CPR is evaluated by doppler sonography. Abnormal flow will be analyzed and compared to adverse pregnancy and neonatal outcomes.Abnormality will be diagnosed based on C/U ratio

assessment. According to Arbeille, Values below 1.1 will be reported as abnormal.Following parameters are analyzed: birth weight, meconium-stained liquor, the mode of delivery like caesarean section frequency will be assessed. Afterwards, course of pregnancy and the newborn's status will be correlated with abnormal Doppler results. Data will be entered in a predesigned proforma. Statistical analysis will be done by using chi square test. The softwares used in the analysis will be SPSS 17.0 and Graphpad Prism 5.0 and P less than 0.05 will be considered as Level of significance.

V. EXPECTEDOUTCOMES/RESULTS

Overall, 1000 women will be included. The obstetric intervention rate will be more among cases with reduced CPR when compared to those with normal CPR. Increase rate of adverse perinatal outcome will be found in fetuses with CPR $< 10^{th}$ percentile compared to those with CPR $\ge 10^{th}$ percentile. Fetuses with less CPR will show a significantly higher rate of APGAR.

VI. DISCUSSION

Placenta is the source for metabolic as well as oxygen supply to the fetus. When placental supply to the fetus is diminished, fetal hypoxia and fetal growth restriction can occur. In third trimester, this can be a major risk factor for stillbirth and in neonate, there are more risk of neurolopsychiatric[9] and neurodevelopmental morbidity for longer term.

A number of articles related to this study and associated conditions were reviewed (10-34). Few studies in this geographic context were also explored (35-74). CPR is used for monitoring growth restricted fetuses and abnormal CPR is an early sign of compromised fetus. This study will show increase rate of obstetric intervention and adverse outcome perinatally in women with abnormal CPR. Accuracy of CPR and MCA Doppler in predicting prognosis compared to UA doppler will be studied. The prognostic accuracy of CPR will be statistically superior to UA Doppler for emergencies for fetal distress and adverse fetal outcome. In conclusion, our results on low risk patients will suggest that a reduced CPR has more risk of instrumental deliveries and caesarean section, abnormal APGAR score, more intrauterine death. Thus, early detection of abnormal CPR can help in preventing adverse outcomes.

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