MATERNAL AND FETAL OUTCOME IN OBESITY COMPLICATING PREGNANCY-A PROSPECTIVE COHORT STUDY

Abstract

AIM:

- **To evaluate the effect of obesity on the maternal and perinatal outcome in pregnancies complicated by obesity.**

METHODS:

- **The present study is carried out as a prospective cohort study from Mar 2017 to Sep 2017 at AN,Labour ward at KMCH,Chennai.34 obese and 34 control were selected and they were followed for 28 weeks and the following outcome like maternal complications ,neonatal complications were studied.**

RESULTS:

- **Obese women had increased incidence of gestational diabetes when compared to control group(8.82% vs 2.94%).The incidence of pre-eclampsia was higher in obese group when compared to control group(14.70% vs 5.88%)Gestational hypertension was found to be higher in obese group when compared to control group(8.82% vs 5.88%)Obese women were more likely to be induced(17.64%,Odd's ratio:2.5)when compared to control group(5.88%)Increased cesarean delivery rates was found among obese women (55.88%)when compared to control group(32.35%).The risk increased with increase in severity of obesity. There were increased admissions to NICU among neonates of obese women (20.58%)when compared to control group(8.82%).The major reasons for admissions were for the care of infant of diabetic mother.Prolonged hospital stay was required in obese group(29.41%) when compared to control group(14.70%).The major reasons for the prolonged stay were due to wound infections,medical disorders and NICU admissions**

CONCLUSION:

- **Our study points out the numerous maternal and perinatal risks in obese pregnant women which pose a considerable challenge to the obstetrical practitioner.In addition,massive obesity among women of child bearing age is associated with a number of health risks later in life.This stresses the importance of concentrating on trying to reduce the increasing incidence of obesity in fertile women**

Key words:AN-antenatal,BMI-Body mass index,NICU-neonatal intensive care unit