Assessment of platelet count and its correlation with severity of pre-eclampsia: A comparative cross-sectional study

Rita D, Kiran Naik, Ratnamala M Desai, Anuriti Sharma and Madhumati G Kulkarni

Abstract
Background: Pregnancy induced hypertension (PIH) is the most common medical disorder of pregnancy contributing significantly to maternal / fetal morbidity & mortality. Hematological abnormalities ranges from thrombocytopenia, raised liver enzymes, hemolysis to DIC and are the most ominous complications related to PIH. This study was conducted to assess the platelet count and its correlation with the severity of pre-eclampsia.

Methods: A 1 year cross-sectional study was conducted in year of 2016 over 200 patients who attended labour room. Among them 100 normotensive women were included in control group and 100 women with BP 140/90mmHg and above, proteinuria, and eclampsia were included in the study group.

Result: Among the 100 PIH cases, majority belonged to age group of 20-25 yrs with a mean of 22.74. 66% of PIH were primigravida and 53% belonged to 37-40 weeks of gestation, 68% cases were severe pre-eclampsia and 16% of the cases had thrombocytopenia.

Conclusion: This study gives an outline of investigation to be done which alerts the physician of the severity of the disease so that appropriate and timely management can be initiated. Estimation of platelet count being simple economical and rapid investigation can be used for early detection of severity of pre-eclampsia and to prevent further mortality and morbidity.

Keywords: Pregnancy induced hypertension, DIC (consumption coagulopathy), hemolysis, thrombocytopenia, raised liver enzyme

Introduction
Pregnancy induced hypertension (PIH) is the most common medical disorder of pregnancy contributing significantly to maternal / fetal morbidity & mortality [1].

It's a global problem complicating 10-17% of pregnancies [2]. The incidence in India ranges from 5-15% [3].

Pre-eclampsia is a multisystem disorder of unknown etiology characterized by development of hypertension of 140/90 mmHg or more with proteinuria after 20 weeks of in a previously normotensive and non-proteinuric patient. Severe pre-eclampsia is characterized by blood pressure of >160/110mmHg, proteinuria of more than 5g/24hrs, sudden oliguria, cerebral or visual disturbances, HELLP syndrome, severe epigastric pain, retinal hemorrhages and laboratory parameters demonstrating thrombocytopenia, hemolysis or abnormal liver function tests [4].

The majority of patients remain in mild to moderate group and does not have any major obstetric problems. However in certain percent of patients, the risk to mother as well as fetus can be significant. Possible development of DIC, intracranial hemorrhage, renal failure, retinal detachment, pulmonary oedema, liver rupture, abruption placenta, intrauterine growth restriction, fetal demise, maternal death is always there [5].

Superimposed HELLP syndrome develops in 4-12% of women with pre-eclampsia or eclampsia [6]. It is severe form of pre-eclampsia posing significant threat to both mother and fetus. This acronym HELLP was first coined by Weinstein, in 1982, to emphasize the triad of hemolysis, elevated liver enzyme and low platelets.

Thrombocytopenia is the most common hemostatic abnormality seen to occur in 11-29% of patients [7]. Detection of thrombocytopenia is important as it is one of the preventable factors contributing to some cases of life threatening cerebral and hepatic hemorrhage [8].
The frequency and intensity of thrombocytopenia varies and depends on intensity of disease process and duration of PIH syndrome. Thus this study was taken up to assess the platelet count and its correlation with the severity of pre-eclampsia.

Methods
Prospective cross-sectional study was carried out in the department of Obstetrics and Gynaecology, SDM college of medical sciences and hospital, Sattur, Dharwad from November 2015 – 2016. A total of 200 women who attended labour room were included in the study among which 100 women were included in control group and 100 women with BP 140/90mmHg and above, proteinuria and eclampsia were included in the study group. Clinical details were collected from all the cases which included the demographic data, symptoms, examination findings and investigations (platelet counts, LFT, RFT, PT, PTT, INR, urine for albumin) were done and analysed.

Inclusion criteria
- Age more than 20 years.
- Gestational age more than 20 weeks.
- Women with pre-eclampsia and eclampsia.

Exclusion criteria
- Gestational age less than 28 weeks.
- Pre-existing renal disease, diabetes, endocrine disorders chronic hypertension, ITP, TTP, APLA, SLE.
- Patients on medication which are known to cause thrombocytopenia.

Study method
Ethical approval: The study was approved by the Institutional Ethical Committee
- Among the 100 patients in study group PIH was classified into MILD, SEVERE pre-eclampsia and ECLAMPSIA which were predefined as
  - Mild : Gestational hypertension, mild pre-eclampsia
  - Severe : Severe pre-eclampsia, Imminent eclampsia
  - Eclampsia : those who developed seizures
- A detailed history, clinical findings and relevant investigations were noted for both study and control group.
- Blood samples were taken after informed consent and under aseptic precaution by venipuncture of anterior cubital vein into EDTA and PLAIN bulbs and sample was sent for hemoglobin, total leucocyte count, serology, platelet counts, LFT, RFT, PT, PTT, INR, urine for albumin were done and analysed.
- Results were recorded and analysed to fulfill the aims and objectives of the study.

Test of significance: Calculated chi square-13.488
P value for the above at degree of freedom 3 is <0.001, implying its significance between PIH and Thrombocytopenia.

It is observed that
- Majority of the patients with preeclampsia belonged to age group of 20-25 years.
- 2% of control group women had platelet count less than 1.5 lakhs.
- 2 patients among mild PE, 11 among severe PE and 2 among eclampsia had platelet count less than 1.5 lakhs.

66% of the patients of study group were primigravidas.
Severe pre-eclampsia and Eclampsia both were found to be more in gestational age of 32-37 weeks.

<table>
<thead>
<tr>
<th>Patients</th>
<th>20-25yrs</th>
<th>26-30 yrs</th>
<th>31-35 yrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Control</td>
<td>48</td>
<td>45</td>
<td>7</td>
</tr>
<tr>
<td>Mild PIH</td>
<td>10</td>
<td>14</td>
<td>3</td>
</tr>
<tr>
<td>Severe PIH</td>
<td>30</td>
<td>20</td>
<td>15</td>
</tr>
<tr>
<td>Eclampsia</td>
<td>5</td>
<td>3</td>
<td>0</td>
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<thead>
<tr>
<th>Platelets &gt;1.5 lakhs</th>
<th>&lt;1.5 lakhs</th>
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</thead>
<tbody>
<tr>
<td>Control group</td>
<td>98</td>
</tr>
<tr>
<td>Mild PIH</td>
<td>3</td>
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<tr>
<td>Severe PIH</td>
<td>11</td>
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<tr>
<td>Eclampsia</td>
<td>2</td>
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<table>
<thead>
<tr>
<th>Primigravida</th>
<th>Multigravida</th>
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</thead>
<tbody>
<tr>
<td>Control group</td>
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</tr>
<tr>
<td>Mild PIH</td>
<td>16</td>
</tr>
<tr>
<td>Severe PIH</td>
<td>42</td>
</tr>
<tr>
<td>Eclampsia</td>
<td>8</td>
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</tbody>
</table>
**Discussion**

Pre-eclampsia is one of the major causes for maternal and perinatal mortality and morbidity worldwide, particularly in developing countries [9]. Preeclampsia affects approximately 6% of all the pregnancies, more often in primigravidas in the age group of 20-30 years. Women with severe pre-eclampsia develop a variety of hematologic aberrations which do have impact on outcome of the patients so that aggressive therapy can be initiated to prevent maternal and fetal/neonatal morbidity and mortality.

Simple investigations such as hemogram, urine examination liver enzymes, clotting profile (PT, PTTK, INR) helps in assessing the disease and its outcome. Thus comparing present study results and interpretation with previous workers studies, estimation of platelet count may be considered as an early, economical and rapid method for assessment of severity of PIH cases. It may also be useful screening test for early detection and to assess the prognosis of the disease and its outcome.

<table>
<thead>
<tr>
<th>Table 4: PIH and Gestational age</th>
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<tbody>
<tr>
<td>28-32 weeks</td>
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<tr>
<td>Control</td>
</tr>
<tr>
<td>Mild PIH</td>
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<tr>
<td>Severe PIH</td>
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<tr>
<td>Eclampsia</td>
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**References**