



Management of Anemia in pregnancy cutting the Gordian knot

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Abstract:

Objectives:

To assess the efficacy and patient acceptability of different treatment modalities for antenatal management of anemia and the relative effects on length of stay.

Method:

A retrospective audit over a period of six months from July 2019- December 2019 (n:70) in Obstetric unit at King Abdul Aziz Hospital evaluating the anemia status of women in pregnancy and the management options offered were reviewed through their electronic medical records. Booking status, parity, age of gestation at diagnosis of anemia, clinical setup and any co-existent conditions (chronic anemias, hemoglobinopathies) were evaluated against the treatment modalities offered: Oral iron, Parenteral multiple doses regime, Single dose ferric carboxymaltose and blood transfusion.

Results:

Single dose Iron regimens (Ferinject) as offered to 49 women had the least use of length of stay, at a maximum of 2 days if administered along with Vitamin B12 injections (n: 37) followed by 1 day (n: 18) when given as sole treatment. This was followed by Blood transfusion (n:6) with periods varying from 3-11 days, and lastly multiple dose Iron regimens (n:6) and average length of stay being



4 days. Social acceptability and compliance to treatment was higher with the Ferinject group than other, with once weekly dosing. In the whole cohort, only one patient developed mild rashes with Ferinject infusion and responded to targeted treatment.

Conclusion:

Aneela Ambareen has special interest in Women's health and mental health issues. Currently working as Specialist Gynecologist in the NHS in London UK, she is keen on Patient safety and Preventative Obstetric Medicine.

Biography:

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