

ABSTRACT

Prevalence and Factors Associated with HELLP Syndrome among pregnant Women with Preeclampsia/Eclampsia at Mbarara Regional Referral Hospital

Fadumo Mohamed, Henry Mark , Yarine Fajardo

Department of Obstetrics and Gynecology, Mbarara University of Science and Technology

Introduction: Hemolysis Elevated liver Enzymes Low platelets (HELLP) syndrome is a known obstetric complication associated with pre-eclampsia. It's also associated with a number of complications including disseminated intravascular coagulopathy, postpartum hemorrhage, acute kidney injury, acute hepatic failure and hepatic rupture. HELLP syndrome accounts for about 24% of deaths among patients with preeclampsia/eclampsia.

Study objective: To determine the prevalence and the factors associated with HELLP syndrome among women with preeclampsia/ eclampsia at Mbarara Regional Referral Hospital

Methodology: A cross-sectional study was carried out at the high-risk ward of MRRH, From January to June 2023, among Women diagnosed with preeclampsia or eclampsia were enrolled consecutively. Patient's sociodemographic and clinical data were collected using interviewer-administered questionnaire. Diagnosis of HELLP syndrome was made by having all the three Laboratory tests Alanine amino transferase or Aspartate amino transferase enzymes ≥ 70 IU/L platelet counts $<100,000$ cells/ μ L, serum lactate dehydrogenase enzyme ≥ 600 IU/L. A modified Poisson regression analysis was used to determine the factors associated with HELLP syndrome

Results: We enrolled 129 women with pre-eclampsia/eclampsia. The mean age of these respondents was 28.28 (± 6.61) years, with majority coming from rural areas and referred from other health facilities. The prevalence of HELLP syndrome was 18.6% (95% CI: 12.7-26.3). Factors independently associated with HELLP syndrome were maternal Age <20 years, aPR: 4.96; 95% C.I (1.57-15.65.), women with epigastric pain aPR: 5.89; 95% C.I (1.41-14.63), those referred from other health facility (aPR: 3.14; 95% C.I (1.27-7.72) were significant associated with HELLP syndrome.

Conclusion: At MRRH, prevalence of HELLP syndrome is high. We recommend evaluation for HELLP syndrome among women with age<20 years, history of epigastric pain and those referred from other health facility.