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Acute pancreatitis in pregnancy

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Acute pancreatitis in pregnancy is a rare entity with an incidence ranging from 1 in 1000 to 1 in 10000 pregnancies. Gallstones are the most common cause of pancreatitis in pregnancy. It concerns two lives. Historically the maternal and fetal mortality rates were very high. A shift in the treatment paradigm - from a conservative approach to surgical ventures such as ERCP and laparoscopic cholecystectomy has improved survival significantly. There is no published literature in Pakistan regarding this subject.

Objective: To analyse the maternal and fetal outcomes of acute pancreatitis in pregnancy.

Materials and Methods: A retrospective audit 12 years (2004-2015) was conducted. All pregnant patients diagnosed with acute pancreatitis were included in the study. Data was recorded on a designed performa and SPSS 19 was used for data analysis.

Results: 22 patients were included in the study. Mean Age was 28 years. The mean gestational age was 27.7 weeks. Gallstones were the cause in 13/22 patients, while in the remaining patients no etiology was identified. Mean hospital stay was 5.5 days (range 2-16 days). All patients were managed conservatively. 6 patients underwent interval laparoscopic cholecystectomy following delivery. 15 patients delivered at AKUH. Two patients delivered during the acute attack. There was one intra-uterine death and one patient delivered triplets; the total live births was 16. 7 were term and 8 were pre-term deliveries while. There was no significant association of pre-term delivery or birth weight with disease severity. The maternal mortality rate was zero.

Conclusion: Our data is comparable with the Published literature. Acute Pancreatitis in Pregnancy is a rare disease, but the maternal and fetal outcome in our institution is promising. The sample size in our study is small, hence multi centre studies should be considered.

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