

**Original article:**

**Postpartum cases studies at tertiary care hospital: Observational study**

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**Abstract:**

**Introduction:** The postpartum period is commonly defined as the six weeks after childbirth. This is a very important time for both you and your newborn baby as you adjust to each other and your expanded family. In the first few hours and days after childbirth, you will experience many changes, both physically and emotionally.

**Material and methods:** Present study had been conducted in our Department for one year duration. Sample size was estimated with the help of expert statistician. We included subjects / patients routinely admitted to our hospital as emergency as well as planned for their delivery. We excluded such patients who has been further referred or discontinue their treatment due to any reason.

**Results:** In our study , maximum cases were ( 44% ) associated with uterine trauma while 12 % cases were associated with coagulopathies, 14 % cases with uterine atony , 10 % with retained tissue and 20 % were associated with other complications.

**Conclusion:** From this study, we may conclude that maximum cases of PPH are associated with trauma during delivery.

**Keywords:** Postpartum haemorrhage , uterine trauma

**Introduction:**

The postpartum period is commonly defined as the six weeks after childbirth. This is a very important time for both you and your newborn baby as you adjust to each other and your expanded family. In the first few hours and days after childbirth, you will experience many changes, both physically and emotionally. The term postpartum depression can be used to characterize all kinds of depressive symptoms after child birth<sup>1</sup> . Every year approximately 10-20% of new mothers were affecting by this disorder<sup>2</sup> . Hippocrates was the first person who discussed about the mental disturbances followed by child birth<sup>3</sup> . But it was well described by Lewis Marce, a french psychiatrist in the year 1853<sup>1</sup> . A mother's ongoing depression can contribute to behavioral, emotional, cognitive and interpersonal problems in later life<sup>4</sup> .

**Material and methods:**

Present study had been conducted in our Department for one year duration. Sample size was estimated with the help of expert statistician. We included subjects / patients routinely admitted to our hospital as emergency as well as planned for their delivery. We excluded such patients who has been further referred or discontinue their treatment due to any reason.

The admitted patients were undergo delivery either normal delivery or cesarean section. Patient history was recorded. Clinical examination was done and follow up was also noted by us.

All data were collected in Excel sheet and statistical analysis was carried out by us. In our present study total of 50 patients were included.

**Results:**

In our present study total 50 patients were participated. Mean age of patients were 24.31 years while minimum age 20 years with maximum age 31 years in our study. 12 % patients were found with history of anxiety associated with delivery especially in primi patients.

In our study 56 % patients were with primigravidae.

Table 1) Distribution of cases on the basis of mode of delivery

S.NO.	Mode of delivery	Number of patients
1	Normal delivery	28
2	Cesar Ian section delivery	22
	Total	50

Table 2) Distribution of cases on the basis of cause

S.NO.	Cause	Number of patients
1	Uterine trauma	22
2	Coagulopathy	6
3	Uterine atony	7
4	Retained tissues	5
5	Others	10

In our study , maximum cases were ( 44% ) associated with uterine trauma while 12 % cases were associated with coagulopathies, 14 % cases with uterine atony , 10 % with retained tissue and 20 % were associated with other complications.

**Discussion:**

According to the World Health Organization, about 10% of pregnant women worldwide and 13% of women who have just given birth experience a mental disorder, primarily depression. The postpartum (or postnatal) period begins immediately after childbirth as the mother's body, including hormone levels and uterus size, returns to a non-pregnant state. <sup>2</sup>

In our study , maximum cases were ( 44% ) associated with uterine trauma while 12 % cases were associated with coagulopathies, 14 % cases with uterine atony , 10 % with retained tissue and 20 % were associated with other complications.

The terms puerperium, puerperal period, or immediate postpartum period are commonly used to refer to the first six weeks following childbirth.<sup>3</sup> After childbirth, a dramatic drop in hormones (estrogen and progesterone) in your body may contribute to postpartum depression. Other hormones produced by your thyroid gland also may

drop sharply — which can leave you feeling tired, sluggish and depressed. Emotional issues. Unlike the baby blues, which last about two weeks, postpartum anxiety doesn't always go away on its own. It's crucial to seek help if anxiety is disrupting your sleep or you're constantly preoccupied with worries. In moderate to severe untreated cases, postpartum anxiety can last indefinitely<sup>5,6,7</sup>

### **Conclusion:**

From this study, we may conclude that maximum cases of PPH are associated with trauma during delivery.

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