

RISK FACTORS OF ECTOPIC PREGNANCY 2004

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ABSTRACT

Background : Ectopic pregnancy contributes significantly to the cause of maternal mortality and morbidity. Incidence of ectopic pregnancies in developing countries has increased mainly due to the increased prevalence of STD's. A study of the risk factors of ectopic pregnancy will help us define the group of patients who are highly prone for conceiving an ectopic pregnancy. This will also help us to prevent a delay in diagnosis of the ectopic pregnancy and resort to prompt conservative treatment so that the fallopian tubes do not have to be compromised.

Methodology : This study is an unmatched case control study based on the risk factors of ectopic pregnancy. The study was conducted in the Sri Avittom Tirunal Hospital, Thiruvananthapuram, between October- November ,2007. Permission was first obtained from the Head of the Department of Community Medicine and Department of Obstetric and Gynaecology, SAT Hospital.

All the cases and controls were within the age group of (15-45) years. As cases we included women with clinically diagnosed ectopic pregnancy confirmed by ultrasonograph. Controls were pregnancy women with no known complications such as PIH, GDM, congenital anomalies etc.

Informed consent of the patients was taken prior to study. Data collection was conducted by personally interviewing each patient using prepared interview schedule. Data was then analyzed using suitable statistical methods.

Results and Discussion : From this study we were able to find out that in our setting the main risk factors associated with the ectopic pregnancy smoking (odds ratio 13.5 & confidence interval 3.712-49.103), history of abortion (Odds ratio 3.932 & confidence interval 1.296-

11.927), induced abortion (odds ratio 1.263 & confidence interval 1.029- 1.551), history of abdominal surgery (odds ratio 1.250 & confidence interval 1.029- 1.0551) and history of infertility treatment (odds ratio 1.136 & confidence interval 0.983- 1.313).

SUGGESTIONS: Increasing awareness of effect of passive smoking may help to decrease the incidence of ectopic pregnancy.

Highlighting the importance of family planning and planned pregnancies to decrease the risk of the next pregnancy being ectopic after in induced abortion.

Women should be educated about the importance of regular ante natal check ups and early diagnosis of cases of ectopic pregnancy.

Women who have previously had ectopic pregnancy and have lost a fallopian tube should be counseled about assisted reproductive techniques and should also be told about the risk involved in the future pregnancies also being ectopic.