

Title: Anaemia in pregnancy and in the immediate postpartum period. Prevalence and risk factors in pregnancy and childbirth

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Introduction and objective: The objective of the study was to assess the prevalence of anaemia in the immediate postpartum period (48–72 h), determine the risk factors and the value of haemoglobin before birth to reduce postpartum anaemia. **Material and methods:** A prospective, observational and longitudinal study that included 1426 women who delivered consecutively and agreed to participate in the study. Different variables, analytical, epi- demiological, foetal and maternal symptoms were studied.

Results: The prevalence of anaemia in the postpartum period was 49.7%. The most important risk factors were antepartum anaemia and type of delivery. The types of delivery most influencing postpartum anaemia were, forceps (82.3%), the ventouse 67%, caesarean section (58.2%) and vaginal delivery (37.2%). In the multivariate study was found as the most important independent risk factors, the haemoglobin in the delivery day (OR 6.16, CI: 3.73–10.15) and instrumental delivery (OR: 4.61, CI: 3.44–6.19). Other independent risk factors were haemoglobin in the third trimester, episiotomy and perineal tears, ethnicity, birth weight, parity and intra/postpartum complications.

Conclusions: Anaemia in the immediate postpartum is a prevalent problem. The factors most associated postpartum anaemia were antepartum anaemia and instrumental delivery. If patients arrive at the day of delivery with haemoglobins ≥ 12.6 g/dl and were restricted to necessary instrumented deliveries and caesarean sections, episiotomies and we could avoid perineal tears we can decrease anaemia in the immediate postpartum period very significantly.

Biography

Xavier Urquizu has completed his medicine studies at Universitat Rovira i Virgili, and the specialization in Obstetrics & Gynecology in Hospital Uniersitari MútuaTerrassa-Universitat de Barcelona. He is doing his postdoctoral studies in Universitat Autònoma de Barcelona (UAB). He is specialized in maternofetal medicine and High Risk Pregnancies and he is member of the Bioethics Committee in Hospital Uniersitari MútuaTerrassa (Barcelona-Spain).