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## INCIDENCE OF RETINAL CHANGES IN PREGNANT WOMEN DUE TO PREGNANCY INDUCED HYPERTENSION AND ITS CORRELATION WITH PROFILE

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### ABSTRACT

#### Background

Pregnancy Induced Hypertension (PIH) is a hypertensive of pregnancy that occurs in absence of other cause of elevated blood pressure 140/90 mmHg or a rise of 30 mmHg of systolic pressure or 15 mmHg of diastolic pressure taken on two occasions after rest 4 hrs apart in combination with generalized edema and/or proteinuria, after 20 weeks of pregnancy when there is significant proteinuria it is termed as preeclampsia.

#### Material and methods

This observational study was conducted of 110 cases over a period of 12 months from March 2018 to February 2019 in Department of Obstetrics of Gynaecology in Kamla Raja Hospital, G.R. Medical College, Gwalior (M.P.). All the patients who fulfilled the diagnostic criteria of PIH admitted in the obstetric ward.

#### Results

The mean age of patients in study is 24.2 years (18-41 years). 63.63% of patients in study have no retinal changes. Retinopathic changes noted in 36.36% out of which grade I, grade II, grade III and grade IV have 11.82%, 8.18%, 10.19% and 5.45% cases respectively. In + proteinuria 10.9% of cases have positive findings, in ++ proteinuria 18.18% cases have positive findings, in +++ 7.27% cases have retinopathy but severity increases with a grade of proteinuria. 40% cases retinopathic changes of mild preeclampsia have positive finding, 36.36% in severe preeclampsia and 23.64% in cases of eclampsia. As overall severity of PIH increases retinopathies in patients increases.

#### Conclusion

Visual symptoms are few in patients with PIH and often absent unless the macula is involved. Sudden onset of headache, which is resistant to routine therapy in these patients, may be the warning symptom before the onset of first convulsion. By repeated fundus examinations at regular intervals one can assess the severity of the disease and also response to treatment instituted.

Key words: Pregnancy induced hypertension, Proteinuria, Retinopathic changes

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