

A STUDY OF HELLP SYNDROME AND ITS EFFECT ON MATERNAL AND PERINATAL OUTCOME – A CLINICAL MASQUERADE

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INTRODUCTION: Upto 2 To 12% Of women with preeclampsia suffer from Hemolysis, elevated liver enzymes and low platelet count either in Antenatal or Postnatal period. HELLP syndrome can be a great masquerader with vague and varied nature of presenting complaints making its diagnosis difficult. Delay in diagnosis may be life threatening with poor maternal and perinatal outcome. **OBJECTIVE:** To evaluate the clinical and therapeutic factors effecting maternal and perinatal outcome in women with HELLP syndrome in a tertiary care referral centre. **MATERIAL AND METHODS :**It was an Observational study done in mamata medical college over a period of three years Antenatal women who had hypertensive disorders in pregnancy were included in my study. Analysis was made in relation to maternal age, parity, gestational age at the HELLP was diagnosed, alterations in laboratory tests , maternal complications, mode of delivery, incidence of preterm birth, intrauterine growth restriction, stillborn and neonatal death. **RESULTS:** Two hundred and fifty women were selected: 50 (20%) had HELLP by Missisipi Classification and 200 (80%) of them did not develop any of the alterations of the syndrome.It was found more in nulliparous women 30 (60%) with teenage pregnancy 22(44%). Preeclampsia 40 (80%) was a more frequent type of hypertension . 36 (72%)of the women were diagnosed to have HELLP at 32 to 36 weeks of GA.Heamolysis 20(40%) , elevated liver enzymes 15 (30%), low platelet count 10 (20%) and combined 05(10%) were the common features.The rate of cesarean delivery 45 (90%), imminent eclampsia 32 (64%), and preterm delivery 43 (86 %) was significantly greater in the HELLP group .46(92%) of the women received blood and blood products .12 (24%) of the babies had neonatal death. **CONCLUSION:** Anticipation of the problem and early identification of HELLP Syndrome will reduce the complications associated with this condition.