

Case Report- Twins Pregnancy

Manjusha Mahakarkar, Vaishali Taksande and Pradnya Sakle

Department of Obstetrics and Gynecology Nursing Smt. Radhikabai Meghe Memorial College of Nursing, Datta Meghe Instituted of Medical Sciences (Deemed to be University), Sawangi (Meghe), Wardha, India

ABSTRACT

Introduction: Multiple birth are much less likely to carry to full term than single births, with twin pregnancies lasting on average thirty-seven weeks, three weeks less than full term. Mothers who have a family history of look-alike twin have a higher chance of producing look-alike twin themselves, as there is a genetically linked tendency to hyper-ovulate. There is no known genetic link for similar twinning. Other factors that rise the odds of having look-alike twin include maternal age, fertility drugs and other fertility treatments, nutrition, and prior births. Some mothers knowingly turn to fertility drugs in order to conceive twin.

Patient History: A 23 year Primi with 28.4 wks. with twins' pregnancy was admitted on 19/04/2021 with complaint of amenorrhea and pain in abdomen since 2 days.

Past complaints- Mrs. Payal Shende does not have any past complaints like D.M, HTN, and Tuberculosis etc.

Clinical Findings: Diamniotic chorionic twins with intrauterine live fetus F1 (maternal right) corresponding to average gestational age of 27 weeks 1 days and effective fetus weight 1033gms.

Investigations: Ultrasonography: Two fetus, Hb%- 10gm%, MCV-82, MCHC-32.4, RBC- 4.11, WBC-14600

Surgical management: Patient does not have any past surgical history.

Medical Management: Tab.Ctax-200mg-oral, Tab. Pan 40mg oral, Tab. Iron OD, Tab. Calcium OD.

Nursing Management: Assess both maternal and fetus conditions carefully, fetus heart and vital signs should be assessed properly. Deep breathing exercise should be taught to the mother. Encourage the clients to take more fluid in diet. Provide uninterrupted periods for rest and/or sleep.

Client was admitted to AVBRH and was with twin's pregnancy. Client got appropriate treatment and her condition has improved.

KEY WORDS: TWINS PREGNANCY, ABDOMINAL PAIN.

INTRODUCTION

Twin are two offspring turn out by the same pregnancy. [1] Twin can be either (monozygotic) identical, or (dizygotic) non-identical' or 'fraternal'. 2 Multiple birth are much less likely to carry to full term than single births, with twin pregnancies lasting on average thirty-seven weeks, three weeks less than full term. Mothers who have a family history of look-alike twin have a higher chance

of producing look-alike twin themselves, as there is a genetically linked tendency to hyper-ovulate. There is no known genetic link for similar twinning. Other factors that rise the odds of having look-alike twin include maternal age, fertility drugs and other fertility treatments, nutrition, and prior births. Some mothers knowingly turn to fertility drugs in order to conceive twin.

Patient Identification: A primi of 23yrs old with 28.4 wks. Gestational age from Nagpur was admitted to ANC ward of, AVBRH on 19/04/2021 with complaints of complaint of amenorrhea and pain in abdomen since 2 days. Patient took infertility treatment in private hospital for three months and conceived naturally triplets. But, after all investigations, she was diagnosed with twin pregnancy.

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Article Information

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Patient History: Patient was apparently admitted in AVBRH on 19/04/2021 with chief complaints of amenorrhea and pain in abdomen since 2 days.

Past Interventions and outcome- Patient took infertility treatment in private hospital for three months and conceived naturally triplets.

Obstetric History:

Menstrual history -

Year of menarche - 14yrs

Last menstrual period (LMP) - 01/01/2020

Expected date of delivery - 07 /10/2020

Period of menstrual cycle - 2days/30 days

Menstrual regulation - Regular

Flow - average flow/no clots/ no dysmenorrhea

Antenatal Assessment:

Height - 156 cm

Weight - 70 kg

Edema- absent

Previous No. of antenatal visits- 1 visit

Abdominal Examination: Inspection: Abdomen skin looks dry. On observation the abdomen of the mother was more "barrel shape" and excessively enlarged. Stretch marks LineaNigra and Striae Gravidarum were present.

Palpation: (i) The fundal height was 30 cms which is more than the period of amenorrhea. (ii) The abdominal girth at the level of umbilicus 65cms. (iii) Fetus buttock was not proportionate to the size of the fetus head. (iv) Too many fetus parts were palpated. (v) palpation of two fetus heads or three fetus poles makes the clinical diagnosis almost clear.

Auscultation: Two distinct fetus heart sounds (FHS) at separate spots gives a clear clue in the diagnosis of twins, with difference in heart rates is at least 10 beats per minute.

Investigation

CBC

- HB%- 10.1 gm%
- Total RBC count- 4.11
- Total WBC Count- 14600
- Total platelets count- 2.41

KFT

- Urea-4
- Creatinine-0.6
- Sodium-140
- Potassium-4.7

USG - Diamniotic dichorionic twins with intrauterine live fetus F1 (maternal right) corresponding to average gestational age of 27 weeks 1 days and effective fetus weight 1033gms.

Medical Management:

- Tab. Ctax-200mg-oral,
- Tab. Pan 40mg oral,

- Tab. Iron OD,
- Tab. Calcium OD.

Nursing Management:

- Encourage the client for bed rest and hydration.
- Explain to the mother the mode for delivery and it will depend on the position of the twins, mother's and fetus status.
- Fetus heart and vital signs should be assessed four hourly properly.
- Mother was taught to do deep breathing exercise. Encourage the clients to take more fluid diet.
- If need I.V fluids can be administered.
- Availability of two units of cross matched whole blood.
- Emotional support by clearing doubt was done.

DISCUSSION

A Primi of 23yrs old with 28.4 wks. Gestational age from Nagpur was admitted to ANC ward of, AVBRH on 19/04/2021 with complaints of complaint of amenorrhea and pain in abdomen since 2 days. Patient took infertility treatment in private hospital for three months and conceived naturally triplets. But, after all investigations, she was diagnosed with twins pregnancy. The condition of client has improved after getting care from various multidisciplinary health care team.

The retrospective study was conducted at Kempegowda Institute of Medical Sciences Hospital, Bengaluru. 92 mothers with twin pregnancies admitted in KIMS Hospital from September 2014 to September 2018, both booked and referred patients were studied. Individual patient parameters like age, parity, gestational age, mode of delivery, maternal complications were tabulated. Neonatal morbidity and mortality were noted, data thus obtained was analyzed and results studied. The result shows that the incidence of twin pregnancies was more in second gravida (53%). 72% of the patients were admitted between 28-36 weeks of gestation with preterm labor (23%) as the main cause for admission.

Anemia (8.69%), hypertensive disorders of pregnancies (17.39%), PPRM (21%), single fetus demise (5%) and IUGR (5.4%) were the antenatal complications observed. Out of the 92 patients, 29 (35.4%) patients delivered by vaginal route whereas 53 (64.6%) had to undergo C-section. DCDA twin constituted 66% of twins in the study and mal presentation was the commonest indication for caesarean section (50%). Among the 164 babies out of 92 twin pregnancies 8 babies were still born and 12 babies died by the end of one week due to complications related to prematurity like hyaline membrane disease, IVH7.

CONCLUSION

Early detection of twin pregnancies and proper antenatal care reduces both maternal and perinatal complication thereby improving maternal and perinatal outcome.

Ethical clearance: Institutional ethics committee clearance was undertaken.

Source of funding: Self

Conflict of Interest: Nil

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