

## Original Research Article

### **Associating Decrease in Platelet Count with Gestational Attendees in Rivers State University Teaching Hospital, Port Harcourt Antenatal Clinic.**

#### **ABSTRACT**

Maintenance of hemostasis is enabled by the presence of nonnucleated blood cell type known as platelets, produced by the cellular fragments of megakaryocytes. Platelet count below  $<150,000 \times 10^3/\text{mm}^3$  can pave way for the occurrence of thrombocytopenia. Occurrence of thrombocytopenia in pregnancy is one of the commonest abnormalities encountered during pregnancy though benign in nature, resolves after birth. It is important to investigate for thrombocytopenia due to the need for good haemostasis during pregnancy and the risk of neonatal hemorrhage. This study aimed at associating decrease in platelet count with gestational attendees in Rivers State University Teaching Hospital, Port Harcourt antenatal clinic. A total of 120 apparently healthy pregnant women were coopted into the study. Whole blood samples were drawn into EDTA anticoagulant bottles for analysis of platelet count using a Sysmex Autoanalyser. Data was analysed using graph pad prism version 6.0. Revelations from the study showed the prevalence of thrombocytopenia in pregnancy as 3.33%, the mean platelet count was  $(218.1 \pm 63.94)$ . Mean platelet count did not differ in groups based on gestational age (first trimester -  $202.6 \pm 63.08$ , second trimester -  $221.8 \pm 60.54$ , third trimester -  $226.3 \pm 69.36$ ,  $P=0.2784$ ) and maternal age ( $<21=204.5 \pm 34.65$ ,  $21-30=211.3 \pm 60.59$ ,  $31-40=219.2 \pm 62.12$ ,  $>40=304.0 \pm 128.2$ ,  $P=0.1083$ ). Mean platelet count based on parity showed significant increase between the second and the third group ( $0-1=221.4 \pm 71.78$ ,  $2-3=203.0 \pm 49.45$ ,  $4$  and  $\text{above}=269.7 \pm 33.80$ ,  $P=0.0128$ ). It is important that Pregnant women be examined for platelet count in early stage of pregnancy to avoid maternal and fetal consequences.

**Keywords:** *Platelet Count, Gestational Attendees and Thrombocytopenia.*

#### **INTRODUCTION**

Platelet count of less than  $150 \times 10^9/\text{L}$  gradually leads to Thrombocytopenia and it succeeds anemia as the most common hematologic abnormality seen in pregnancy [4]. Platelet count is usually 10% lower in normal pregnancy as compared to non – pregnant state. However, as gestational age increases, platelet count drops further. In spite of this, most women will still have platelets within the normal level. Most cases of thrombocytopenia in pregnancy have shown as moderate and has no link with important morbidity of mother and/or neonate [7].

Most women are asymptomatic however, show no platelet count during their antenatal care. Some women develop issues with bruising or small red marks on the skin (these are known as purpura or petechiae) [7]. Rarely some women may experience bleeding such as nosebleeds [4].

Mother and fetus may need crucial clinical attention during delivery, worries about fetal thrombocytopenia may arise [8].

The total occurrence of thrombocytopenia in pregnancy is 8%, but when patients with obstetric or medical conditions are removed, the occurrence lowers to 5.1% [3]. The commonest cause is gestational thrombocytopenia, which makes for almost three fourth of all cases. Hypertensive disorders makes for 21% [9] Thrombocytopenia is seen more in patients with eclampsia (30%) than in patients with both moderate and serious forms of preeclampsia

(15%–18%), of the patients who have serious preeclampsia, 4% to 12% will manifest criteria for HELLP syndrome (Hemolysis, Elevated Liver Enzymes, and Low Platelet Counts) [4].

## **MATERIALS AND METHOD**

### **Experimental Design**

This is a cross sectional study which associates decrease in platelet count with gestational attendees, carried out specifically so as to ascertain if gestational age, parity and maternal age affect platelet count during pregnancy.

### **Study Area and Study Population**

The study was carried out in Rivers State University Teaching Hospital, Port Harcourt, Nigeria. The study population comprised of 120 apparently healthy pregnant women irrespective of their age, parity gestational age attending antenatal clinic at Rivers State university teaching hospital.

### **Ethical Clearance and Consent**

Verbal informed consent was obtained from all the subjects recruited for the study upon clearance by the department of Medical Laboratory Science, Rivers State University, Port Harcourt.

### **Eligibility Criteria**

Only apparently healthy pregnant women were recruited as test subjects.

### **Sample Collection/Analysis**

Venous blood sample was collected by standard venipuncture into a vacutainer from each subject, out of which 4ml of blood was placed in a glass bottle containing 1.2g/dl dipotassium-ethylene diamine-tetraacetate. The sample was analyzed for platelet count using sysmex XP automatic blood analyzer.

### **Principle**

The instrument performs blood cell count by DC detection method, red blood cells are lysed using a chemical agent called stromatolyzer, blood sample is aspirated (to a fixed predetermined volume using the transducer) a stream of cells in suspension is passed through a small aperture across which an electric current is applied Which cause the deflection of electrodes.

Platelets are counted based on their size in a single file. Each cell that passes alters the electrical impedance and thus is counted. The degree of change is directly proportional to the size of the cell.

## Data Analysis

Graph pad prism version 6.0 was used to analyze for descriptive statistics (mean and standard deviation) and ANOVA. Comparison between each group using the Tukey's multiple comparison tests. P value < 0.05 were considered statistically significant.

## RESULTS

### Demographic Detail of Participants

A total number of 120 pregnant subjects were enrolled into the study from the antenatal clinic of the Rivers State University teaching hospital, Port Harcourt, Rivers state for the analysis of platelet count. Subject distribution based on their age group were as follows: 4(6.5%), 45 (37.5%), 70 (58.3%), 3 (2.5%), for less than 20 years, 21-30 years, 31-40 years and 41 years and above respectively. Distribution of subject based on gestational age were as follows; 31(35.5%), 55(45.9%) and 34(28.3%) for first, second and third trimester respectively. Distribution of subjects based on number of pregnancies was as follows: 66(55.0%), 45(37.5%), 9(7.5%) for 0-1 pregnancies, 2-3 pregnancies and 4 and above pregnancies respectively.

**Table 1: Demographic Detail of Participants**

Subjects		Frequency (%)
Age group	< 20	2 (1.7)
	21-30	45 (37.5)
	31-40	70 (58.3)
	> 41	3 (2.5)
	<b>Total</b>	<b>120 (100)</b>
Gestational Age	1 <sup>st</sup> Trimester	31 (25.8)
	2 <sup>nd</sup> Trimester	55 (45.9)
	3 <sup>rd</sup> Trimester	34 (28.3)
	<b>Total</b>	<b>120 (100)</b>
Parity	0-1	66 (55.0)
	2-3	45 (37.5)
	4 and above	9 (7.5)
	<b>Total</b>	<b>120 (100)</b>

### 2: Mean± SD of Platelet in Pregnant Women

A total number of 120 test subjects were screened for platelet count. The mean  $\pm$ SD of the platelet count was obtained and shown in table 2.

**Table 2: Mean $\pm$  SD of Platelet in Pregnant Women**

Subject (n)	Platelet Count ( $\times 10^9/L$ )
120	218.1 $\pm$ 63.94

Effect of Gestational Age on Platelet Count in Pregnant Women. The pregnant subjects were grouped onto 3 (first trimester, second trimester and third trimester) based on gestational age, analysis of variance was used to determine their statistically significant difference ( $P < 0.05$ ). There was no statistically significant difference ( $P = 0.2784$ ) based on gestational age. There was also no statistical significance in between the various group using Turkey's Multiple Comparison Test as shown in table 3.

**Table 3: Effect of Gestational Age on Platelet Count in Pregnant Women**

Parameters (Months)	Platelet Count ( $\times 10^9/L$ )
First Trimester (A)	202.6 $\pm$ 63.08
Second Trimester (B)	221.8 $\pm$ 60.54
Third Trimester (C)	226.3 $\pm$ 69.36
F value	1.293
P-value	0.2784
TMC	All = NS

Key: TMC- Tukey's Multiple Comparison, NS- Non significant

Effect of Maternal Age on Platelet Count in Pregnant Women. The pregnant subjects were grouped into 4 based on maternal age, analysis of variance (ANOVA) was used to determine their statistically significant difference ( $P < 0.05$ ), there was no statistically significant difference ( $P > 0.05$ ) based on maternal age groups, there was also no statistically significant difference in between the various groups using Turkey's Multiple Comparison test as shown in table 4.

**Table 4: Effect of Maternal Age on Platelet Count in Pregnant Women**

Parameters (Yrs)	Platelet Count ( $\times 10^9/L$ )
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<b>&lt;21 (A)</b>	204.5 ± 34.65
<b>21-30 (B)</b>	211.3 ± 60.59
<b>31-40 (C)</b>	219.2 ± 62.12
<b>&gt;40 (D)</b>	304.0 ± 128.2
<b>F value</b>	2.068
<b>P-value</b>	0.1083
<b>TMC</b>	All-NS

Key: TMC- Tukey's Multiple Comparison, NS- Non significant

Effect of Parity on Platelet Count in Pregnant Women. The pregnant subject were grouped into 3 (0-1, 2-3, 4 and above) according to the number of parity, analysis of variance (ANOVA) was used to determine their statistical significance ( $P < 0.05$ ). The difference in mean platelet count based on parity was statistically significant ( $P = 0.0128$ ). There was no statistical significance between platelet counts of subjects with parity of 0-1 and those with parity of 2-3, there was also no statistically significant difference between mean platelet count of subjects with parity of 0-1 and those with parity of 4 and above but the difference in mean platelet count between subjects with parity of 2-3 and parity of 4 and above was statistically significant using the turkey's multiple comparison test as shown in table 5.

**Table 5: Effect of Parity on Platelet Count in Pregnant Women**

<b>Parameters</b>	<b>Platelet Count (<math>\times 10^9/L</math>)</b>
<b>0-1 (A)</b>	221.4 ± 71.78
<b>2-3 (B)</b>	203.0 ± 49.45
<b>4 and above (C)</b>	269.7 ± 33.80
<b>F value</b>	4.522
<b>P-value</b>	0.0128
<b>TMC</b>	A-B = NS A-C = NS B-C = S

Key: TMC- Tukey's Multiple Comparison, NS- Non significant, S- Significant

## Discussion

The relationship between thrombocytopaenia and increased risk of several adverse pregnancy outcomes for both mother and fetus has made normal platelet count very serious during pregnancy [3]. The occurrence of thrombocytopenia in pregnancy is 3.3% as shown in this study. This is lower than that of Ajibola *et al.* [1] in Lagos State, Nigeria who noted that the occurrence is 13.5% in a work showing 274 pregnant women. In another development, Osaro *et al.* [10] had same number of study subjects as ours found an occurrence of 6.7%, which was somewhat higher than ours. Reasons may be due to seasonal and genetic variations in platelet counts. Seasonal disparities in platelet counts have been shown with reduced platelet counts seen in spring and summer, on the contrary somewhat raised platelet counts have been seen in autumn and winter. [11,12]. Obviously, the period within which our study took place is a low thrombocytopenia season (summer and autumn). The purport of this is that the reported platelet counts in patients with serious thrombocytopenia were not affected by seasonal variations but may have led to an underestimation of thrombocytopenia in our setting.

Moreso, this study shows that the pregnant women had a fairly normal platelet count on the average with a mean value of  $218 \times 10^9/L$ , The findings however is similar to that of Boehlen *et al.* [2] who recorded a mean platelet count of  $213 \times 10^9/L$ .

From the result of this study, comparison of mean platelet count during normal pregnancy reveals a non-significant increase from  $202.6 \pm 63.08$  in the first trimester,  $221.8 \pm 60.54$  in the second trimester to  $226.3 \pm 69.36$  in the third trimester, this result is in contrast to studies conducted by Ajibola *et al.* [1] where they found a reduction in platelet count as gestation progressed. However, a study by Harrison *et al.* [5] showed that gestational age does not affect platelet count in pregnancy.

The finding from this study could not associate level of platelet with maternal age. Platelet count in relation to maternal age showed no statistical significant ( $P > 0.05$ ). This is in line with Imoru and Buseri [6] who conducted a study on 150 pregnant women attending antenatal clinic in Aminu Kano Teaching Hospital (AKTH).

The study shows that parity has significant effect on platelet count during pregnancy ( $P < 0.05$ ), This is in contrast to the report by Imoru and Buseri [6]. Also, comparison between pregnant women with parity 0 to 1 and those with parity of 2 to 3 showed no statistical significance. There was also no significant difference between pregnant women with parity of 0 to 1 and those with parity of 4 and above. However, the difference in mean platelet count between pregnant women with parity of 2 to 3 and those with parity of 4 and above was statistically significant.

## Conclusion

Conclusively, it has been established in the study that in pregnancy, the occurrence of thrombocytopaenia is low and gestational age, maternal age and parity are not associated with thrombocytopaenia in pregnancy. Moreso, underlying disorder has been identified as the cause of low platelet count in pregnancy. Routine screening for thrombocytopaenia to guarantee early

detection and treatment for the maintenance of normal haemostasis during pregnancy to prevent maternal or neonatal issues.

#### **COMPETING INTERESTS DISCLAIMER:**

**Authors have declared that no competing interests exist. The products used for this research are commonly and predominantly use products in our area of research and country. There is absolutely no conflict of interest between the authors and producers of the products because we do not intend to use these products as an avenue for any litigation but for the advancement of knowledge. Also, the research was not funded by the producing company rather it was funded by personal efforts of the authors.**

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