

ECTOPIC PREGNANCY AS A CONTRIBUTOR TO MATERNAL MORTALITY: A CASE STUDY OF HETEROTOPIC PREGNANCY IN SEGAMAT

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ABSTRACT

Introduction: Heterotopic pregnancy occurs when two pregnancies develop simultaneously at different implantation sites: one intrauterine and the other ectopic. Ectopic pregnancies are a major cause of maternal mortality, responsible for 5-10% of pregnancy-related deaths worldwide. Heterotopic pregnancies are rare, occurring in 1 in 30,000 spontaneous pregnancies, but the incidence rises to 1 in 3,900 in pregnancies assisted by reproductive technologies like ovulation induction. Objective: To analyze the impact of timely diagnosis and intervention on maternal mortality in ectopic pregnancies and to examine how delayed treatment of ectopic pregnancies correlates with maternal mortality outcomes. Case Presentation: A 42-year-old woman, G3P3 (previous twin pregnancy), with a normal BMI and no contraceptive use, presented with heavy bleeding and lower abdominal cramps. A urine pregnancy test confirmed pregnancy. An ultrasound revealed an intrauterine gestational sac of 15.5 mm, equivalent to 5 weeks, but no fetal heartbeat. She was given a follow-up appointment for two weeks later. Despite intermittent cramping and spotting, she continued daily activities. About a week before her follow-up, she miscarried. A subsequent ultrasound confirmed an empty uterus. A month later, she collapsed at work. At the hospital, she was diagnosed with a right tubal ectopic pregnancy and underwent emergency surgery. She recovered and was discharged after a week. Conclusion: In Johor, ectopic pregnancies contributed to 6 out of 28 maternal deaths in 2023, doubling from 2022. This suggests a need for greater awareness among clinicians and public health efforts to prevent maternal deaths from ectopic pregnancies. Globally, maternal mortality due to ectopic pregnancies has declined, aligning with the WHO's Sustainable Development Goal of reducing global maternal mortality rates to less than 70 per 100,000 births by 2030.

Keywords: Heterotopic pregnancy, Ectopic Pregnancy, Maternal Mortality, Sustainable Development Goals.
