

Cervical Cerclage as a Preventive Strategy for Premature Birth in Patients with Cervical Insufficiency A Retrospective Study Conducted at the Obstetrics-Gynecology University Hospital "Mbretëresha Geraldinë"

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Abstract

Background: Cervical insufficiency affects 1% of all pregnancies. It is also known as incompetent cervix. Cervical insufficiency can cause problems including recurrent miscarriage in the second trimester and premature birth. This study intends to compare the rate of premature births (under 37 weeks) between conservative treatment (bed rest) and cerclage treatment, in hospitalized patients with cervical insufficiency.

Purpose: The purpose of this study is to compare the rate of premature births between conservative treatment and Cerclage treatment, in hospitalized patients with cervical insufficiency.

Methodology: This is a retrospective study conducted at the Obstetrics-Gynecology University Hospital "Mbretëresha Geraldinë"

during a period of 2 years. This study was conducted from January 2019 to January 2021.

The patients were divided into two groups (cerclage treated patients, and conservatively treated patients). Each group were divided into two categories (premature birth, and at term birth) A comparison was made between two categories of each respective group.

Results: Thirty-five patients were included in this study. It was noticed that 3 patients gave birth prematurely, and 16 patients gave birth at term on the group of 19 patients who were treated with Cerclage. Whereas, 9 patients gave birth prematurely, and 7 patients gave birth at term on the group of 16 patients who were treated conservatively with bed rest and Progesterone

therapy.

Conclusion: Premature birth (<37 weeks) is significantly more frequent in the conservatively treated group compared to the Cerclage-treated group.

Keywords: Cervical insufficiency (Cervical incompetence); cerclage; ultrasound-indicated cerclage; rescue cerclage; bed rest; progesterone therapy.