

HELLP syndrome

HELLP syndrome is a very serious complication of pregnancy with significant mortality and morbidity (up to 40%). The name originated from the English words Hemolysis, Elevated Liver enzymes, Low Platelets . It is described either as a separate disease or as a complication of preeclampsia . It is a state of severe preeclampsia complicated by hemolysis , thrombocytopenia , abnormal peripheral blood smear, and abnormal liver function tests.

Incidence

In 2-12% of preeclampsia, most often in multiparous couples around the age of 25, most often in the 36th week, in 70% before delivery, in 30% after delivery.

Pathogenesis

Unclear, probably generalized vasospasm with subsequent MODS (mainly liver , kidney) and activation of coagulation . The result is *microangiopathic thrombocytopenia* .

Laboratory

- Hemolysis – pathological smear of blood – there are schistocytes and *burr cells* (triangular erythrocytes) – probably formed by flow through the affected vessel, rise of bilirubin above 20 µmol/l, LD (5×), free iron in the serum.
- Elevation of liver tests – mainly AST (2–3×).
- Thrombocytopenia - drop below 100, consumption and destruction.

Clinical picture

Pain in the epigastrium and in the right hypochondrium , nausea and vomiting dominate . Prodromes – non-specific, flu-like (malaise, fatigue). The advanced stage is manifested by bleeding (hematuria , bleeding into the GIT). Weight gain with swelling , hypertension with proteinuria , sometimes jaundice . A fully developed HELLP mimics DIC .

Differential diagnosis

Acute hepatic steatosis, ITP , HUS , hyperemesis gravidarum, cholecystopathy, viral hepatitis , gastroenteritis , appendicitis , pyelonephritis , renal colic , SLE .

Complications

DIC (up to 40%), placental abruption , acute respiratory insufficiency, ARDS , ascites , rupture of subcapsular hematoma of the liver, eclampsia , IUGR .

Treatment

Termination of pregnancy is the only causal treatment. Conservative therapy is for the postpartum period. Expansion of plasma volume, adjustment of coagulation (antithrombin III , plasma , erymasa, platelets), corticoids (immunosuppression), anticonvulsant prophylaxis (MgSO₄ , valium), antihypertensives , ATB , diet, hepatoprotectants , plasmapheresis (dialysis).

Links

Related Articles

- Hypertension in pregnancy
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- Eclampsia
- Hypertension
- Antihypertensives
- Birth

External links

- Template:Akutně

References

- BENEŠ, Jiří. *Study materials* [online]. [feeling. 2009]. < <http://jirben.wz.cz> >.