

EXPECTANT MANAGEMENT OF LATE PRETERM PREMATURE RUPTURE OF MEMBRANES BETWEEN 34 TO 37 WEEKS OF GESTATION: AN INSIGHT FROM A TERTIARY HOSPITAL IN SUB-SAHARAN AFRICA

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ABSTRACT

OBJECTIVE: To determine the maternal and early neonatal adverse outcomes of expectant management of preterm prelabour rupture of membranes (PPROM) beyond 34 to 37 weeks in a single center in Africa.

METHODS: A retrospective cross-sectional study was conducted at St. Paul's Hospital Millennium Medical College (SPHMMC) among pregnant women with PPRM beyond 34 weeks, from February 1, 2023, to July 31, 2023. Data were collected using a structured data abstraction form from patient records and analyzed using SPSS version 22. The primary outcomes were maternal and neonatal morbidities, including clinical chorioamnionitis, NICU admissions, and neonatal death.

RESULTS: Among the 102 participants who received inpatient expectant management for PPRM beyond 34 weeks, the mean gestational age at delivery was 36 weeks, with 42 participants delivering at 37 weeks. The mean latency period was 15 days. NICU admission occurred in 22.5% of neonates, with 20% of those suspected of having sepsis. No early neonatal deaths or confirmed cases of neonatal sepsis were reported. Clinical chorioamnionitis occurred in 13 cases (12%), and postpartum hemorrhage (PPH) in 2.2% of cases. No maternal deaths were reported. No statistically significant association was found between the latency period and either maternal or neonatal outcomes. Prophylactic antibiotics and antenatal corticosteroids were administered to all patients, and no major neonatal complications were observed.

CONCLUSION: Expectant management of PPRM beyond 34 to 37 weeks is associated with favorable neonatal outcomes and no increased maternal complications. This approach may be safely practiced in other low-income settings with appropriate patient selection and monitoring.

KEYWORDS: PPRM, Expectant management, Maternal outcome, Neonatal outcome, Ethiopia

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INTRODUCTION

Premature rupture of membranes (PROM) refers to the rupture of fetal membranes before the onset of labor. When this occurs before 37 completed weeks of gestation, it is termed preterm prelabour rupture of membranes (PPROM).¹ Although PPRM complicates only about 3% of all pregnancies, it accounts for up to 40% of neonatal morbidity and mortality, primarily due to complications such as prematurity, sepsis, umbilical cord prolapse, and pulmonary hypoplasia. Maternal risks include chorioamnionitis, placental abruption, and prolonged hospitalization with associated psychosocial effects.²

Most international guidelines recommend expectant management of PPRM up to 34 weeks of gestation unless contraindicated by high-risk conditions requiring immediate delivery. During expectant management, close inpatient surveillance, prophylactic antibiotics, and corticosteroids are advised. However, management of PPRM beyond 34 weeks remains controversial due to the need to balance maternal and neonatal risks.³

While many guidelines recommend delivery at or after 34 weeks, evidence suggests that immediate delivery at this stage may increase the risk of prematurity-related complications such as respiratory distress syndrome (RDS). Conversely, expectant management may pose risks of infection, umbilical cord accidents, and sepsis, though recent studies indicate that these risks are comparable to immediate delivery while improving overall neonatal survival.⁴

The American College of Obstetricians and Gynecologists (ACOG) recommends induction of labor if PPRM occurs at or beyond 34 weeks of gestation.⁵ Similarly, the Royal College of Obstetricians and Gynaecologists (RCOG) advises considering delivery at 34 weeks while counseling patients on the risks of chorioamnionitis versus potential benefits of reduced neonatal respiratory morbidity and NICU admission with later delivery.⁶ Currently, there is limited evidence regarding the safety and feasibility of managing PPRM

conservatively beyond 34 weeks in low-resource settings. At SPHMMC, institutional protocol supports expectant management for PPRM beyond 34 weeks, with universal administration of prophylactic antibiotics and corticosteroids. Delivery is deferred until 37 weeks unless complications such as infection or fetal distress occur. Despite this practice, maternal and neonatal outcomes have not been systematically evaluated. This study addresses that gap by examining outcomes of expectantly managed PPRM beyond 34 weeks at SPHMMC, providing evidence to guide safe management in low-resource environments.

Methods and Materials

Study Setting and Period

The study was conducted at St. Paul's Hospital Millennium Medical College (SPHMMC) in Addis Ababa, the capital city of Ethiopia. SPHMMC is one of the largest teaching and referral hospitals in the country, serving approximately 200,000 patients annually and providing care to high-risk obstetric cases referred from across Ethiopia. The hospital has 360 beds and handles over 10,000 deliveries per year. The study period was from February 1 to July 31, 2023.

Study Design

A retrospective descriptive cross-sectional study design was employed.

Study Variables and Outcomes

The primary outcomes were maternal outcomes (chorioamnionitis, postpartum hemorrhage, length of hospital stay, and ICU admission) and neonatal outcomes (NICU admission, neonatal sepsis, RDS, APGAR scores, and neonatal mortality).

Secondary outcomes included gestational age at admission and delivery, antibiotic and corticosteroid administration, use of magnesium sulfate, birth weight, and latency period. Independent variables included socio-demographic (age, marital status, residence) and reproductive characteristics (gravidity and parity). The latency period was defined as the duration from membrane rupture to delivery.

Study Population

The study included all women admitted with PPROM beyond 34 weeks and managed expectantly at SPHMMC during the study period.

Management Protocol at SPHMMC

The diagnosis of PROM was based on clinical findings, including a history of vaginal fluid leakage and visualization of pooling in the posterior fornix during sterile speculum examination. In uncertain cases, diagnosis was supported by a positive pad test or ultrasound evidence of oligohydramnios, defined as an amniotic fluid index (AFI) below 5 cm or the largest vertical pocket <2 cm.

Per hospital protocol, women diagnosed with PPROM between 28 and 36 weeks were hospitalized for expectant management until 37 weeks after providing informed consent. Maternal monitoring included daily assessment using a PROM chart, focusing on symptoms of infection such as fever, uterine tenderness, contraction frequency, and maternal or fetal tachycardia. Laboratory monitoring (total leukocyte count and C-reactive protein) was performed weekly. Fetal monitoring included daily fetal movement counts, non-stress tests, and twice-weekly biophysical profiles.

All women received prophylactic antibiotics (intravenous ampicillin 2 g every 6 hours for 2 days, followed by oral amoxicillin 500 mg every 8 hours for 5 days, and azithromycin 500 mg for three doses). Because group B streptococcus (GBS) screening was not routinely performed, the antibiotic regimen was applied universally. Antenatal corticosteroids (four doses of 6 mg dexamethasone IM every 12 hours) were given at admission. For patients admitted before 34 weeks, no repeat corticosteroid course was given after 34 weeks.

Delivery was indicated in cases of chorioamnionitis, non-reassuring fetal status, placental abruption, spontaneous labor onset, or upon reaching 37 weeks. Chorioamnionitis was clinically defined as an axillary temperature >38°C with two or more of the following: uterine tenderness, maternal WBC >15,000/mm³, maternal pulse >100 bpm, fetal heart

rate >160 bpm, or foul-smelling vaginal discharge. Neonatal sepsis was suspected if the newborn presented with maternal chorioamnionitis or symptoms such as tachypnea, hypothermia, depressed reflexes, elevated CRP (>6 mg/dL), or an increased immature-to-mature leukocyte ratio. Suspected cases received empirical antibiotic therapy, which was discontinued if culture results were negative.

Inclusion and Exclusion Criteria

Inclusion criteria: All pregnant women admitted with PPROM between 28 and 34 weeks who continued expectant management beyond 34 weeks up to 37 weeks. Gestational age was determined using a reliable last menstrual period (LMP) or early ultrasound.

Exclusion criteria: Fetal distress, abnormal biophysical profile, meconium-stained liquor, chorioamnionitis, preeclampsia with severe features, eclampsia, HELLP syndrome, antepartum hemorrhage, diabetes, intrauterine growth restriction, multiple gestations, major fetal anomalies, or maternal heart disease.

Sample Size and Sampling Technique

Sample size was calculated using Online StatCalc software, assuming a 7% incidence of chorioamnionitis in expectant management of late PPROM, resulting in a sample size of 105. Purposive sampling was used, and all eligible women who met inclusion criteria during the study period were included.

Data Collection and Management

Data were extracted using structured questionnaires from patient charts, delivery logs, and NICU registers. The tool was pretested on five cases, and necessary adjustments were made. Data were collected by interns, residents, and midwives involved in patient care, under daily supervision by the principal investigator for completeness and accuracy.

Data were entered into SPSS version 20 for analysis. Quantitative variables were summarized using means $\pm$ standard deviation or medians with interquartile ranges when appropriate. Categorical variables were expressed as frequencies and percentages and compared using the Pearson chi-square test. Associations between outcomes (infection, neonatal death) and predictor variables were analyzed using odds ratios (OR) with 95% confidence intervals (CI). A p-value <0.05 was considered statistically significant.

Ethical Considerations

Ethical approval was obtained from the Institutional Review Board (IRB) of SPHMMC. The study did not interfere with clinical management. Confidentiality was maintained using coded identifiers, and all data were securely stored with access restricted to the research team. There were no conflicts of interest.

Results

There were 146 late participants' with PPROM were managed expectantly in SPHMMC during the study period from February 1, 2023, to July 2023. From these there were 122 study participants were managed expectantly beyond 34 weeks of gestation, among these 102 were included who fulfilled the inclusion criteria.

The age range of the study participants was 18 to 38 with a mean age of 28.09 ± 5.26 years (Table-1). Fifth-six (54.9%) participants were from rural areas and one hundred one of the study participants (91%) were married.

Sixty-two (60.8%) of study participants are multiparous and Eighty-eight (86.3%) were not provided with magnesium sulphate (MgSO₄) for neuroprotection. Mean latency period was with mean ($\pm$ standard deviation) 15.09 ± 11.27 . The mean gestational age at admission was 33 weeks and the mean gestational age at the time of delivery was 36.12 ± 0.848 weeks. All except one took dexamethasone and 42 percent of them delivered at the gestational age of 37 weeks. Among these 68.6% of them had vaginal delivery.

Table 1: Socio demographic and treatment characteristics of late PPROM patients, SPHMMC, 2023. (n=102)

Variable	Category	Frequency	Percent
Age	Less than 20	6	5.9
	20 to 35	83	81.4
	More than or equal to 35	13	12.7
Residence of mother	Urban	46	54.9
	Rural	56	45.1
Marital status	Married	101	99
	Not married	1	1
Parity	Primigravida	40	39.2
	Multigravida	62	60.8
GA at admission	<34	36	35.3
	≥ 34	66	64.7
GA at Delivery	35	31	30.4
	36	28	27.3
	37	43	42.3
Latency period	<7 days		
	≥ 7 days		
Dexamethasone	Yes	102	100
Antibiotics given	Yes	102	100
Mode of delivery	Vaginal	70	68.6
	CS	32	31.4

Analysis of maternal outcomes revealed that thirteen (12.7%) had chorioamnionitis and eighty-eight (86.3%) of them stayed in the hospital less than three days after delivery (Table-2).

Table 2 Maternal outcomes among late PPROM patients managed expectantly, SPHMMC Ethiopia, 2023, N = 102

Variable	Category	Frequency	Percent
Number of post-partum hospital stay	<3 days	88	86.3
PPH	Yes	3	2.9
	No	99	97.1
Clinical Chorioamnionitis	Yes	13	12.7
	No	89	87.3

Among the study participants who developed PPH that lead to anemia were three (2.9%) and all of them were transfused. There were no peripartum hysterectomies or ICU admission. The newborns birth weight ranged from 2500 to 3999gm was fifty-two (51%) with mean ($\pm$ standard deviation) weight of 2635 ± 616 grams. There were twenty-three (22.5%) newborns admitted to NICU and twenty-one (20.6%) Suspected early neonatal sepsis (EONS). Hundred-two (100%) newborns had an APGAR of >7 at 5th minute and no neonatal deaths.

Table 3: Neonatal outcomes among late PPRM patients managed Expectantly at SPHMMCEthiopia, 2023, N = 102

Variable	Category	Frequency	Percent
APGAR SCORE	≤ 7	102	100
Suspected EONS	Yes	21	20.6
	No	81	79.4
Birth weight	1500-2499	50	49.0
	2500-3999	52	51.0
NICU admission	Yes	23	22.5
	No	79	77.5

DISCUSSION

In this study, we found a prolonged latency period with low maternal infection rates and favorable neonatal outcomes among women with late preterm prelabour rupture of membranes (PPROM; 34%-36% weeks) managed expectantly up to 37 weeks. The average latency period exceeded two weeks, and fewer than one-quarter of neonates required NICU admission. No neonatal deaths were recorded. Late preterm PPRM accounts for nearly one-third of maternal and neonatal complications; however, management practices vary considerably across regions because of concerns about infection risks. Recent evidence supports expectant management for stable maternal and fetal conditions, provided

no contraindications exist, though not beyond 37% weeks of gestation.⁸ Prolonging pregnancy to more advanced gestational ages reduces neonatal respiratory distress syndrome (RDS) and low birth weight. Consistent with this, Choi et al. reported no cases of RDS among infants delivered at 37 weeks.⁹ This approach is particularly valuable in low-resource settings, where NICU capacity is limited, underscoring the benefits of expectant management in improving neonatal survival. In our study, 102 women with confirmed PPRM between 28 and 36 weeks were managed expectantly up to 37 weeks. The mean latency period was 15.09 ± 11.27 days. The extended latency and higher gestational age at delivery observed highlight the potential benefits of prophylactic antibiotic use in PPRM beyond 34 weeks. Similar findings have been reported in Korea, India, and Iran, where comparable antibiotic protocols produced prolonged latency without increasing adverse outcomes.¹⁰⁻¹² A notable finding of this study is the mean gestational age at delivery of 36.12 ± 0.85 weeks—higher than figures reported elsewhere.^{10,13,14} Furthermore, 42% of cases delivered at 37 weeks, a rate considerably greater than the 0.8% reported in the PPRMT trial and the 12% reported by Kaur et al.¹⁰ Expectant management of PPRM is often associated with maternal complications such as chorioamnionitis, endomyometritis, antepartum and postpartum hemorrhage, and prolonged hospitalization.^{15,16} Previous studies have reported chorioamnionitis rates as high as 60%,¹⁷ though estimates vary depending on study design, diagnostic criteria, and management protocols.¹⁸ In our cohort, clinical chorioamnionitis occurred in 12.7% of patients—lower than in earlier reports and below the expected 15% incidence in low-resource settings.¹⁹ The NICU admission rate was 22%, with no neonatal deaths, which is also lower than previously reported rates.⁸⁻¹² This improved outcome may reflect the availability of subspecialty care at our institution, including maternal-fetal

medicine and neonatology services, as well as the presence of midwives trained in advanced neonatal life support.

Among the strengths of this study is that it is one of the first to report on expectant management of late preterm PPRM (34–36 weeks) in a low- and middle-income country (LMIC) context, where safety concerns often lead to early delivery due to fear of infection and limited NICU resources. However, this study also has several limitations. Its retrospective descriptive design carries an inherent risk of bias. The relatively small sample size, resulting from the brief study period, limits generalizability. Inadequate laboratory testing may have led to under-recognition of subclinical infection, and the absence of placental histopathology precluded confirmation of histologic chorioamnionitis. Future studies employing larger sample sizes and prospective designs are recommended.

Conclusion

This study demonstrated that expectant management of PPRM beyond 34 weeks is associated with favorable neonatal outcomes and no increase in maternal complications, particularly sepsis. Our findings support the safe extension of expectant management beyond 34 weeks, provided that cases are carefully selected and that prophylactic antibiotics and antenatal corticosteroids are administered.

Conflicts of Interest

The authors declare no conflicts of interest.

Funding Statement

No external funding was received for this study.

Author Contributions

MB and SM conceived and designed the study, collected and analyzed the data. MB, AT, and SM drafted the manuscript, and AFS critically reviewed and edited it. The final version was reviewed and approved by all authors.

Data Availability Statement

Data are available from the corresponding author upon reasonable request.

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