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Abstract

Background: Neonatal respiratory distress syndrome (RDS) is a frequent and poorly studied cause of morbidity and mortality in Bouaké (Côte d'Ivoire). The objective of the study was to describe the epidemiological, diagnostic, therapeutic and evolutionary aspects of this condition for the improvement of prognosis.

Methods: This was a retrospective, descriptive and analytical study conducted in neonatology at the Bouaké University Hospital from January to December 2018. This included newborn admitted for RDS based on clinical arguments and with an exploitable medical record. The variables studied were socio-demographic, diagnostic, therapeutic and progressive. The data analysis was descriptive and analytical. The comparison of quantitative variables was made at the significance threshold $p \le 0,05$.

Results: 1920 newborns were admitted, 232 of whom were for DRs (146 boys and 86 girls), representing a prevalence of 12%. The age was less than 3 days in 87%. The newborn was full term (78%), premature (19%), post-term (3%). The four causes accounting for 97% of etiologies are infection (50%), inhalation of amniotic fluid (23%), hyaline membrane disease (15%) and delayed resorption of pulmonary fluid (9%). The evolution was favourable in 69%. Lethality was 22%. Factors associated with death were maternal age <20 years (p=0.009), SARNAT II and III score (p=0.02), infection (p=0.001) and amniotic fluid inhalation (p=0.02) and hyaline membrane disease (p=0.001).

Conclusion: Neonatal RDS is common at Bouaké University Hospital. The main etiologies are infection, inhalation of amniotic fluid and hyaline membrane disease. Lethality remains high. Improving prognosis requires increased resources and collaboration between the gynaecologist/obstetrician and the paediatrician.

Keywords: Respiratory distress, newborn, etiology, prognosis, Côte d'Ivoire.

INTRODUCTION

Respiratory distress syndrom (RDS) in the newborn is defined as a change in respiratory rate associated with one or more signs of respiratory control with or without cyanosis in the ambient air in children aged 0 to 28 days of life [1]. It is a common syndrome in the neonatal period with a prevalence ranging from 3.5% to 23.4% according to studies [2, 3]. It multiplies the risk of death by four [4, 5, 6, 7] and is a common clinical manifestation of the major causes of neonatal morbidity and mortality, including prematurity, perinatal asphyxia and infections [8]. Positive diagnosis of neonatal RDS is easy and based on the detection of clinical symptoms [1]. However, the etiologies are varied [9] and their identification requires a high-performance technical platform that is not always available in low- and middle-income countries, including Côte d'Ivoire. The management of RDS requires a good organization of perinatal care in the form of integrated networks, involving a minimal technical platform and skills in intensive care,

especially in respiratory assistance techniques which are not always available [10, 11, 12]. In Abidjan the RDS was the fourth disease or symptom in hospitalized newborn at Yopougon University hospital with a frequency ranging from 15,6% to 23,4% [13,14]. The study by Yenan and al. [15] on neonatal morbidity and mortality conducted in 2013 in the neonatal unit of the paediatric ward of Bouaké University Hospital reported that respiratory distress syndrom accounted for 6.67% of hospitalization reasons and 10.6% of deceased newborns had this syndrome [15]. It seemed appropriate to us to characterize the respiratory distress of the newborn at the Bouaké University Hospital for the improvement of the prognosis. The objective of the study was to describe the main epidemiological, clinical, therapeutic and evolutionary aspects.

Methods

This was a retrospective descriptive and analytical study conducted in the neonatology unit of the Bouaké University Hospital from January to December 2018. The neonatal unit is the only tertiary level unit located about 350 km from Abidjan, the economic capital in the South. This unit has a sanitary area that covers about 60% of the national territory. The unit has three cradles, eight incubators, three radiant tables, two phototherapy devices, a vacuum cleaner, four oxygen cylinders each equipped with a pressure gauge, three oxygen concentrators, a pulse oximeter and two nursing chairs. The medical and paramedical team of this unit includes a paediatrician assistant head of clinic, a hospital intern, four doctors enrolled in the Diploma of Special Studies in Paediatrics, two doctoral students, two medical students, fourteen midwives, five health assistants and two hospital workers. The reception and visit of the newborns were daily and provided by two doctors and two PhD students assisted in their task by two midwives, two nursing assistants and a hospital services officer. Duty and on-call duty were also provided by two physicians, two medical students, two midwives, a health care assistant and a hospital services officer. The study population consists of all newborns admitted to the neonatology unit during the study period. Included in the study were all admitted newborns with respiratory distress as the main reason for admission at any stage of severity with an exploitable medical record. Any newborn with respiratory distress that occurred during hospitalization or died on arrival without a medical record or an unusable medical

record were not included in the study. The sampling was exhaustive and the sample consisted of all cases that met the inclusion criteria during the study period. At admission, newborns in respiratory distress were received urgently on a radiant table and given a complete clinical examination after rhinopharyngeal clearance, oxygen therapy (if SaO2 < 94%) and stabilization of major vital functions if necessary. The paraclinical assessment included, depending on the etiological orientation, a thoraco-abdominal radiograph, a blood count, C Reactive Protein, blood culture, blood glucose, blood calcium, blood group. Management was based on support for vital functions and treatment of the cause of respiratory distress. Treatment monitoring was clinical and paraclinical. All information about the child and his or her family, the care provided and the progress under treatment was recorded in a medical file. For data collection, we have developed a standardized, anonymous and structured survey form. It provided information on: (i) the socio-demographic characteristics of the newborn (sex, age, place of residence) and mother (age, level of education, occupation, medical history), (ii) diagnostic characteristics: reasons and signs of physical examination, paraclinical examinations performed and their results, causes of respiratory distress, (iii) therapeutic and progressive characteristics: symptomatic and etiological means, discharge modalities, duration of hospital stay, factors associated with death. Regarding ethical considerations, a prior investigation authorization had been obtained from the Scientific Medical Directorate of the University Hospital with amplification to the Head of the Paediatrics Department. The information collected was made anonymous by a coding system. The data were entered and analyzed using the Epi-Info 7 computer software. The quantitative variables were expressed as means with the standard deviation. Qualitative variables were expressed as proportions. The comparison of the qualitative variables was made with the Chi 2 or Chi 2 test with Yates correction or the Fischer test when the conditions for applying Chi 2 were not met. The significance threshold is set for a value p<0.05.

RESULTS

Epidemiological Aspects

During the study period, 1920 newborns were hospitalized, including 232 for respiratory distress,

representing a hospital prevalence of 12%. The newborn was male in 62% and female in 38%, for a sex ratio of 1.61. The newborn's age at admission was 0-3 days in 87% with an average age of 2 + /-5.2 days [extremes 0 and 28 days]. When the mother's age was specified in the medical record, 57% of the mothers were 20-35 years old. The mother had an

average age of 27 years +/- 7.6[extreme 14 and 50 years], out of school in 67% and housewife in 53% of cases. The main socio-demographic characteristics of the newborn and mother are shown in Table I. The newborn's pre-, peri- and postnatal history is shown in Table II.

 Table I. Main socio-demographic characteristics of the mother-child relationship

| Socio-demographic characteristics | Number | Percentage |
|-----------------------------------|--------|------------|
| Gender (n=260) | | |
| Male | 146 | 62 |
| Female | 86 | 38 |
| Age | | |
| ≤ 3 jours | 201 | 87 |
| >3jours | 59 | 23 |
| Place of residence (n=125) | | |
| Bouaké | 102 | 82 |
| Out of Bouaké | 23 | 18 |
| Mother's age (n=185) | | |
| < 20 ans | 46 | 25 |
| 20 – 35 ans | 106 | 57 |
| 36 – 51ans | 33 | 18 |
| Mother's level education (n=12) | | |
| Not in school | 8 | 67 |
| Primary school | 1 | 8 |
| Secondary school | 3 | 25 |
| Mother's occupation (n=146) | | |
| Housewife | 78 | 53 |
| Trader | 30 | 21 |
| Student | 20 | 14 |
| Seamstress & hairdesser | 12 | 8 |
| Civil servant | 5 | 3 |

Table II. Pre, per and postnatal history

| Characteristics | Number | Percentage |
|-----------------------------------|--------|------------|
| Number of prenatal visits (n=197) | | |
| < 4 | 130 | 66 |
| ≥ 4 | 67 | 34 |
| Pregnancy disorders (n=28) | | |
| Malaria | 16 | 57 |
| High blood pressure | 4 | 14 |
| Pelvialgia | 3 | 11 |
| Vulvovaginitis | 2 | 7 |
| Diabetes | 1 | 4 |
| Hydramnios | 1 | 4 |
| Retroplacental hematoma | 1 | 4 |
| Positive serology | | |

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| Rétroviral (n=85) | 9 | 11 |
|---|-----|-----|
| Rubella (n=21) | 7 | 33 |
| Toxoplasmosis (n=29) | 12 | 41 |
| Syphilis (n=28) | 3 | 11 |
| Blood count results (n=38) | | |
| Anemia | 23 | 61 |
| Normale | 15 | 39 |
| Electrophoresis hemoglobin results (n=33) | | |
| Hemoglobin A1A2 | 32 | 97 |
| Hemoglobin AS | 1 | 3 |
| Place of delivery (n=181) | | 4,4 |
| Peripheral maternity | 104 | 57 |
| Maternity at hospital Bouaké | 72 | 40 |
| Residence | 5 | 3 |
| Gestational age (n=232) | | |
| < 37 SA | 44 | 19 |
| 37 - 41 | 182 | 78 |
| ≥ 42 SA | 6 | 3 |
| APGAR (n=204) | | |
| 1 - 3 | 8 | 4 |
| 4 - 7 | 80 | 39 |
| 8 - 10 | 116 | 57 |
| Weight (=195) | | |
| < 2500 g | 59 | 29 |
| 2500- 3999 g | 129 | 67 |
| ≥ 4000 g | 7 | 4 |
| Newborn resuscitation (n=232) | | |
| Yes | 75 | 32 |
| No | 157 | 68 |
| Infectious score of Houenou (n=93) | | |
| 0 (no infection) | 25 | 27 |
| I (possible infection) | 49 | 53 |
| II (probable infection) | 19 | 20 |

Diagnostic Aspects

The main reasons for consulting the newborn were respiratory difficulty (92,4%) and fever (4.8%) (Table III). The physical signs were tachypnea, apnea and bronchial rales in 48%, 17% and 11% respectively (Table IV). Respiratory distress was mild according to Silverman's score in 55% of cases and moderate to severe in 45%. The neurological condition of the newborn in respiratory distress was normal in 43% of cases. The causes of neonatal respiratory distress identified are shown in Table V.

Table III. Main reasons for consultation

| Reasons for consultation | Number | Percentage |
|--------------------------|--------|------------|
| Respiratory difficulty | 232 | 92.4 |
| Fever | 12 | 4.8 |
| Pale | 2 | 0.8 |
| Bleeding | 2 | 0.8 |
| Vomiting | 1 | 0.4 |
| Trembling | 1 | 0.4 |
| Apnea | 1 | 0.4 |
| Total | 251 | 100 |

Table IV. Main physical signs

| Signs of examinations | Number | Percentage |
|-----------------------|--------|------------|
| Tachypnea | 124 | 48 |
| Apnea | 44 | 17 |
| Bronchial rails | 28 | 11 |
| Cyanosis | 14 | 5 |
| Convulsions | 12 | 5 |
| Bradycardia | 8 | 3 |
| Breathing break | 8 | 3 |
| Crackling rails | 7 | 3 |
| Coma | 6 | 2 |
| Pale | 5 | 2 |
| Tachycardia | 4 | 2 |
| Total | 260 | 100 |

 Table V. Main etiologies of neonatal respiratory distress

| Etiologies | Number | Percentage |
|---|--------|------------|
| Neonatal infections | 93 | 50 |
| Inhalation of amniotic fluid | 42 | 22.5 |
| Hyaline membranes disease | 28 | 15 |
| Delays in the resorption of pulmonary fluid | 16 | 9 |
| Metabolic disorders | 2 | 1 |
| Hemorrhagic disease of the newborn (anemia) | 1 | 0.5 |
| Congenital heart disease | 1 | 0.5 |
| Tracheomalacia | 1 | 0.5 |
| Omphalocele | 1 | 0.5 |
| Diaphragmatic hernia | 1 | 0.5 |
| Total | 186 | 100 |

Therapeutic and Evolutionary Aspects

Treatment included infusion of electrolyte-enriched 5% glucose serum in 94%, oxygen therapy in 74%, antibiotic therapy in 63% and bolus glucose serum in 10% in 56% (Table VI). The duration of the stay was less than or equal to 7 days in 91% of cases. The newborn's evolution was marked by healing in 69%

of cases, discharge against medical advice in 9% of cases and death in 22%. The death occurred during the early neonatal period in 92% of cases. Significant factors associated with death were maternal age less than 20 years (p=0.009), SARNAT II and III score (p=0.02), neonatal infection (p=0.001), amniotic fluid inhalation (p=0.02) and hyaline membrane disease (p=0.001) (Table VII).

Table VI. Main treatments undertaken

| Traitements | Effectifs n/N | Pourcentage |
|-----------------------------------|------------------|-------------|
| Serum glucose infusion 10% and 5% | 218/232 | 94 |
| Oxygen | 172/232 | 74 |
| Antibiotics | 145/232 | 63 |
| Bolus serum glucose 10% | 131/232 | 56 |
| Resuscitation measures | 84/232 | 36 |
| Caffeine citrate | 29/232 | 13 |
| Blood transfusion | 19/232 | 8 |
| Phototherapy | 6/232 | 3 |

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| Variables | Evolution | | | |
|--|-----------|-------|-------|--------|
| | Healing | Death | Khi 2 | Р |
| | n | n | | |
| Gender | | | | |
| Male | 112 | 34 | 0.005 | 0.93 |
| Female | 68 | 18 | | |
| Mother's age | | | | |
| < 20 ans | 28 | 16 | 8.85 | 0.002* |
| ≥ 20 ans | 119 | 22 | | |
| Severity of respiratory distress syndrom | | | | |
| Score Silverman 1 – 3 | 84 | 20 | 4.83 | 0.08 |
| Score Silverman 4 - 5 | 48 | 9 | | |
| Score de Silverman ≥ 6 | 18 | 10 | | |
| Neurological impact of the RD | | | | |
| Score SARNAT 0 et I | 96 | 18 | 4.93 | 0.02* |
| Score SARNAT II et III | 84 | 34 | | |
| Neonatal infections | | | | |
| Yes | 86 | 7 | 9.90 | 0.001* |
| No | 69 | 24 | | |
| Inhalation of amniotic fluid | | | | |
| Yes | 29 | 13 | 5.37 | 0.02* |
| No | 124 | 20 | | |
| hyaline membranes disease | | | | |
| Yes | 16 | 12 | 10.68 | 0.001* |
| No | 135 | 23 | | |
| Resuscitation | | | | |
| Yes | 62 | 13 | 1.025 | 0.31 |
| No | 119 | 38 | | |

Table VII. Varied uni analysis of risk factors for death by respiratory distress syndrom

* Significant P at the threshold <5%

DISCUSSION

The objective of the study is to describe the main epidemiological, diagnostic, therapeutic and progressive aspects of neonatal respiratory distress for improving prognosis. The work results in a hospital prevalence of 12% and a male predominance (62%). The mother is mainly young, illiterate, housewife with insufficient prenatal consultation in almost two thirds of cases. Respiratory distress, according to Silverman's score, is mild in 55% and intense to severe in 45% of cases. The four causes accounting for 97% of etiologies are infection (50%), inhalation of amniotic fluid (23%), hyaline membrane disease (15%) and delayed resorption of pulmonary fluid (9%). The evolution is favourable in 69% and lethality in 22%. Factors associated with death were maternal age <20 years (p=0.009), SARNAT II and III score (p=0.02), infection (p=0.001) and amniotic fluid inhalation (p=0.02) and hyaline membrane disease (p=0.001). Due to the retrospective and monocentric nature of the study, not all variables could be included in the files. This is a bias that may underestimate or overestimate the results of the study. Despite the methodological limitation, the study provides a basis for relevant information on respiratory distress and could be used for further in-depth work. The results of this work give rise to the following points of discussion in terms of epidemiological, diagnostic, therapeutic and evolutionary aspects.

At the Epidemiological Level

The study reveals a prevalence of respiratory distress of 12%. Diakité [14] in Mali, Chalecon and al. [17] in France and Mampangula [18] in the Democratic Republic of Congo, reported a prevalence of respiratory distress of 27.8%, 47.5% and 58.4% respectively. Despite this high variability, probably due to methodological differences, all these studies show that neonatal respiratory distress is frequent and a worrying health problem. The newborn in

respiratory distress is male in 62% of cases. There is also a report in the literature of male predominance [12, 18, 19, 20]. This male predominance could be explained by the presence of cortisol levels, which play an important role in pulmonary maturation, which are lower in the amniotic fluid of the male newborn [21]. The mother of the newborn in respiratory distress is in the majority of cases young, with an average age of 27 years. This maternal characteristic has also been reported in the literature by Faye and al. [11] in Senegal in 2016, Sangaré [22] in Mali in 2017. Mampangula [18] in the Democratic Republic of Congo in 2013, Dick-Amon-Tanoh and al. [23] in Côte d'Ivoire also reported a young mother with an average age of 26.9 years. Pregnancies in a young mother increase the risks for both mother and child. According to WHO, in low- and middle-income countries, there are 50% more stillbirths and neonatal deaths among children born to mothers under 20 years of age. The younger the mother, the greater the risk of the child having a low birth weight, being premature, experiencing acute fetal suffering and respiratory distress [24]. Mothers are illiterate in 67% of cases and housewives in 53% of cases. The same observation was made by Diakité [16] and Siakam [25] in Mali and Maunga [26] in Senegal, but in different proportions. Low enrolment rates are a limiting factor in the demand for medical and antenatal care services, which contributes to worsening the early neonatal prognosis. Poor pregnancy follow-up increases the risk of premature delivery, neonatal suffering, respiratory distress and death [26, 27]. Ekounzola [28] in Brazzaville reported that for financial and proximity reasons, disadvantaged or poor women preferentially give birth in peripheral hospitals at lower cost. It appears from this work that only 34% of mothers carry out more than four prenatal consultations. This rate is close to the 38.4% reported in 2015 by the Ministry of Health and Public Hygiene of Côte d'Ivoire. However, it remains below the 70% target set by the National Health Development Plan 2016-2020 in accordance with WHO recommendations [29,30]. In the study, 12% of pregnant women presented a pathology during pregnancy. These were mainly malaria (57.5%), high blood pressure (14%) and pelvic pain (11%). In the study of Diakaridia [31] in Mali, the pathologies reported were high blood pressure associated with pregnancy toxemia (38%), retroplacental hematoma (30%), anemia in pregnancy (22%), and intrauterine

growth restriction. When pregnancy follow-up is insufficient, the fetus may experience birth distress. In the study, 57% of newborns had cerebral pain at birth in addition to respiratory distress. This result is comparable to that of Dick-Amon Tanoh and al. [11, 23] who reported a rate of 52.2% of newborns in respiratory distress in the same country with an Apgar score below 7. This high rate of brain suffering could be explained by difficulties during childbirth. Indeed, parturient women are evacuated late after poor management of the pathology associated with pregnancy and/or work in peripheral maternity wards [32]. The high frequency of intrauterine growth retardation cases, 29%, among neonates in respiratory distress in the study has already been reported by other authors [2, 18, 19,33] in the literature. The hypotrophic fetus's susceptibility to hypoxia during labour probably explains this high rate of hypotrophy among newborns suffering from respiratory distress.

At the Diagnostic Level

In the study, respiratory distress was mild in 55%, moderate in 30% and severe in 15%. In the same country, Dick-Amon and al. [23] reported 31.7% cases of mild respiratory distress, 41.5% moderate and 26.8% severe respiratory distress in Abidjan. Faye and al. [11] in Senegal and Mampangula [18] in the Democratic Republic of Congo reported 47.6% and 71% of cases of severe respiratory distress respectively. Signs associated with respiratory distress in the study are tachypnea (48%), apnea (17%) and bronchial rales (11%). For Faye and al. [11], the main signs associated with respiratory distress were hypotonia (41.1%), pulmonary condensation syndrome (31.3%) and seizures (20.1%). In our series the etiologies of respiratory distress are dominated by neonatal infections (50%), inhalation of amniotic fluid (23%), hyaline membrane disease (15%) and delayed resorption of alveolar fluid (9%). In the same country, Dick-Amon and al. [23] reported in 2011 that maternal-fetal bacterial infection and perinatal asphyxia were the main causes of respiratory distress in the newborn. In the study by Faye et al. [11] in Senegal in 2016, the reported etiologies were neonatal infection (55.1%), inhalation of amniotic fluid (14%) and perinatal asphyxia (24.8%). Other authors such as Mampangula [18] in the Democratic Republic of Congo, Boussettine [34] in Algeria, Kisito [35] in Burkina Faso have also reported these main medical

etiologies but in different proportions. In the study, no surgical causes were reported. In Dick-Amon and al. [23] study, esophageal atresia and congenital heart disease were the reported surgical causes.

On the Therapeutic and Evolutionary Level

Serum glucose infusion 10% and 5%, oxygen, antibiotic and serum glucose bolus 10% are the main treatments administered respectively in 94%, 74%, 63% and 56%. According to Mampangula [18] in the Democratic Republic of Congo, 100% of newborns received IV fluids for treatment and received oxygen therapy, 80% aspiration and 40% warming. In addition, of the 15% of newborns who suffered from respiratory distress due to hyaline membrane disease, only 13% received caffeine citrate as treatment. Indeed, given the parents' modest socio-economic level, it is difficult for them to comply with all prescribed prescriptions. Also, there is sometimes a drug shortage in the university hospital pharmacy. We also note that antibiotic therapy is used in 63% of cases while the reported infection rate is 50% in our study, 63% This 13% surplus is related to the systematic use of antibiotics in response to the poor clinical condition of the child, the time it takes to receive the results of the requested paraclinical check-ups. The evolution of the newborn is marked by healing (69%), death (22%) and discharge against medical advice (9%). Factors significantly associated with lethality are maternal age less than 20 years (p=0.009), SARNAT II/III score (p=0.02), amniotic fluid inhalation (p=0.02) and hyaline membrane disease (p=0.001). This lethality was also high in other countries ranging from 19 to 52% [2, 11, 24, 36, 37]. Improving the prognosis of newborns in respiratory distress requires a comprehensive perinatal management approach, involving antenatal interventions (corticosteroids, antibiotic prophylaxis), improving the quality of neonatal transfer and raising the technical plateau in neonatal intensive care units [38]. Thus the introduction of new neonatal techniques in the United States had made it possible to reduce the lethality of distress from 26% to 4% in 20 years [39].

CONCLUSION

Respiratory distress is frequent in newborns at Bouaké University Hospital. It mainly concerns newborns of the male sex, young mothers, illiterate and housewives. The causes are numerous and dominated by infections, inhalation of amniotic fluid, hyaline membrane disease and delayed resorption of alveolar fluid. It is a serious syndrome with high lethality. Factors significantly associated with lethality are maternal age below 20 years, SARNAT II and III score, infection and prematurity. Hence the actions to be taken to improve prognosis as announced in the objective: better monitoring of pregnancies in pregnant women under 20 years of age, better labour and delivery surveillance to reduce SARNAT II and III anoxo-ischemic encephalopathy, reduction of risk factors for preterm delivery and neonatal infection.

ACKNOWLEDGEMENTS

The staff of the paediatrics department of the Bouaké University Hospital.

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Citation: Akaffou AE, Yeboua YKR, Avi C, Aka-Tanoh KAH, Yao KC, et al. Epidemiological Profile of 260 Rural Home Births in Ahaly canton of Brobo (Côte D'ivoire). Archives of Pediatrics and Neonatology. 2019; 2(2): 70-79.

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