

**MANAGEMENT GUIDELINES**  
**of COMMON**  
**PERINATAL CONDITIONS**  
**in the Philippine Setting**

**Virginia Ramos de Jesus, M.D.**

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# FOREWORD

The Department of Obstetrics and Gynecology of the UP-PGH Medical Center, through the Perinatology Unit, initiated this laudable project of coming out with guidelines on the management of pregnancies with identified risk(s) for the mother and/or the fetus/neonate.

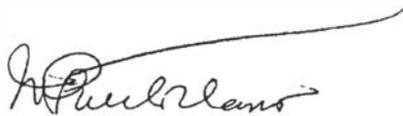
Looking back, the Perinatology Unit started as a High Risk Pregnancy OPD Clinic, the first in the country, during the chairmanship of Dr. Gloria T. Aragon (1967 to 1972). Here, pregnancies identified to be at risk using the criteria established by the section were given special attention. The more senior residents rotated monthly in the clinic under the supervision of the consultants. Later, to give more attention to this group of women, a resident was assigned throughout the senior year to provide continuity to the care of these high risk pregnant women and monitoring of their fetuses as well as better collection of data regarding the pregnancy outcome. At the same time, there were ongoing researches related to fetal surveillance like setting normal standard values for screening techniques using biochemical and biophysical methods, reappraising the use of the currently available technics and translating them into clinical situations.

In 1976, the staff of the High Risk Pregnancy clinic and the neonatologists of the Department of Pediatrics came together with the goal of improving the perinatal outcome. Thus was formed the nucleus of the Perinatology Unit. The latter has gone a long way since then. It has to its credit the training of Perinatology fellows now practicing in different parts of the country and providing further staff training abroad. This new project they have embarked on management guidelines on abnormal pregnancies, reflects the consensus of the group

in an attempt to follow a certain logic the technology available based on current literature, researches done locally and abroad and the cumulative experience in the department.

Admittedly, we do not yet have all the answers - or the correct answers, for that matter. Much work still has to be done in improving the knowledge of the causes and the physiopathologic processes involved in pregnancy illnesses and in fetal death and damage. We need to choose the technology that is appropriate for the country based not only on medical facts but with the availability of facilities, time constraints, affordability and patient acceptability. From the guidelines, therefore, the reader may choose the options suited to his clinical practice.

I commend the people who, with their dedication and hardwork, made possible this worthy endeavor. I know this is only the beginning since further advances in science may provide new insights to reproductive health and care which will require updating of this book in the future.

A handwritten signature in black ink, appearing to read 'N. Puertollano', with a long horizontal flourish extending to the right.

NATIVIDAD L. PUERTOLLANO, M.D.

# PREFACE

This book is intended as reference material for residents in Obstetrics and Gynecology, practicing Obstetricians and Gynecologists, Perinatologists and Medical Specialists interested in the care of patients with perinatal problems.

Cognizant of the varied conditions prevailing in the different institutions in the country, the staff of the Perinatology Service of the Department of Obstetrics and Gynecology of the University of the Philippines, Manila since 1997 has organized into a systematic and logical manner the different approaches in the management of pregnancies with complications that one finds in the international and local literature, incorporating in the process, the experience of the service. The algorithms found in this book are the results of the integration of these factors.

I would like to sincerely thank the consultant staff of the Perinatology service for their cooperation, and Eduardo Lim, M.D. who generously shared with us his approach to patients with antiphospholipid antibody syndrome (APAS).

It is hoped that these management guidelines can contribute to the improvement of perinatal outcome. Also, the experience of the users of these management guidelines can serve as future resource for further refinement and improvement of these guidelines.

I wish to express my appreciation to all postgraduate clinical fellows of the Philippine General Hospital Perinatology Service for their untiring effort in the preparation of this book, namely: Maria Lourdes D. Cango, M.D., Llorina Hipolito-Castillo, M.D., Elisa Patricia Malvar-Cornelio, M.D., Shierly May Dy-del Rosario, M.D., Valerie Tiempo-Guinto, M.D., Genevieve Cardona, M.D., Maricar Blanche Decano, M.D., Anna Rowena del Rosario-Resubal, M.D., Ramonina Rosanne Gerona, M.D., Roberto Montana, M.D., Ma. Girlie Concha, M.D., Andrea Milagros Mapili, M.D., Grace Marie Marcos, M.D., Caroline Soria, M.D., Linda de la Cruz, M.D., Ma. Carmen Limsiaco, M.D., Annette Cecille Olondriz, M.D. and Eva Tangarorang-Pechera, M.D.

  
VIRGINIA RAMOS DE JESUS, M.D.  
Editor-in-chief



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