

## Ex-utero intrapartum treatment (EXIT): A single centre clinical experience of 7 cases

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### ABSTRACT

**Introduction:** With advances in prenatal diagnostic modalities, the detection of life-threatening fetal neck and cervical masses has improved. The Ex-Utero Intrapartum Treatment (EXIT) procedure improves neonatal outcome by establishing an airway during caesarean delivery while preserving fetomaternal circulation. **Objective:** To review the indication and outcome of the EXIT procedure at our local centre. **Methods:** A retrospective descriptive study of EXIT procedures carried out at our centre from year 2009 to 2019. Data was collected from electronic medical records of patients who had prenatal diagnosis of fetal neck and cervical mass. Variables evaluated include prenatal, intrapartum, postpartum characteristics and outcomes. **Results:** A total of 7 cases were recruited into this study. The diagnosis included cystic hygroma (n=4), immature teratoma (n=1), giant teratoma (n=1) and congenital granular cell tumour of upper gingiva (n=1). Polyhydramnios was present in 3 patients. Two out of five patients who had prenatal MRI showed airway obstruction. Mean gestational age at EXIT procedure was 35-36 weeks (range 31-38 weeks). Airway access was successfully established in all except for 1 case whereby no airway obstruction was noted after laryngoscopy due to the location of the mass. Five of the neonates born by EXIT are currently healthy while 2 developed complications not related to EXIT procedure and expired at day 3 and day 15 of life. **Conclusion:** The location, size of the mass and airway patency are major determinants for EXIT procedure and neonatal outcome. Prenatal fetal MRI adds value in anticipation of complications during EXIT procedure.

## Ramadan fasting among breastfeeding mothers attending Klinik Kesihatan Putrajaya Precinct 18: Knowledge, perception and practice

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### ABSTRACT

**Introduction:** Ramadan fasting is obligatory for healthy adult individuals. Exemption from fasting is permitted for women who are pregnant or breastfeeding. **Objectives:** The aim of this study was to explore the level of knowledge, perception and practice of Ramadan fasting among breastfeeding mothers in Putrajaya. **Methods:** An analytical cross-sectional study done in July 2019 (two months after Ramadan) involving breastfeeding mothers attending vaccination & outpatient clinic at KK Putrajaya Precinct 18. Data collection was obtained by self-administered questionnaire. It was divided into three parts, involving the perception, practice and knowledge of the women with regards to Ramadan fasting and their health. This study received approval by the Malaysian Medical Research and Ethics Committee (MREC). **Results:** 90 respondents participated and 69 (86.7%) of them were multiparous. 58.9% of the respondents were using both direct suction & mechanical pump. 81 women (90%) fasted in Ramadan and 62 women fasted more than 20 days. 25 women of those who fasted did experience adverse effects. Among the effects are weakness (44%), headache & dizziness (24%) and noticing baby became irritable (8%). Majority of them fasted because they felt it is an obligation to them, and they felt they could fast. There was significant association between perception and number of fasting days. Those with good perceptions tend to fast more days compared to poor perceptions. **Conclusions:** Majority of breastfeeding women in Putrajaya fasted in Ramadan and the knowledge level did not influence the practice of Ramadan fasting.

**Keywords:** Ramadan fasting, lactating, breastfeeding