

Arabin pessary in the treatment of cervical insufficiency to prevent preterm birth – A prospective, monocentric, non-randomized observational study

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Abstract

Background: Reduction of premature birth (PTB) is a central topic in obstetric care and persists to be the central cause for neonatal mortality and morbidity. Mechanical prevention by cervical cerclage is invasive and failed to show superiority to other interventions. Of late, pessaries have been subject to randomized controlled trials (RCTs) with contradictory results. Many women are hospitalized in pregnancy due to a short cervix and face lengthy hospital stays. Aim of this study was to re-introduce pessaries in our clinical routine and observe prolongation of pregnancy and length of in-hospital care.

Patients and Methods: More than 300 patients were treated with an Arabin-pessary due to premature onset of labour and cervical insufficiency (< 25 mm) between 01/2015 and 12/2019 in our department. Relevant parameters (e.g. prolongation, hospital stay, delivery) were observed. The study is ongoing.

Results: Preliminary data showed a median hospital stay of 5 days, median week of gestation of pessary application was 28+0, median cervical length 18 mm (3 – 24 mm). 2/3 of the women were primiparous. Median prolongation was 46 days, ranging from 13 to 101 days and median gestational age of delivery was 38+3 (30+1 - 41+4). Of the patients delivered before 37+0 weeks (N=19) and before 34+0 weeks (N=6) only 16 (14 in the group <37+0 and 2 in the group <34+0 weeks of gestation) were delivered due to contractions or PPRM.

Conclusion: Application of the Arabin-pessary is a safe and effective method to treat cervical insufficiency.

Completing his residency at the Red Cross Women's Hospital in Munich / Germany, one of the biggest delivery wards in the country. He is working in the Perinatal Center with primary interest in treatment of high risk pregnancies.

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Biography:

Dr. Antonio Onorato has completed his medical studies at the age of 27 years from Palermo University and is currently