**Umbilical Coiling Index as a Marker of Perinatal Outcome**

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**Abstract**

**Aim**: To correlate the importance of patterns of umbilical coiling in terms of umbilical coiling index with various fetal parameters in a 2 year study period. **Objectives**: The present study is being done to compare the perinatal outcome with the abnormal coiling of umbilical cord with respect to umbilical coiling index. **Materials and Methods**: This was a prospective study which was carried out in the department of Obstetrics and Gynaecology, Osmania Medical College, Hyderabad, Telangana for a period of 2 years. 200 patients in active labour who were admitted in labour room irrespective of their parity were selected randomly for the study. **Results**: The total number of cases studied were 200. The number of babies with birth weight < 2.5 kgs were 26 (13%), between 2.5 – 3.5 kgs were 168(84%) and > 3.5 are 6(3%). Babies born with Apgar score at 1 minute < 4 were 43 (21.5%) and > 4 were 157 (78.5%). Babies born with Apgar score at 5 minutes < 7 were 25 (12.5%) and > 7 were 175 (87.5%). Out of 200 babies, 35 (17.5%) were admitted in NICU and the rest 165(82.5%) were not admitted. In the study of 200 babies, 23 (11.5%) had FGR, and 177 (88.5%) had no FGR. Out of 200 babies in the study, 52 (26%) had fetal distress and the rest 148 (74%) had no fetal distress. The meconium stained liquor was found in 42 cases (21%) and clear liquor is seen in 158(79%). any concentration of liquor was taken into the criteria (thin or thick). **Conclusion**: UCI < 10th percentile and UCI > 90th percentile were not admitted. In the study of 200 babies, 23 (11.5%) had FGR, and 177 (88.5%) had no FGR. Out of 200 babies in the study, 52 (26%) had fetal distress and the rest 148 (74%) had no fetal distress. The meconium stained liquor was found in 42 cases (21%) and clear liquor is seen in 158(79%).

**Keywords**: Hypercoiled umbilical cord, Hypocoiled umbilical cord, Intrauterine fetal growth restriction, Meconium stained liquor, Umbilical coiling index.

1. **Introduction**

The umbilical cord or funis forms connecting link between the fetus and placenta through which the fetal blood flows to and from the placenta. . Its three blood vessels pass along the length of the cord in a coiled or helical fashion (spiral course). A coil is defined as completed 360 degrees spiral course of umbilical vessels around Wharton’s jelly.

- The coiling property of cord vessels was described as early as in 1521 by Berengarius. In 1954 umbilical coiling was first quantified by Edmonds who divided the total number of coils by the umbilical cord length in centimeters and called it “the index of twist”. He assigned positive and negative scores to clock wise and anti clock wise coiling respectively. Later strong et al simplified by eliminating these directional scores and named it the “umbilical coiling index”.

- An abnormal UCI includes both hypo coiled cords (i.e., cords with UCI <10th percentile) and hyper coiled cords (i.e., UCI >90th percentile). An abnormal umbilical coiling has been studied in relation to adverse perinatal outcomes.

- The present study has been undertaken to compare the perinatal outcome with the abnormal coiling of umbilical cord with respect to umbilical coiling index.

2. **Materials and Methods**

This was a prospective study which was carried out in the department of Obstetrics and Gynaecology, OSMANIA MEDICAL COLLEGE, Hyderabad, Telangana for a period of 2 years.

- Ethical committee clearance was obtained from the Institute research council and Ethics committee.

- 200 patients in active labour who were admitted in labour room irrespective of their parity were selected randomly for the study.

**Inclusion Criteria**

- Women with term gestation irrespective of parity
- Singleton pregnancies
- Live baby
- Spontaneous onset of labour
- Women in active labour.
- Cephalic presentation

**Exclusion Criteria**

- Twin gestation
- Preterm delivery
- Intrauterine death
- Anomalous baby
- Malpresentation
- Pre eclampsia
- Elective caesarian sections.

200 patients who were in active labour with term gestations, irrespective of parity, with singleton pregnancies with live babies and were admitted in labour room were included in the study. Patients were observed in second and third stage of labour. After separating the baby from umbilical cord, the cord was clamped and cut close to the baby as possible. The umbilical cord was measured including both the placental end of the cord and umbilical stump on the baby side. Number of complete coils or spirals was counted.

After this UCI was calculated by dividing total number of coils by the total length of the cord in centimeters.

**UCI = number of coils/ total length of the cord**

Then, perinatal parameters like birth weight, meconium staining, gender, NICU admission, Apgar score at 1 minute, Apgar score at 5 minutes, fetal growth restriction, direction of twist were correlated with umbilical coiling index.

Thus the effect of umbilical vascular coiling and perinatal outcome was studied. All the mothers and babies were followed up till discharge.

**Statistical Analysis**

- Data was entered in Microsoft excel and analysis was done using SPSS version 20.
- Prospective statistical analysis was done. Results are presented as numbers and percentages.
- Chi square test is used to find out the significance of study parameters on a categorical scale between two groups.
- P value : Significance is assessed at 5 % level of significance.

**3. Results**

<table>
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<tr>
<th>Table 1: Birth weight</th>
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<tr>
<td><strong>Baby details</strong></td>
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<td>Birth weight</td>
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<td><strong>Total</strong></td>
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The number of babies with birth weight < 2.5 kg are 26 (13%), between 2.5 – 3.5 kgs are 168(84%) and > 3.5 are 6(3%).

<table>
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<th>Table 2: Apgar score at 1 minute</th>
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<tr>
<td><strong>Baby details</strong></td>
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<td>Apgar score at 1 min</td>
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<td><strong>Total</strong></td>
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Babies born with Apgar score at 1 minute < 4 were 43 (21.5%) and > 4 were 157 (78.5%).

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<th>Table 3: Apgar score at 5 minutes</th>
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<td><strong>Baby details</strong></td>
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<td>Apgar score at 5 min</td>
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<td><strong>Total</strong></td>
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Babies born with Apgar score at 5 minutes < 7 were 25 (12.5%) and > 7 were 175 (87.5%).

Out of 200 babies, 35 (17.5%) were admitted in NICU and the rest 165(82.5%) were not admitted.

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<th>Table 4: NICU admissions</th>
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<tr>
<td><strong>Baby details</strong></td>
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<td>NICU admissions</td>
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<td><strong>Total</strong></td>
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Out of 200 babies in the study, 52 (26%) had fetal distress and the rest 148 (74%) had no fetal distress.

<table>
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<th>Table 5: meconium staining</th>
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<td><strong>Criteria</strong></td>
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<tr>
<td>Meconium Staining</td>
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<td><strong>Total</strong></td>
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The meconium stained liquor was found in 42 cases (21%) and clear liquor is seen in 158(79%). any concentration of liquor was taken into the criteria (thin or thick).

**4. Discussion**

Several studies in the past have correlated the relationship between perinatal outcome and the UCI The umbilical coiling index has found to be an effective indicator of perinatal outcome.

This is a prospective study over a time period of 2 YEARS from conducted in the department of obstetrics and gynaecology, Modern Government Maternity Hospital, Osmania medical college, Hyderabad aimed to correlate the importance of patterns of umbilical coiling in terms of umbilical coiling index with various fetal parameters.

Women as per the selection criteria were taken for the study UCI was calculated by strong et al formula, dividing the total number of coils by the total length of the cord in centimeters and the UCI obtained was correlated with the various parameters. The UCI was correlated to the birth weight, Apgar score at 1 min and 5 min, NICU admissions, meconium staining, fetal distress, fetal growth restriction.

The mean length of the umbilical cord in the study was 52.87 +/- 13.49. The mean number of coils was 12.59 +/- 5.38.
The mean UCI in the study is comparable to the study done by Ezimokhai et al. (2001) and Chitra et al. (2012).

In consideration of the abnormal versus normal coiling distribution in this study, it was observed that 10th percentile – hypocoiling (UCI < 0.06) and 90th percentile – hypercoiling (UCI > 0.41) were in agreement with the previous studies. Among the 200 patients, out of which 159 (79.5%) had normocoring i.e., UCI between 10th to 90th percentile. 23 cases (11.5%) had hypocoring i.e., UCI < 10th percentile, 18/9%) cases had hypercoiling, i.e., UCI > 90th percentile.

The women included in the present study were in the age group ranging from 18-35 years. Majority of the women in the age group 20-27 years. Total number of mothers in the age group between 18 – 34 were 197(98.5%) . among which 22(11.16%) had hypocored cords, 157(79.69%) had normocoring cords and 18(9.14%) had hypercoiled cords. 3(1.5%) were in the age group of >/- 35 years, among which 1(33.33%) had hypocoring and the rest 2(66.66%) had normocoring cords. P value for hypocoiled cords was found to be 0.28 and hypercoiled cords was 0.63, there is no statistical significance between these two groups.

Ezimokhai et al. found hypercoiling to be associated with extremes of maternal age (<20 and >35 years). None of the other studies found age to be a significant factor.

UCI was correlated with birth weights of the newborn 26(13%) had birth weights < 2.5 kgs, out of which 13(50%) had normocoring, 12(46.15%) had hypercoiling and 1(3.84%) had hypocoring. 168 (84%) babies had birth weights between 2.5 – 3.5 kgs . Of which 141(83.92%) had normocoring cords, 21(12.5%) had hypocoring and 6(3.57%) had hypercoiled cords. 6 (3%) had birth weights >3.5 kgs, of which 5(83.33%) had normocoring and 1(16.66%) had hypocoring. P value being <0.01 is strongly significant. Literature has found a consistent association between hypercoiled and LBW babies, as shown by Rana et al., Raio et al. and de Laat et al. However the authors were unable to give a satisfactory explanation for this association.

34 were 197(98.5%) . among which 2(8.69 %) had hypocoring, 8 (34.78%) had normocoring and 13(56.52 %) had hypercoiled cords. Rest 177 (88.5 %) had no fetal growth restriction, of which, 21(11.86%) had hypocored cords, 151(85.31 %) had normocoring cords and 5(2.82 %) had hypercoiled cords. p value being 0.51 for hypocored cords and <0.001 for hypercoiled cords, suggests strong significance between hypercoiled cords and fetal growth restriction.

Ercal et al. found FHR decelerations to be significantly associated with hypocoiled cords. Rana et al. explained that coiling provides turgor and compression resistant properties to the cord which become compromised as the cord becomes hypocoiled.

Out of 200 cases studied, 42(21%) had meconium stained liquor out of which, 14(33.33%) had hypocored cords, 22(52.38%) had normocoring cords and 6(14.28%) had hypercoiled cords. 158(79%) did not have any meconium staining of the liquor. Of them, 9(5.69%) had hypercoiled cords, 137(86.7%) had normocoring cords and 12(7.59%) had hypocored cords. Meconium staining of the amniotic fluid was found to be significantly associated with both hypocored (p value = <0.01) and hypercoiled (p value = 0.03) cords. .Gupta S et. al studied 107umbilical cords and found that in hypocoiled cords, low apgar scores were present . in another study which was done by Padmanabhan et. al. 130 umbilical cords were studied and it was found that in hypocoiled groups, there were significantly low Apgar scores.

35(17.5%) babies out of 200 babies were required NICU care, out of them 19 (54.28 %) had normocoring, 10 (28.57%) had hypocoring and 6 (17.14 %) had hypercoiling. 165(82.5%) babied did not require any NICU care, out of them 140(84.84 %) had normocoring, 13 (7.87 %) had hypocoring and 12(7.27 %) had hypercoiling. p value being 0.001 for hypocored cords and 0.0136 for hypercoiled cords is strongly significant suggestive of correlation between the two groups. hypocoiled cords are associate with low apgar at 7 minutes.

Out of 200 babies, 23(11.5 %) had fetal distress. Of which 17(32.69 %) had hypocoring, 28 (53.84%) had normocoring and 7(13.46 %) had hypercoiled cords. Rest 148 (74 %) had no fetal distress, of which, 6(4%) had hypocored cords, 131(88.5%) had normocoring cords and 11(7.43 %) had hypercoiled cords. p value being <0.01 for hypocored cords and 0.032 for hypercoiled cords, suggests strong significance between hypercoiled cords and fetal growth restriction.
5. Conclusion

UCI < 10\textsuperscript{th} percentile < 0.06
UCI > 90\textsuperscript{th} percentile >0.41
The mean length of the umbilical cord in the study was 52.87 +/- 13.49.
The mean number of coils was 12.59 +/- 5.38.
The mean umbilical coiling index (UCI) was 0.24 +/- 0.09 which is consistent with the previous studies.

The UCI was correlated to the maternal factors like maternal age, birth weight, APGAR score at 1 min and 5 min, NICU admissions, meconium staining, fetal distress, fetal growth restriction, direction of twist of the cord.

HYPOCOILING (UCI <10\textsuperscript{th} percentile) is associated with low birth weights, low APGAR score at 1 minute of the baby, low APGAR scores at 5 minutes, more NICU admissions, fetal distress associated with the baby and also meconium staining of the liquor.

HYPERCOILING (UCI >90\textsuperscript{th} percentile) is associated with low birth weights, low APGAR score at 1 minute, NICU admissions, and fetal growth restriction. It is also associated with fetal distress of the baby and also meconium staining of the liquor.

Thus antenatal detection of the coiling index can identify fetus at risk and thus help in further management and timely intervention.

6. Summary

The umbilical cord is vital for development, wellbeing and survival of the fetus and yet, it is vulnerable to kinking, compressions, traction and torsion which may affect the perinatal outcome. The total number of coils for any particular cord is believed to be established early in gestation. The pattern of coiling develops during second and third trimesters, presumably due to smashes in the cord and these coiling changes as the pregnancy advances. The three blood vessels pass along the length of the cord in helical or coiled fashions. The helical fashion of these umbilical vessels is termed as spiral course.

The vessels of the cord like all hollow cylinders are prone to torsion, compression, tension, and subsequent interruption of the blood flow. This risk is minimized by their helical disposition. The coiled umbilical cord perhaps of its elastic properties, is able to resist external forces that might compromise the umbilical vascular flow the coiled umbilical cord acts like a semi erectile organ that is more resistant to snarling, torsion, stretch and compression than noncoiled cord. This is referred to as “spontaneous internal ballotment” .Regardless of its origin, umbilical coiling appears to confer turgor to the umbilical unit, producing the cord that is strong but flexible.

This is a prospective study with 200 cases carried out to calculate the UCI and correlate the relationship between the abdominal umbilical coiling index (hypo or hyper) and adverse perinatal outcome.

Baseline characters were similar in the three groups .There was a significant difference between the hypercoiled and hypocoiled group with respect to the perinatal parameters like FGR, meconium staining, low APGAR score at 1 min and 5 minutes and birth weights.

Thus both hypo and hypercoiling of cords had significant correlation with adverse fetal outcome. The findings of the present study point out that low UCI is an indicator of perinatal complications. Antenatal detection of this abnormal coiling index by ultrasound can lead to identification of fetus at risk. The sensitivity values of antenatal sonography to predict hypocoeiling and hypercoiling were 78.9% and 25.4% respectively .Thus quantitating the degree of umbilical vascular coiling can be significant with proper correction in the antepartum period.

References
