

# Understanding the Outcomes of Newborns with Meconium Aspiration Syndrome: A Retrospective Study at a Tertiary Care Hospital

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## Abstract

**Background:** Meconium Aspiration Syndrome (MAS) is a serious condition marked by meconium in amniotic fluid, causing respiratory distress in newborns. MAS poses risks such as pneumothorax, persistent pulmonary hypertension, and mortality, especially in full-term or post-term infants. The study focuses on understanding MAS outcomes, aiming to assess improvement post-resuscitation or identify complications leading to mortality in these infants **Methods** Retrospective observational study was conducted among all the cases of meconium aspiration syndrome admitted in NICU of Patan Hospital from 1st February 2016 to 1st February 2019 to determine the complication and outcome. Descriptive analysis was used to analyze the data. **Result** A total of 51 cases of Meconium aspiration syndrome were admitted among which 28 were male. The most common complication was determined to be sepsis (29.4%). **Conclusion** Meconium aspiration syndrome could be fatal and is associated with morbidities including respiratory distress, pulmonary hypertension, and sepsis.

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