RECOMMENDATIONS

From this study we recommend:

- Improving vitamin k status of breast fed infants occurs through maternal vitamin k supplementation during lactation.
- Early unrestricted breast feeding through the first few days after birth will supply the neonate with vitamin k from the high fat colostrums.
- Similar multicenter studies in different Egyptian governorates are needed in order to generalize these recommendations.

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الملخص العربى

النزيف الناتج عن نقص فيتامين ك المعروف سابقا باسم مرض نزف الأطفال حديثي الولادة، هو مرض يحدث نتيجة انخفاض مستويات عوامل التخثر التي تعتمد على فيتامين ك .على الرغم من حدوث نقص فيتامين ك في الأطفال الأكبر سنا والبالغين، الا انة أكثر شيوعا في الأطفال حديثي الولادة و ذلك لان مخازن فيتامين ك محدودة والجهاز الهضمي غير مكتمل وانخفاض معدل انتقال فيتامين ك عبر المشيمة ، كما ان مستوي عوامل التخثر التي تعتمد على فيتامين ك تكون منخفضة مقارنة بالبالغين. تشخيص النزيف الناتج عن نقص فيتامين ك ينحصر في الرضع الذين تقل أعمارهم عن ستة أشهرو لديهم نزيف تلقائى، كدمات، أو نزيف داخل المخ مع ارتفاع وقت التخثر ولكن الصفائح الدموية طبيعية او مرتفعة.

وقد صممت الدراسة الحالية لتقييم مستوى فيتامين ك في الرضاعة الطبيعية مقارنة بالتغذية الصناعية .

وقد أجريت الدراسة على تسعين رضيع الذين تتراوح أعمارهم ما بين الشهرين و يترددون على العيادات الخارجية في مستشفى اطفال جامعة الإسكندرية وتعرض جميع الرضع لأخذ تاريخ طبى كامل، مع الفحص الاكلينيكى والفحوص المعملية التى تشمل وقت ونشاط البروثرومبين وفيتامين ك.وكشف التحليل الإحصائي للبيانات التي تم الحصول عليها من هذه الدراسة إلى النتائج التالية:

- لوحظ ارتفاع معدل انتشار حالات نقص فيتامين ك بين الرضع و كان متوسط مستوى فيتامين ك من الدم ١٢٥.٦٢± ٦٩.٦٣ نانوغرام/لتر فى حالة الرضاعة الطبيعية ١٣٤.٢٩± ٥٩.٢٧ نانوغرام/لتر فى حالة التغذية الصناعية

- كان هناك فرق إحصائى فى مستوى فيتامين ك لدى الاطفال فى حالة الرضاعة الطبيعية و تناول الأمهات لفيتامين ك خلال الرضاعة ($P < 0.001$) .

- لم تكن هناك تغييرات بشأن مستويات زمن البروثرومبين ونشاط البروثرومبين بين الرضاعة الطبيعية والتغذية الصناعية في الدراسة لدينا على الرغم من انخفاض مستويات فيتامين ك .

- كان هناك ارتباط ايجابى بين وزن المواليد الرضع ومستوى فيتامين ك، وهذه الارتباطات ذات دلالة إحصائية ($r = 0.450$).

- وأظهر هذا العمل وجود علاقة ذات دلالة إحصائية ($P < 0.001$)بين الأمهات الذين تتراوح أعمارهم اعلى من ٣١ سنة و مستوى فيتامين ك لدى الاطفال فى حالة الرضاعة الطبيعية.

- نقص فيتامين ك لة عدة عوامل . ممكن حدوثة فى أي فئة عمرية ولكن في معظم الأحيان يحدث في الاطفال الرضع وذلك لانخفاض انتقال فيتامين ك عبر المشيمة،وعدم قدرة الكبد على تصنيع البروثرومبين، ونقص فيتامين ك في لبن الام.

نوصى فى نهاية الدراسة بدء إعطاء فيتامين ك للامهات خلال فترة الرضاعة وهناك حاجة لدراسات مماثلة فى المحافظات المصرية المختلفة من أجل تعميم هذه التوصيات .

جامعة الإسكندرية
كلية الطب
قسم طب الأطفال

مستوى فيتامين ك عند الأطفال في حالة الرضاعة مقارنة بالتغذية الصناعية

رسالة علمية

مقدمة لكلية الطب – جامعة الإسكندرية
إيفاءاً جزئياً لشروط للحصول على درجة

الماجستير فى طب الأطفال

مقدمة من

حازم رأفت محيى الدين إبراهيم

بكالوريوس الطب والجراحة – جامعة الإسكندرية

كلية الطب
جامعة الإسكندرية
٢٠١٥

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مستوى فيتامين ك عند الأطفال في حالة الرضاعة مقارنة بالتغذية الصناعية

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للحصول على درجة

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أستاذ ورئيس قسم الباثولوجيا الإكلينيكية والكيميائية

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