

# Original Research Article

## COMPARISON OF PORTAL VEIN DIAMETER IN PREGNANT AND NON-PREGNANT WOMEN IN SOUTH-SOUTH NIGERIA

### ABSTRACT

**Background:**The hepatic artery is a branch of the coeliac trunk, and supplies 25% of the total blood flow to the liver, while the portal vein is formed by the mesenteric and splenic veins, and accounts for the remaining 75% of hepatic blood supply.

**Objectives:**To compare the portal vein diameter (PVD) in non-pregnant women with that of normal pregnant women, correlating it with age and parity.

**Subjects and Methods:**This comparative, cross-sectional study was conducted at all the clinical departments of the two tertiary health facilities, one secondary facility and one radiodiagnostic facility in Bayelsa State, South-South Nigeria, between April, 2022 and December, 2022. Data analysis was done using Statistical Product and Service Solutions for Windows® version 25, SPSS Inc.; Chicago, **United States of America (USA)**. Descriptive statistics (mean, standard deviation, frequency, and percentages) and Pearson product moment correlation were used for the analysis. The level of significance was considered at  $p < 0.05$ .

**Results:**The mean PVD was  $10.4 \pm 1.6$  mm and  $10.5 \pm 2.0$  mm, among gravid women and non-gravid women, respectively. Among gravid women, PVD ranged from 7.5 mm to 14.0 mm, while for non-gravid women, it ranged from 6.8 mm to 16.6 mm. There was no significant difference in mean PVD between the two study groups.

**Conclusion:**This research has established baseline normal values for normal range of PV diameter in healthy pregnant and non-pregnant women. It also revealed no correlation between PV diameter with age and parity of the women.

**Keywords:**Portal vein diameter, Liver, Non-pregnant women, Pregnant women, Age, Parity.

## INTRODUCTION

The liver receives dual blood supply from the hepatic artery and the portal vein. The hepatic artery is a branch of the coeliac trunk, and supplies 25% of the total blood flow to the liver, while the portal vein is formed by the mesenteric and splenic veins, and accounts for the remaining 75% of hepatic blood supply.[1,2] Studies on hepatic blood flow changes in pregnancy have not been consistent. While some studies have reported no significant changes in hepatic blood flow during pregnancy despite a marked increase in cardiac output, others have demonstrated an increase, and this increase has been attributed to a preferential increase in the portal venous blood flow. supply.[1–4] Clappet *al.*, demonstrated a significant increase in portal blood flow in the first and second trimesters, which they attributed primarily to a significant increase in flow velocity without a change in the cross-sectional area of the portal vein.[1] They found no significant change in the portal vein diameter (PVD) in pregnancy compared to pre-pregnancy values and between trimesters, although they reported a higher PVD in the second trimester compared with the first and third trimesters.[1]Mahmuudet *al.*, similarly reported no significant differences in PVD between the trimesters of pregnancy.[5]

There is a dearth of local studies assessing portal blood flow and indices in our environment. This study sought to compare the PVD between normal pregnant and non-pregnant women and correlate with maternal age and parity in a cohort of women in South-South Nigeria. We utilised ultrasonography (USS) for the measurement of PVD in our study. USS is an accurate and reliable method of assessing PVD, and has the advantages of being non-ionizing, and therefore safe for use in pregnant women, non-invasive, readily available, accessible and affordable, especially in low-resource settings (LRS) like ours.[6]

## SUBJECTS AND METHODS

**Study design and setting:** This comparative, cross-sectional study recruited and enrolled non-pregnant women and normal pregnant women in their second and third trimesters at the radiology and obstetrics units of the Niger Delta University Teaching Hospital, Okolobiri, Federal Medical Centre, Yenagoa, Silhouette Radiodiagnostic Consultants, Yenagoa and Diete Koki Memorial Hospital, Yenagoa, all in Bayelsa State, Nigeria. The study was conducted between April, 2022 and December, 2022.

**Ethics:** The protocol for this study was approved by the Research and Ethics Committee of the Federal Medical Centre Yenagoa, Bayelsa State, Nigeria (FMCY/REC/ECC/2022/684).

**Sample size calculation:** This was calculated using the formula:  $n = Z\alpha^2 \times \sigma^2 / \delta^2$  [7,8]

Where:  $Z\alpha$  = 95% CI, which is 1.96,  $\sigma$  = mean of 10.65 mm from a previous study.[9]  $\delta$  = level of precision for our study ( $\sigma/\sqrt{63}$ ) (63 is the sample size for the cited study).

**Calculation:**

$$n = (1.96)^2 \times 10.65^2 / \sigma^2 / 63$$

$$n = 3.8416 \times 113.42 / 1.34$$

$$n = 432.81 / 1.34$$

$$n = 322.993$$

$$n = 323$$

Considering attrition of 5% (16.15), n was adjusted to 339.

Therefore, non-pregnant and pregnant women were 339 each, respectively.

For this study, 678 consecutive (non-pregnant and pregnant) women were enrolled. The study included consecutive patients who visited our Obstetric Units and other Units of the hospital without medical conditions.

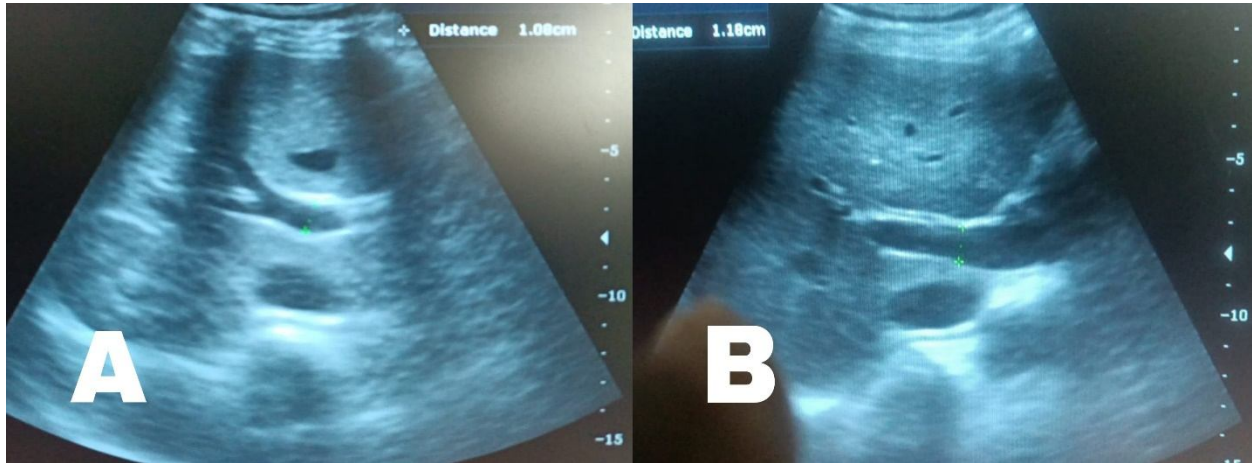
**Inclusion criteria:** non-pregnant women without any medical co-morbidities and women with normal singleton pregnancies.

**Exclusion criteria:** non-pregnant and pregnant women with liver disease and other medical conditions in pregnancy.

After counseling, written informed consent to participate was obtained from all the women enrolled in the study. For ultrasound scan, they were referred to the radiology unit. Socioeconomic information was obtained, including the patient's age, marital status, occupation and any presenting complaints. With the patient standing on the Frankfort plane, the height of the patient was measured using a wall-mounted stadiometer. A weighing scale was used to determine weight. Patients were asked to take off their bulky outerwear and shoes and stand in the middle of the scale to evenly distribute their weight across both feet. Body mass index (BMI) was determined as **the weight in kilograms (kg) divided by height in meters (m) squared**. The last normal menstrual period, which corresponded with their first trimester ultrasound scan, was used to determine the gestational age. Urinalysis, liver function tests and serum electrolytes, urea and creatinine, were done for the women, and if these were normal, they were then referred to the Radiology Units of the study centre for ultrasound scan.

**Procedure:** All ultrasound examinations were performed transabdominally by consultant radiologists, using a 2012 Philips HD11 device with a 3.5 MHz curvilinear probe. Before data collection commenced, the consultant radiologists met, discussed, assessed for interobserver variability and reliability, and reached an agreement on the standard operative procedure of ultrasonography to ensure data quality. After an overnight fast, the individuals were placed in the supine and right anterior oblique positions for the ultrasound examination. When the main portal vein could be seen best, subjects were exposed from the xiphisternum to the pelvic brim, ultrasound gel was applied to the right upper quadrants of the abdomen, and the transducer was placed in the epigastrium in both the transverse and

longitudinal planes. Measurements were taken at the location where the portal vein crosses anterior to the inferior vena cava, with the calipers placed between the inner margins of the echogenic walls of the vessel at the location where the portal vein crosses prior to the inferior vena cava (Figure 1).



**Figure 1: Longitudinal view of the abdomen showing the levels of measurement of the portal vein (green dotted lines). A: in a pregnant woman. B: in a non-pregnant woman.**

**Data analysis:** Data capture sheet was used to record all the measurements obtained. Data analysis was done using Statistical Product and Service Solutions for Windows® version 25, SPSS Inc.; Chicago, USA. Descriptive statistics (mean, standard deviation, frequency, and percentages) and Pearson product moment correlation were used for the analysis. Interobserver and intraobserver variations were calculated with the use of the intraclass correlation coefficient (ICC) and documented. Statistical significance was considered at  $P < 0.05$ .

## RESULTS

### Baseline characteristics of the study participants

A total of 678 women (339 gravid women and 339 non-gravid women) participated in the study. The mean age of all the study participants was  $31.4 \pm 8.8$  years. Majority (272, 40.1%) of them were in the fourth decade of life (30 – 39 years). There was a statistically significant difference in the mean ages of the gravid and non-gravid women ( $30.3 \pm 5.1$  vs.  $32.5 \pm 11.2$  years;  $t$ -test = 3.37,  $p = 0.05$ ). The age distribution also showed a statistically significant difference ( $\chi^2 = 169.92$ ,  $p = 0.001$ ) between the two study groups. There was no statistically significant difference in mean height between the two groups of women ( $1.62 \pm 0.04$  vs.  $1.63 \pm 0.07$ m;  $\chi^2 = 1.77$ ,  $p = 0.077$ ) but the differences in mean weight ( $69.2 \pm 11.3$  vs.  $63.8 \pm 13.8$ kg;  $\chi^2 = 5.59$ ,  $p = 0.001$ ) and mean body mass index (BMI) ( $26.3 \pm 4.6$  vs.  $23.9 \pm 4.6$ kg/m<sup>2</sup>;  $\chi^2 = 61.34$ ,  $p = 0.001$ ) were statistically significant. The BMI distribution of the study cohorts was also significantly different ( $\chi^2 = 61.34$ ,  $p = 0.001$ ). With regards to parity, most of the women were multiparous

(254, 37.5 %), while only 10 % (68) were grandmultiparous. The difference between the two groups with respect to parity was statistically significant ( $\chi^2 = 57.25$ ,  $p = 0.001$ ) (Table 1).

### Comparison of portal vein diameter between gravid and non-gravid women

The mean PVD was  $10.4 \pm 1.6$  mm and  $10.5 \pm 2.0$  mm, among gravid women and non-gravid women, respectively. Among gravid women, PVD ranged from 7.5mm to 14.0mm, while for non-gravid women, it ranged from 6.8mm to 16.6 mm (Figure 2). There was no significant difference in mean PVD ( $10.46 \pm 2.00$  vs.  $10.43 \pm 1.58$  mm; t-test = 0.19,  $p=0.845$ ) between the two study groups. Furthermore, Table 2 compared PVD between gravid and non-gravid women across age groups and parity. In the different age groups and parity, PVD was not significantly different ( $p > 0.05$ ) between the gravid and non-gravid women (Table 2). Table 3 reports the interobserver and intraobserver intraclass correlation coefficient results.

**Table 1: Baseline characteristics of the study participants**

Characteristics	Total N = 678 (%)	Study groups		Chi-square (p-value)
		Gravid N = 339 (%)	Non-gravid N = 339 (%)	
<b>Age group (years)</b>				
15 – 19	53 (7.8)	9 (2.7)	44 (13.0)	169.92 <sup>a</sup> (0.001*)
20 – 29	245 (36.2)	124 (36.6)	121 (35.7)	
30 – 39	272 (40.1)	195 (57.5)	77 (22.7)	
>40	108 (15.9)	11 (3.2)	97 (28.6)	
<b>Age in years – Mean <math>\pm</math> SD</b>	$31.4 \pm 8.8$	$30.3 \pm 5.1$	$32.5 \pm 11.2$	3.37 <sup>b</sup> (0.001*)
<b>Mean weight <math>\pm</math> SD (kg)</b>	$66.5 \pm 12.9$	$69.2 \pm 11.3$	$63.8 \pm 13.8$	5.59 <sup>b</sup> (0.001*)
<b>Mean height <math>\pm</math> SD (m)</b>	$1.63 \pm 0.06$	$1.62 \pm 0.04$	$1.63 \pm 0.07$	1.77 <sup>b</sup> (0.077)
<b>Mean BMI <math>\pm</math> SD (kg/m<sup>2</sup>)</b>	$25.1 \pm 4.8$	$26.3 \pm 4.6$	$23.9 \pm 4.6$	6.94 <sup>b</sup> (0.001*)
<b>BMI classification</b>				
Underweight	22 (3.2)	0 (0.0)	22 (6.5)	61.34 <sup>a</sup> (0.001*)
Normal weight	332 (49.0)	136 (40.1)	196 (57.8)	
Overweight	236 (34.8)	159 (46.9)	77 (22.7)	
Obese	88 (13.0)	44 (13.0)	44 (13.0)	
<b>Parity</b>				
Nulliparity	251 (37.0)	119 (35.1)	132 (38.9)	57.25 <sup>a</sup> (0.001*)
Primiparous	105 (15.5)	50 (14.7)	55 (16.2)	
Multiparous	254 (37.5)	145 (42.8)	109 (32.2)	
Grand-multiparous	68 (10.0)	25 (7.4)	43 (12.7)	
<b>Parity – Median (range)</b>	1 (0 – 5)	1 (0 – 5)	1 (0 – 5)	53878.0 <sup>c</sup> (0.159)

<sup>a</sup>Chi-square test; <sup>b</sup>Student's t- test; <sup>c</sup>Mann-Whitney U test

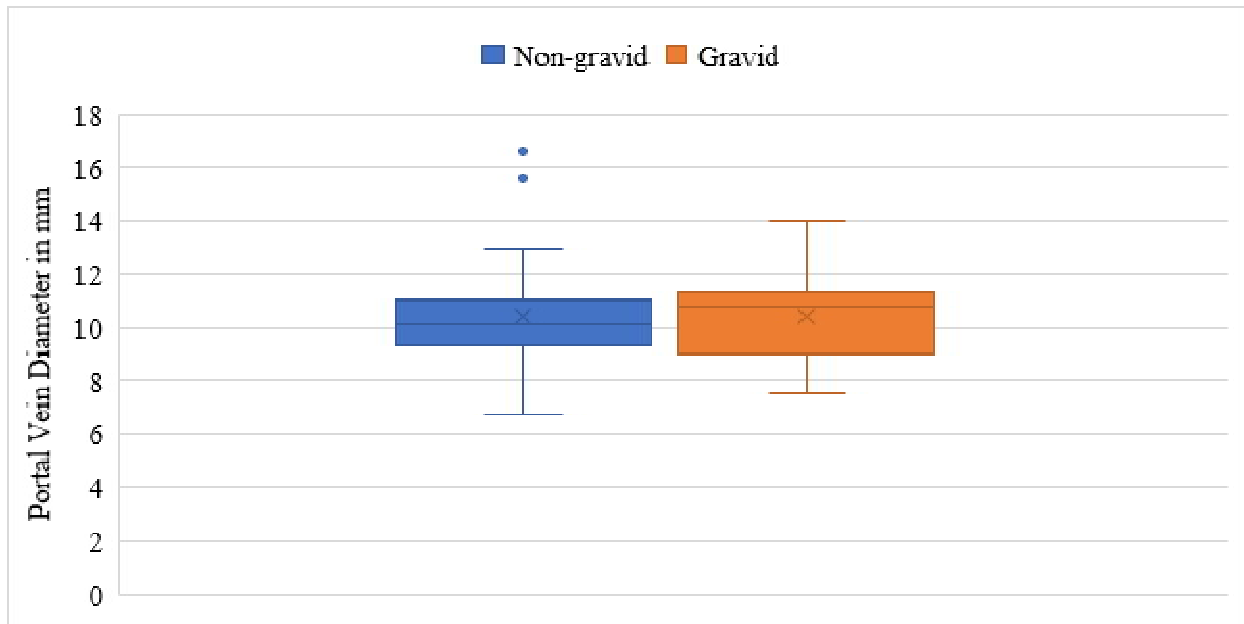


Figure2: Box and whisker chart showing the portal vein diameter readings in gravid and non-gravid women.

Table 2: Comparison of portal vein diameter between gravid and non-gravid women across age and parity groups.

Characteristics	Study group		Student t-test (p-value)
	Gravid Mean $\pm$ SD (mm)	Non-gravid Mean $\pm$ SD (mm)	
<b>Total population</b>	10.46 $\pm$ 2.00	10.43 $\pm$ 1.58	0.19 (0.845)
<b>Age group (years)</b>			
15 – 19	8.87 $\pm$ 0.55	8.91 $\pm$ 0.67	1.61 (0.075)
20 – 29	9.54 $\pm$ 0.89	9.74 $\pm$ 0.73	1.87 (0.062)
30 – 39	10.11 $\pm$ 1.26	10.97 $\pm$ 2.25	0.07 (0.942)
$\geq$ 40	10.99 $\pm$ 1.70	11.43 $\pm$ 2.51	1.75 (0.083)
<b>Parity</b>			
Nulliparity (0)	9.21 $\pm$ 0.76	8.50 $\pm$ 0.76	1.72 (0.086)
Primiparous (1)	9.35 $\pm$ 1.75	9.66 $\pm$ 0.99	0.36 (0.710)
Multiparous (2)	9.61 $\pm$ 1.08	9.90 $\pm$ 0.73	0.79 (0.434)
Multiparous (3)	10.76 $\pm$ 0.36	10.30 $\pm$ 2.17	0.72 (0.473)
Multiparous (4)	11.94 $\pm$ 1.12	11.53 $\pm$ 2.36	1.60 (0.111)
Grand-multiparous ( $\geq$ 5)	12.97 $\pm$ 1.51	12.94 $\pm$ 2.32	1.43 (0.097)

Table 3: Interobserver and intraobserver intraclass correlation coefficient results

Ultrasound parameter	Intraclass correlation coefficient	
	Interobserver	Intraobserver
<b>Portal vein diameter</b>	0.98 (95% CI 0.47–0.99)	0.99 (95% CI 0.51–0.99)

## DISCUSSION

The mean PVDs for both pregnant and non-pregnant women obtained in our study are in keeping with the widely reported PVD in normal subjects, which normally does not exceed 13mm in upper limit.[10] A PVD greater than 13mm has generally been associated with portal hypertension.[10] Some studies have however reported a cut off PVD of 10mm for portal hypertension.[6,11] In South-East Nigeria, Anakwue *et al.*, reported a normal mean PVD of  $11.5 \pm 0.15$  mm, while in another study in Ethiopia, the normal mean PVD was  $10.6 \pm 108$  mm.[11,12] Various normal mean PVDs have been observed by other authors, such as  $7.9 \pm 2.0$  mm reported by Hawaz *et al.*, in Addis Ababa, Ethiopia,[6]  $9.83 \pm 0.95$  mm reported by Akanni *et al.*, in Parakou, Benin,[13] and  $9.6 \pm 1.9$  mm reported by Rokni-Yazdi and Sotouden in Iran.[14] These illustrate the regional variations of normal PVD. This lack of a uniform normal PVD necessitates the determination of the normal PVD for different populations.

Our study provides cut-offs of normal PVD for both pregnant and non-pregnant women across different age groups in our region. Establishing these normal cut offs provides an important baseline for the evaluation of spleno-portal complications like portal hypertension, which is the most common anomaly of the portal venous system, with the most common causes including liver cirrhosis, schistosomiasis infestation, and hepatic vascular abnormalities.[12] An increased PVD in patients with liver cirrhosis may be predictive of portal vein thrombosis, and such patients may benefit from thromboprophylaxis.[15]

Our study demonstrated no differences in PVD between pregnant and non-pregnant women. This is in contrast with the finding of Nakai *et al.*, who reported a significant increase in PVD in pregnancy up to 147% of pre-pregnancy value in the third trimester.[2] Similar to the report of Saha *et al.*, our study found no association between PVD and maternal age.[16] This however, contradicts the findings of other studies, which demonstrated an increase in PVD with age.[6,11,17,18] The differences in PVD and its association with age as observed between different studies may be due to regional/ethnic differences and background/sub-clinical health status of the different study populations, as well as measurement modalities, among others. In a study by Stamm *et al.*, a normal mean PVD of  $15.5 \pm 1.9$  mm was measured in healthy subjects on computed tomography (CT) scan, which was significantly larger than the commonly cited upper limit of 13mm.[19]

Contrast enhanced normal mean PVD measurement was also significantly larger than non-enhanced, with a difference of 0.56mm.[19] They also reported that although PVD varied statistically significantly with sex, height, and body mass index (BMI), the magnitude of these associations was too small to be clinically relevant. They observed that for every 1cm increase in height, PVD increased by only 0.11mm, and by 0.07mm, for every  $1\text{kg/m}^2$  increase in BMI.[19] This possibly explains the none significant difference in PVD between our study cohorts, as even though there was a statistically significant difference in their BMI, the difference in the mean BMI of the pregnant and non-pregnant women was only

2.4kg/m<sup>2</sup>, while the mean height difference was only 1cm. Stamm *et al.*, had therefore suggested that BMI and height should only be accounted for when evaluating the PVD of patients with extremely high or extremely low height and/or BMI.[19] There was also no significant association between PVD and parity amongst both our pregnant and non-pregnant study populations. The link between parity and age possibly explains the non-association of PVD with both parity and age in our study.

In this research, the ICC was used to lower intraobserver and interobserver variability while measuring portal vein diameter. It evaluates how consistently measurements for the same parameter have been performed,[20] and considers both the variance of all measurements and the variation between observers.[20,21] With a standard range of 0 to 1, a number greater than 0.8 denotes almost perfect agreement..[22,23] The inter- and intraobserver variance results in our research were 0.99 and 0.98, respectively, demonstrating almost perfect agreement.

A limitation of this study is the fact that it involved only four health facilities in our region and thus, it may be difficult to generalize our study findings. A larger, highly-powered multicenter/population-based study would provide more robust data that can be generalized for pregnant and non-pregnant women in our region. This limitation, notwithstanding, our study provides important reference data upon which PVD assessment for women in our region can be interpreted, and further studies built upon.

## **CONCLUSION**

This research has established baseline normal values for normal range of PV diameter in healthy pregnant and non-pregnant women in our region of Nigeria, and also revealed no correlation between PV diameter with age and parity of the women. More researches on the relationship between PV diameter and age and parity are therefore recommended.

## **COMPETING INTERESTS DISCLAIMER:**

Authors have declared that they have no known competing financial interests OR non-financial interests OR personal relationships that could have appeared to influence the work reported in this paper.

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