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Original Article

Prevalence of High-risk Pregnancy

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Abstract

A Descriptive study was conducted to assess the prevalence of high risk pregnancy among the antenatal mothers and to find their association with selected demographic variables. The study was conducted among 100 antenatal mothers chosen by Convenience sampling technique in Obstetrics and Gynecological Out Patient Department, selected SMS Hospital, Jaipur. Modified Hobel's high risk pregnancy risk assessment scale was used .The study reveals that 55% of the antenatal mothers have low risk, 20% of the mothers have moderate risk and 25% of the mothers were of high risk Pregnancy status. The mean value of Low risk, Moderate risk and High risk pregnancies are 1.58, 7.10 and 17.81 and their standard deviations are 1.81, 1.51 and 7.95 respectively. The findings shows that age, education, occupation and family income of antenatal mothers has significant association with the prevalence of high-risk pregnancy.

Keyword : Prevalence; High-risk; Pregnancy

Introduction :

A High-risk pregnancy is the one in which the life or health of the mother or fetus is jeopardized or endangered by a disorder coincidental with or unique to pregnancy.

The term high risk pregnancy is used by health care providers to demarcate a pregnancy in which a mother, her foetus or both are at higher risk of developing complications during pregnancy or child birth than in a normal pregnancy. Women with high-risk pregnancies should receive care from a special team of health care providers to ensure the best possible outcomes.

High risk pregnancy may result because of various conditions which are there either before getting pregnant such as diabetes or high blood pressure, and complications from a previous pregnancy, or conditions during pregnancy or delivery.

More than 60% of preterm births occur in Africa and South Asia, but preterm birth is truly a global problem. In the lower-income countries, on average, 12% of babies are born too early compared with 9% in higher-income countries. Within countries, poorer families are at higher risk.

In India about 20-30% pregnancies belong to high risk category, which is responsible for 75% of perinatal morbidity and mortality. Early detection and effective management of high risk pregnancy can contribute substantially in reduction of maternal and foetal adverse outcomes.

The prevalence of high risk pregnancy in Asia ranges from 20- 30%. 70-80% of maternal mortality is due to:-

- Severe bleeding or hemorrhage (25%)
- Infections (15%).
- Unsafe abortions (13%)
- Eclampsia (12%)
- Obstructed labour (8%)
- Other direct causes (8%)
- Indirect causes like Malaria (20%).

According to the recently released Sample Registration System (SRS), India's Maternal Mortality Ratio has declined from 130 per 1 lakh live births in 2014-16 to 122 per 1 lakh live births in 2015-17. This is of significance as it means that about 2,000 maternal deaths have been prevented each year. This may be due to the improving accessibility and affordability to healthcare and also due to increasing awareness about the benefits of the public health system.

Problem Statement : - A descriptive study to assess the prevalence of high risk pregnancy among antenatal mothers attending OBG OPD, in a selected SMS Hospital, Jaipur.

Objectives :-

1. To assess the prevalence of high risk pregnancy among the antenatal mothers.
2. To associate the prevalence of high risk pregnancy with selected demographic variables.

Materials and Methods :- Research design and approach: - A Descriptive research design using a quantitative approach was used in the study.

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Research Setting :- The research was conducted in Obstetrics and Gynecological Out Patient Department, SMS Hospital Jaipur.

Research Population :- The target population for the study was all the antenatal mothers.

Study Samples :- The study samples were all the antenatal mothers attending OBG OPD, SMS Hospital Jaipur.

Sampling Criteria :- Inclusion criteria:-

- Antenatal mothers irrespective of their period of gestation.
- Antenatal mothers who were willing to participate in the study.
- Antenatal mothers who can understand Hindi/English.

Sampling Technique and Size :- Convenience Sampling technique was used to select 100 samples for the study.

Description of the Tool :-

Section A :- Section A of the tool is structured questionnaire for an interview schedule which consists of Demographic variables such as Age, Religion, Habitat, Educational status, Occupation, Family income, and Family history of Medical illness.

Section B :- Section B of the tool is also a structured interview schedule based on Modified Hobel's high risk pregnancy risk assessment scale

Ethical consideration :-

- The research proposal was approved by the OBG department of SMS Hospital Jaipur prior to conducting main study.
- Finally, an informed consent was obtained from each antenatal mother for conducting the study.

Data Collection :- The researcher conducted a structured interview with the samples. The samples are instructed to answer all the questions that was put forth by the researcher

Results and Discussion :- It was observed that majority of the antenatal mothers 46% were in the age group of 21-25 years and 79% of the mothers were Hindu.70% of their habitat was in urban, 94% of the mothers were educated and 72% were house wife. 66% of the mother's family income was above 10000 and 59% of the antenatal mothers have no family history of medical illness. The study reveals that 55% of the antenatal mothers have low risk, 20% of the mothers have moderate risk and 25% of the mothers were of high risk pregnancy status. The mean value of Low risk, Moderate risk and High risk pregnancies are 1.58, 7.10 and 17.81 and their standard deviations are 1.81, 1.51 and 7.95 respectively.

The above results were supported by the study conducted by Simarpreet, Mamta, Pooja et al. (2015)., on the prevalence of high risk factors of pregnancy among 150 pregnant women selected by convenience sampling technique, visiting antenatal OPD of a selected hospital in Punjab. A structured questionnaire was used to assess the socio-demographic variables along with the prevalence factors. It was found that more than one-third 35% of pregnant women had low risk, one-third of women 33% had moderate risk, 30%had high risk and only 2% had very high risk factors.

Conclusion :-

As the findings of the study reveals that nearly one third of the antenatal mothers were of high risk status, it's high time to screen all the pregnant mothers in their early trimesters of pregnancy to detect the mothers who are at high risk status so that, majority of the complications can be prevented which in turn helps to reduce maternal mortality rate. Also a structured teaching programme can be conducted for the antenatal mothers regarding the high risk pregnancies, its prevention, treatment and management.

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