

Research Article

**Awareness of Pregnancy Complications among Primigravida at Saveetha Medical College**

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ABSTRACT

Every pregnant woman can develop unpredictable and sudden complication which can end in death. Lack of awareness about pregnancy complications can prevent rapid action during the emergency situations. Institution based cross-sectional study was conducted at Saveetha Medical College Obstetrics and Gynaecology Outpatient department after ethical clearance and after informed consent hundred Primi randomly recruited and interviewed with structured questions. 87% were between in the age group of 21 to 30 years, 7% were less than 20years, 6% above 30years. During the study period 39% were in first trimester 40% were in second trimester and 21 % in third trimester. Educational status 12% were illiterate, 49 % attended primary and secondary school, 23% attended higher secondary school, 10% were undergraduate, 6% were post graduate, 84% were housewife, 16% were going for job. In the study literate and women going for job 32% had good knowledge about danger signs. 6 % of the women who were 30 years above had good knowledge regarding warning signs. 36% of women had the knowledge about 3-4 pregnancy complications. 4% of upper class women had 92% knowledge about pregnancy complications. Complete 100% of the women know that radiation exposure during pregnancy can cause fetal malformations. By creating awareness about pregnancy complication, women can seek prompt and timely healthcare which can prevent maternal mortality and morbidity.

Keywords: Pregnancy Complications, danger signs, awareness, knowledge about complications.

INTRODUCTION

All pregnancy is at risk. Pregnancy complications can occur suddenly and may endanger the woman's life. Forty percentage of complications is acute¹. Complications can occur antenatally, intrapartum or postnatally. It is important that pregnant women must know about warning symptoms to prevent serious complications. Lack of knowledge and awareness about warning symptoms of pregnancy complication leads to failure of appropriate emergency care². These warning symptoms do not necessarily indicate obstetric complications; it can be easily identified by anyone. Warning symptoms are vaginal bleeding, acute abdominal pain, absence of fetal movements, severe headache, blurred vision, watery discharge from vagina, high fever, foul smelling vaginal discharge, fits. If the pregnant woman and her family members recognize the warning symptoms and seek timely health care, maternal morbidity and mortality will be reduced^{3,4}. Usually Pregnancy complications cannot be predicted and family members do not know about it⁵. It is essential to create methods to create awareness and to overcome these complications during pregnancy for safe motherhood and childbirth. All these factors are to be considered to reduce maternal mortality rate⁶. To reduce maternal mortality birth preparedness by the pregnant woman and their spouses and their families are the key strategy⁷. Birth preparedness is an important factor to seek timely health care⁸.

MATERIALS AND METHODS

The study was conducted at Saveetha Medical College, Outpatient Department of Obstetrics & Gynaecology during the month of April-May 2018. It was an Institutional based descriptive cross sectional study. Hundred primi were recruited by simple random technique. After informed consent, Primi who were able to communicate, willing to participate was included in the study. Primis who were critically ill, Primi with mental health, unable to communicate properly were excluded. After ethical clearance and informed written consent, Hundred Primi who visited antenatal clinic were interviewed with structured questioner. Data was collected and analyzed

RESULTS

Details of Socio demographic characteristics in the study population shown in Table 1-

Out of 100 Primis 87 % were between in the age group of 21 to 30 years, 7% were less than 20years, 6% above 30 years. All of them were married. 58% were married between the age of 21 to 25 and 2% after the age of 30years. During the study period, 39% were in first trimester, 40% were in second trimester and 21 % in third trimester. Low socio economic group class -58%, upper lower class 21%, lower middle class 17 %, upper middle class 4%. Sixteen percentage went for job 84% were housewife.



Table 1: Profile of study population (N=100)

Variable	Categories	%
Age	1(15-20)	7
	2(21-25)	70
	3(26-30)	17
	4(>30)	6
Educational status	1(Illiterate)	12
	2(Literate, primary and secondary school)	49
	3(Literate, higher secondary school)	23
	4(Literate, undergraduate)	10
	5 (Literate, postgraduate)	6
Age at the time of marriage	1 (15-20)	32
	2(21-25)	58
	3(26-30)	8
	4(>30)	2
Occupation	Home maker	84
	Job	16
Current trimester	1	39
	2	40
	3	21
Socio Economic Status	Low socio economic group class	58
	Upper lower class	21
	Lower middle class	17
	Upper class	4

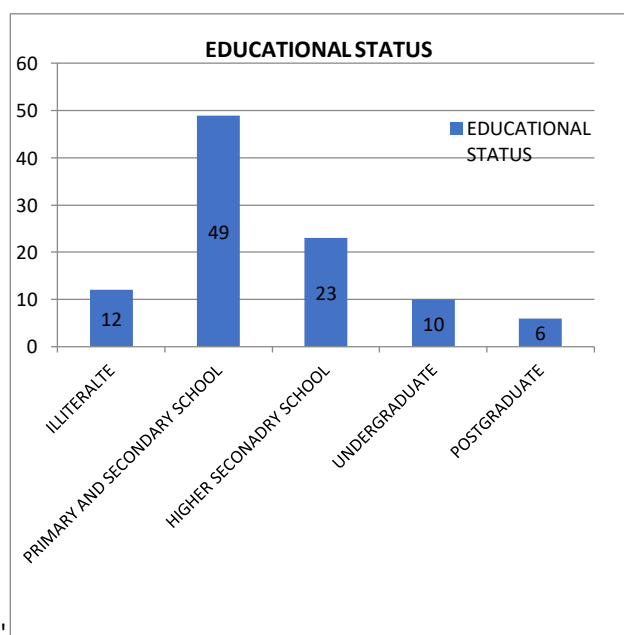


Figure 1: Educational status of the study population

Table 2: Awareness Questions

Question	Response	%
1. Do you know that advanced maternal age is a complication during pregnancy?	Yes	50
	No	50
2. Do you know that fatigue, palpitations syncope, breathlessness can be symptoms of anaemia complicating pregnancy?	Yes	67
	No	33
3. Have you heard of Vaginal bleeding during pregnancy?	Yes	16
	No	84
4. What will you do in case of vaginal bleeding?	Nothing	0
	Hospital	94
	Native treatment	4
	Self care	2
	Don't know	0
5. Do you know that Reduced fetal movement is a danger sign in pregnancy?	Yes	100
	No	0
6. In which month you should be aware of fetal movements?	Yes	82
	No	18
7. Are you aware that swollen foot is a complication during pregnancy?	Yes	76
	No	24
8. Do you know to differentiate between normal and abnormal swollen feet?	Yes	8
	No	92
9. Do you know when excess vomiting during pregnancy can be a problem?	Yes	96
	No	4
10. If yes what will you do?	Nothing	0
	Hospital	76
	Native treatment	17
	Self care	7
	Don't know	0
11. Can Blurred vision cause complications in pregnancy?	Yes	9
	No	91
12. Is Severe lower abdominal pain during pregnancy is a sign of complication?	Yes	71
	No	29
13. If yes what will you do?	Nothing	0
	Hospital	100
	Native treatment	0
	Self care	0
	Don't	0

	know	
14. Do you know that watery discharge during pregnancy can be a complication?	Yes	46
	No	54
15. Do you know that white discharge is a complication during pregnancy?	Yes	26
	No	74
16. Do you know Severe pain in the upper abdomen is a complication of pregnancy?	Yes	37
	No	63
17. Can Loss of consciousness be a danger sign in pregnancy?	Yes	87
	No	13
18. Can Fever complicate pregnancy?	Yes	84
	No	16
19. Are you aware that most of the drugs are not safe during pregnancy?	Yes	91
	No	9
20. Are you aware that radiation exposure during pregnancy can cause foetal malformations ?	Yes	100
	No	0
21. Do you know that membranes can rupture even before Labour?	Yes	13
	No	87
22. Do you know that substance abuse (direct& passive smoking, alcohol intake) during pregnancy can lead to complications?	Yes	10
	No	90
23. Do you know that if you didn't gain weight, it will be a complication?	Yes	79
	No	21
24. Do you know that diabetes can complicate pregnancy and has effect on both mother and baby?	Yes	54
	No	46
25. Do you know that hypertension can complicate pregnancy?	Yes	54
	No	46

Table 2 shows Details about awareness about pregnancy complications. The participants response to the question on knowledge regarding pregnancy complications. There were 25 questions on knowledge, each correct answer was given one mark and no mark was given for wrong answer. In this survey, the knowledge score of the respondents ranged between 7 to 18 with the mean of 13.5 (SD=2.7) and median of 14.0 (Interquartile Range, IQR=3). The score was normally distributed.

About half of the women 50% doesn't know that advanced maternal age can complicate pregnancy.

Most of the women around 67% know that fatigue, breathlessness, syncope etc., were complications of anemia complicating pregnancy. Fig 4 - 84% of the respondents doesn't even heard of vaginal bleeding during pregnancy but 94% women responds that they will seek the help of the hospital in case they come across vaginal bleeding during their antenatal period. 100% of the primigravida respondents gave a open answer that the reduced fetal movement is a danger sign of complication. Among them, around 82% of the women

were able to tell about in which month they will be aware of fetal movements. 76% of the people in this study accepted the point that swollen legs can complicate the pregnancy. And among the 76%, only 8% know to differentiate normal and abnormal swollen feet. Only 4% of the women don't know that excess vomiting can be a problem and in case of excess vomiting, the women who would seek the help of hospital is only 76%. Still 13% prefer native treatment and 7% prefer self care. 91% of the respondents don't know that blurred sight is a complication during pregnancy.

71% agreed the fact that severe lower abdominal pain can complicate pregnancy and is a danger sign. In case of severe lower abdominal pain, all of them prefer to come to hospital immediately.

46% replied that watery discharge can complicate pregnancy and 13% responded that membrane can rupture before onset of labor. Only 37% of the Primigravida know that upper abdominal pain too can cause severe dangerous complications during pregnancy. 87% know that loss of consciousness is a danger sign of pregnancy. 84% of the women responds that fever can complicate pregnancy. Although 16% for fever they will take native treatment. Only 9% responds that they do not aware that drugs are not safe during pregnancy. Interesting to note that Complete 100% of the women know that radiation exposure during pregnancy can cause fetal malformations. 21% a doesn't know that if they didn't gain weight, it is not a good sign

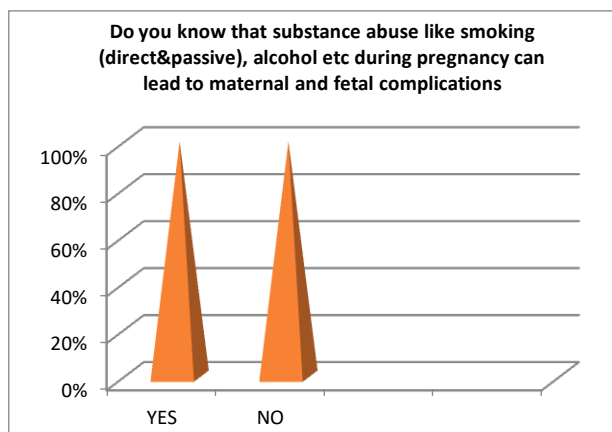


Figure 2: Knowledge about substance abuse

Fig 2-About 90% of the women didn't know the harmful effect of smoking and alcohol intake in pregnancy

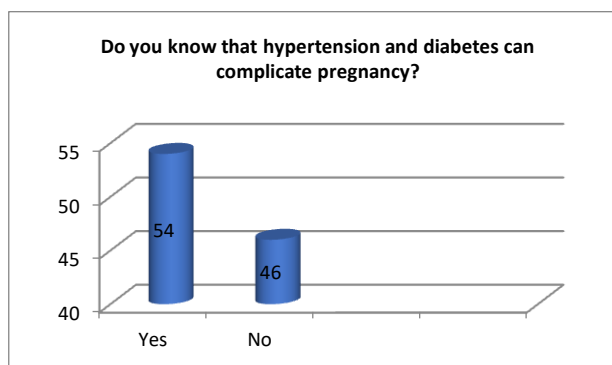


Figure 3: Knowledge about Hypertension, Diabetes during pregnancy

Fig 3-About half of the women didn't know the complication which may arise with hypertension and diabetes in pregnancy (46%).

DISCUSSION

In the study 87 % were between in the age group of 21 to 30 years .All are married 84% were housewife, 12% were illiterate, 49% attended primary and secondary school, 23% attended higher secondary school, 10% were undergraduate, 6% were post graduate, 84% are housewife and 16% were going for job. The study shows when they are literate and employed they have better knowledge about pregnancy complication which is similar to Eskedar Demissie et al¹. Six percentage of women in the study are over 30years and all of them had good knowledge about danger signs which is similar to Sunil Pal Singh Chajhlana². Study where 91.9% were well prepared.

In the study, 36% women know 3- 4 danger signs during pregnancy but in the study conducted by Kabakyenga K³ only 19% had knowledge of 3 or more key danger signs. In the study, Low socio economic group class-58%, upper lower class 21%, lower middle class 17 %, upper middle class 4% and in the study by Manoj Aravind Bhumi et al⁴, 36.5% of study population belongs to lower, socioeconomic class followed by 25.5% upper lower class, 23.0 belongs to lower middle and 15.0 belongs to ,upper middle class and stated that socioeconomic status doesn't have association with obstetric danger sign but in the present study we found out that it has relationship with awareness about danger signs. Recent research say counseling women about warning signs during pregnancy and where to report is the new model of antenatal care Elizabeth I et al⁵. In the study upper class women had 92% knowledge about danger signs which is similar to the study by Krishna Sahithi J et al⁶.

In the study no one woman had the knowledge of all danger signs similar to the study by Krishna Sahithi J⁶

CONCLUSION

Awareness about danger signs during pregnancy is influenced by education status and occupation. Awareness should be created among low socioeconomic status rural women so that complications during

pregnancy and labor can be reduced and motherhood can be made safer. Counseling about danger signs should be an integral part of antenatal care.

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