

Pattern of pregnant woman's attendance to the primary health centers in Baghdad

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دراسة ميدانية اجريت في مركز شيخ عمر الصحي في منطقة الشيخ عمر في محافظه بغداد للتعرف على العلاقة بين انتظام زيارات الامهات الحوامل للمركز وبعض المتغيرات شملت العينه (١٠٠) ام حامل بمختلف الاعمار، وقد صممت استماره استبيانيه خاصه لجمع المعلومات والتعرف على الصفات الشخصيه للعينه. تشير النتائج الرئيسيه للدراسه ان اعلى نسبه تمثل (٣٠%) من افراد العينه هن حوامل اعمارهن اقل من (٢٠) سنه وكذلك وجد من خلال الدراسه ان (٧٧%) من افراد العينه يراجعن المركز المذكور بانتظام، وقد وجدت علاقته ذات دلالة احصائيه بين انتظام زيارات الام الحامل ومتغير العمر. من اهم التوصيات التي اوصت بها الدراسه هي التأكيد على ضرورة استحداث برامج تثقيفيه مكثفه للمدارس الاعداديه لايضاح وتأكيد موضوع المراجعه الدوريه والمنتظمه للام الحامل لمراكز الرعايه الصحيه الاوليه.

Summary:

This field study was conducted to identify the relationship between the regulation of visits of pregnant and some variables. The sample consisted of (100) subjects in different age groups the instruments used included a questionnaire to identify the demographic data and purposes of their visits to obtain general information concerning the study participants. The main results shows that (30%) of the pregnant were aged under (20) years old, and (77%) of the sample visit the PHC centers periodically as recommended also the main results shows a significant relationship between age and the regular visits. The main recommendations included development of more educational programs in the secondary schools to document and identify the importance of periodic visits to the PHC centers.

Introduction:

Prenatal care within the first trimester of pregnancy optimizes the chances for successful maternal and neonatal outcomes. (3).

The World Health Organization defines the maternity care as "the object of maternity care is to ensure that every expectant and nursing mother maintains good health, learn the art of child care, has normal delivery and bears healthy children"(1).

Many cultural and socio-economic factors as well as lack of understanding contribute to pregnant inability to introduce themselves to the services. The PHC services include complete physical examinations, laboratory studies, education, counseling and post partum visits are planned as needed (9).

In some countries when a woman has missed her menstrual period for 2-3 months she attend the traditional birth attendant and she continues till delivery.

It is depending on many factors as educational level, age and influences of her family (3).

As a result of these practices many Africans and Asians woman who attempt delivery at home about 10-15% ultimately require transfer to hospital because of complications and it is mainly in this group that mortality and morbidity occur (1,3).

The main objectives of the study are to identify the main characteristics of the sample, pattern of pregnant woman's attendance to the primary health care centers and to identify the relationship between pregnant woman's age and pattern of attendance to PHC.

Methodology:

A field study was conducted at the primary health care center in Al-Shak- Omar region from 01-30/12/2009 (100) pregnant woman were selected randomly as subjects of the study at different age-groups.

A questionnaire form was specially developed to collect the data; this tool was approved by two experts at the college of nursing, university of Baghdad.

Each pregnant was interviewed alone; questionnaire included the demographic data and items of purpose of the mother's visits to the PHC.

Data analyzed by frequency, percentage, and chi-square to identify the relationship between some variables.

Results :

Table No. (1)

Distribution of sample according to age, educational level, occupation level, No. of pregnancies and state of housing.

Variables	Frequency	%
1. Age		
less than 20 years	30	30
21-25	16	16
26-30	15	15
31-35	21	21
36 and over	18	18
Total	100	100
2.Education		
Primary	43	43
Intermediate	35	35
Secondary	18	18
College and over	4	4
Total	100	100
3. Occupation		

House- wife	79	79
Worker	11	11
Others	10	10
Total	100	100
4. No. of pregnancy		
1-2	33	33
3-4	57	57
5 and over	10	10
Total	100	100
5. State of housing		
Shared	88	88
Separated	12	12
Total	100	100

Table No. (2)

Pregnant's visits to PHC center

Are you visit your doctor (PHC) regularly	Frequency	%
Yes	77	77
No	23	23
Total	100	100

Table No. (3)

Purpose of mother's attendance to the PHC center

Purposes	Frequency	%
1. To confirm pregnancy	75	21.8
2. To perform investigations	15	4.4
3. To regulate visits and follow up purposes	17	4.9
4. For periodic examinations	43	12.5
5. For tetanus vaccination	100	29
6. For treatment of some alignments	54	15.7
7. For health education	25	7.3
8. For preparations of labor and delivery	15	4.4
Total	344	100

Note: The pregnant mother can chose more than one item.

Table No. (4)

Preferable place of delivery

Place of delivery	Frequency	%
At home	23	23
In private hospital	42	42
In government hospital	35	35
Total	100	100

Table No. (5)

Relationship between age and regular attendance

Age Regular visits	16-20	21-25	26-30	31-35	36 and above	Total
	25	23	10	9	10	77
	5	4	7	4	3	23
	30	27	17	13	13	100

$$X^2 = 6.3$$

$$P = 0.05$$

$$df = 4$$

Discussion:

Regarding the description of the demographic data of the participants.

Table No. (1) Shows that the highest percentage represents (30%) were pregnant aged less than (20) years old, unfortunately this is found in our community nowadays that early marriage of couples. We consider it is not suitable age of pregnancy and childbirth (3).

The same table shows that the highest percentage represents (43%) were mothers of primary school education; it is believed that those mothers are of less awareness of many health knowledge and practices (4).

Results also shows that (79%) of the sample were house-wives, and the highest percentage represents (57%) mothers born (3-4) children and finally the table shows that high percentage represents (88%) families lived with other members (extended) family because of the obstacles to get separated houses.

Table No. (2) Shows the regularity of visits to the PHC centers. The high percentage represents (77%) of the sample visiting their physicians periodically and that because these centers provide the woman with different health services. (Preventive or curative) with low costs (5, 6).

Table No. (3) Shows mothers purposes regarding the attendance of PHC centers, it shows that the percentage represents (29%) of the sample seek vaccinations against tetanus. It is clear that mothers now understand the value of vaccination for them and for the entire family safety, also because vaccinations introduced out side PHC centers are expensive and out of reach (9).

While the lowest percentage represents (4.4%) for two items (to perform and seek investigations) and (for preparation of labor and delivery). It may be due to the economic circumstances and lack of some health facilities or lacking of awareness of mothers to seek these services (7).

Table No. (4) Shows where do mothers prefer to have their delivery, it shows that (42%) of them prepare themselves to deliver at private hospitals they believe that those hospitals offered them a high quality of medical and nursing care (2, 8).

Regarding the relationship between the age and the regular visits of the mothers, it shows that there is a significant relationship, represents ($X^2 = 6.3$) at probably of 0.05, (df= 4) (7, 9).

Conclusion:

This filed study is aimed to identify the pattern of visits of pregnant mothers to the health centers as part of routine follow up to ensure the mother and child safety and detect any deviations from health the main results shows that high percentage represents (77%) of the sample visiting their physicians periodically, (29%) of the sample seek vaccinations against tetanus. While the lowest percentage represents (4.4%) for two items (to perform and seek investigations) and (for preparation of labor and delivery). The main recommendation of the study is to develop educational programs during the school period to identify the importance of this practice.

Recommendations:

1. Developing educational programs during the school period to identify the importance of this practice
2. Mothers should be encouraged by mass-media such as T.V lectures, newspapers, to attend the primary health centers too early and regularly
3. Provide health workers with good work environment, such as more facilities, rewarding to encourage them providing more efforts to their work.

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