

PREVALENCE AND DETERMINANTS OF PRE-TERM DELIVERIES AMONG PREGNANT MOTHERS AT AMANA, TEMEKE AND MWANANYAMALA MUNICIPAL HOSPITALS, DAR ES SALAAM, TANZANIA FROM JANUARY 2013-SEPTEMBER 2013.

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ABSTRACT

BACKGROUND

Preterm birth is one of the most significant problems in perinatology. Prematurity is a leading cause of Neonatal Mortality. The morbidity associated with Preterm Birth often extends to later life, resulting in enormous physical, psychological problems and economic costs.

Sixty percent of preterm births in the world do occur in Sub-Saharan Africa and South Asia every year, among of them 12% born too small compared with 9% in the industrialized countries.

Different risk factors play a role in the high rates of preterm births in different regions in the world. Several studies have been done to assess the determinants of preterm births in developed and developing countries. The the majority of preterm births are idiopathic.

OBJECTIVES:

The main objective was to establish the prevalence of preterm deliveries among pregnant mothers at Amana, Mwananyamala and Temeke Municipal Hospitals in Dar-es-salaam, Tanzania and determining associated factors in 2013.

STUDY DESIGN

Cross-sectional analytical study.

MATERIAL AND METHODS

All pregnant women who delivered premature babies and met inclusion criteria were recruited in the study and those who delivered term babies were randomly recruited in the study. Structured questionnaires were used to fill data on maternal profile. Last menstrual period and Finn storm score were used to estimate the gestational age.

RESULTS

During the study period of nine months a total of 40,896 women delivered at Amana, Mwananyamala and Temeke Municipal hospitals. Among them 39,866 delivered term babies, 198 post term babies and 832 preterm babies. The prevalence of preterm delivery

was 20 per 1,000 deliveries. A total of 828 subjects who met inclusion criteria were recruited into the study. Four hundred and nine (409) of them were pre-term deliveries and 419 were term deliveries.

Significant determinants of preterm delivery identified were marital status ($P=0.001$; $OR=0.4$; $95\%CI=0.3-0.7$), occupation ($p=0.028$; $OR=1.9$; $95\%CI=1.1-3.5$), previous preterm delivery ($P=0.016$; $OR=2.1$; $95\%CI=1.1-4.0$), mode of delivery ($P=0.001$; $OR=32.5$; $95\%CI=4-259$), multiple gestation ($P<0.001$; $OR=10.9$; $95\%CI=5.7-21.1$), prenatal care ($P=0.001$; $OR=0.1$; $95\%CI=0.1-0.3$), maternal urinary tract infection ($P=0.003$, $OR=2.195$; $95\%CI=1.1-3.9$), genital tract infection ($P=0.012$; $OR=6.8$; $95\%CI=1.5-30.5$) and maternal medical chronic disease ($P=0.001$; $OR=3.5$; $95\%CI=1.6-7.5$).

CONCLUSIONS Factors significantly associated with preterm delivery were Marital status. Occupation, Previous preterm delivery. Multiple gestations. Prenatal care, Maternal urinary tract infection, Genital tract infection and Chronic disease.