

Pattern and immediate outcome of neonates with congenital anomalies admitted at Kairuki, Temeke and Muhimbili Hospitals in 2018

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Abstract

Abstract Burden of congenital anomalies on general health of children under five years has been shown to increase over the last decade. Globally back in 1990, under five deaths caused by congenital birth defects were 5.88% while in 2016 the under five deaths were 8.31%. In Tanzania, 3.32% of under five years deaths were due to congenital birth defects in 1990 while in 2016 deaths were 3.2%. Monitoring trend of changes in the pattern of congenital anomalies and their associated factors over time is crucial for strengthening primary prevention to avert mortality and lifelong disability. This study aimed to identify the current pattern, risk factors associated with and immediate outcome of neonates with external congenital anomalies admitted within three urban hospitals in Dar es Salaam, Tanzania. Methodology-this was a case control study conducted from October 2017 to June 2018 whereby 321 neonates were enrolled. Mothers were interviewed using prepared questionnaires. Neonates were physically examined. Follow up for neonates with external congenital anomalies was done up until either discharge or death. Data was entered into computer using excel program and then analyzed using Epi Info Version 7.2.2.6 for windows. Results-Enrolled into study were 107 cases and 214 controls. Out of 107 cases, about 34 (31.8%) of neonates had Central nervous system anomalies followed by gastrointestinal tract system anomalies by 26 (24.3%) and musculoskeletal system by 25 (23.4%). This study found a significant association between lack of maternal folic acid use and congenital anomalies (AOR = 27.17, 95% CI: 13.4, 53.5; $P < 0.01$). Mortality from this study was in 17.8%. Conclusion-Central nervous system anomalies were the most common congenital anomalies observed in this study. Lack of maternal folic acid use was significantly associated with congenital anomalies. Mortality from this study was in 17.8%. Recommendation-Findings from this study calls for a multidisciplinary approach towards the prevention and management of congenital anomalies in Tanzania. It is recommended to increase sensitization of whole community on improving their folate status by promoting consumption of foods rich in natural folate and fortified foods. To create awareness amongst women on importance of folic acid supplementation and the need to follow up their pregnancies. To advocate for improved antenatal care services provision to healthcare workers with emphasis on basic prenatal screening for congenital anomalies. Government and policy makers to initiate national wide surveillance system for congenital anomalies by establishing birth defects registers in hospitals all over the country.