

# **PREVALENCE AND OUTCOME OF HYPERTENSIVE DISORDERS OF PREGNANCY IN MWANANYAMALA AND AMANA REFFERAL HOSPITALS FROM MAY 2015 TO JANUARY 2016**

**LEVASHA, SOTER V. (2016)**

## **ABSTRACT**

**BACKGROUND.** Hypertensive disorders of pregnancy are important causes of maternal and fetal morbidity and mortality worldwide. It is believed that 10%-15% of maternal mortality in developing countries is due to Hypertensive disorders in pregnancy. The mortality is closely associated with the severity of hypertension, being more evident in patients with eclampsia. The majority of maternal deaths in developing countries result from eclampsia, while in developed countries, complications of preeclampsia are more often the cause

**MATERIALS AND METHODS.** A Prospective descriptive and Analytical type of study was done were pregnant women admitted in antenatal ward in Amana and Mwananyamala Hospital were examined from May 2015 to January 2016. Those with high blood pressure were followed until delivery to get outcome of the pregnancy.

**RESULTS:** From a total of 9625 admissions during the period of study, 381 Hypertensive cases were identified. 100% booked for antenatal care. The overall prevalence was 39 per 1000 deliveries. The mean age of the cases was 23.9 years. Among the cases 17 (8.3%) were younger women of the age group below 20 years. Ninety three (45%) of the 204 cases were primigravidae and 169 (83%) were married women. There were 21 cases who had Pregnancy Induced Hypertension (PIH) in their previous pregnancies and 9 who had Eclampsia in their previous pregnancies. Maternal complications included 27 cases of Eclampsia, 12 cases of Placenta abruption and 19 cases of Post Partum Hemorrhage. Perinatal outcomes included 70 preterm deliveries, 44 low birth weight babies, 13 Fresh Still Birth, 16 Macerated Still Birth and 7 Neonatal deaths.

**CONCLUSION.** The Prevalence rate is higher than that of Malawi with prevalence of 1.3% and lower than that in Utete Rufiji with prevalence of 5.3% and that of Mwananyamala hospital in year 2014 with prevalence of 11.5%. Primigravidae were most affected group in this study similar to findings in other studies.