



RISK FACTORS OF PRETERM LABOUR AMONG PRIMI-PARA MOTHERS

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ABSTRACT

Preterm birth is a major part of neonatal mortality and morbidity. There are different reasons for preterm birth in developed and developing countries and most of them remain unexplained. A quantitative approach was used to assess 100 primi postnatal mothers with preterm labour were admitted in post-natal ward of PGIMS, Rohtak. Non probability convenient sampling techniques was used for data collection and it was consist of 30 items in checklist. It was found that 89% of primi postnatal mothers with preterm labour were 18 to 24 years. 76% of all study subjects were residents of rural area. 36% of study subjects were associated with premature rupture of membrane (PROM). 30% with Pregnancy induced hypertension (PIH) and 25% with abnormal bleeding. Pre-conception counselling should emphasize on family planning, good nutrition, safe sex, good hygiene, treatment of STD's and avoidance of tobacco, alcohol, abusive drugs etc. All pregnancies should be made to prolong gestational age beyond 30 weeks for better pregnancy outcome.

KEYWORDS : Pre-conception counselling, Primi mothers, Preterm labour, PROM, PIH.

INTRODUCTION

Preterm birth is a major factor of neonatal morbidity and mortality. Preterm birth is worldwide health problem. In developing countries like India or other countries the main causes of preterm births are infectious diseases and poor availability and accessibility of health care resources. In world some countries, increase no. of preterm births is related to conception among older age and increased number of multiple pregnancies as a result of usage of fertility drugs. Some developed countries, medically unnecessary inductions and caesarean section deliveries before full term also increase preterm birth rates. Major causes for indicated preterm births are hypertensive disorders of pregnancy, foetal growth restriction, antepartum haemorrhage and PROM. Risk factors for spontaneous preterm birth include obstetrical complications like multiple pregnancy, malpresentations and infections, poor antenatal care, having history of previous preterm delivery, and history of bleeding in pregnancy, anaemia, problem with the uterus, cervix or placenta these factors increase chances of pre-term labour. W.H.O (2019) every year, an estimated 15 million babies are born preterm (before 37 completed weeks of gestation), and this number rising day by day. And India tops the list of 10 nations contributing 60 percent of the world's premature deliveries – with the maximum number of preterm births with 3,519,100 of them, almost 24 percent of the total number. In our country, 27 million babies are born every year out of which 3.5 million babies are born prematurely as per the estimates. With above mentioned data and discuss with experts in the Nursing and medical field and discuss with women regarding Risk factors of preterm labour, investigator understood that women had insufficient knowledge. On that basis the investigator felt the need to take up the study.

Purpose of the study

The purpose of the study to assess the risk factors of preterm labour among primi postnatal mothers and prevent from further risk.

Objectives

To assess the risk factors for pre-term labour among primi postnatal mothers and find out the association between risk factors with demographic variables.

Hypothesis

There will be significant association between socio-

demographic variables with risk factors of pre-term labor.

Operational definition

Preterm labour: It refers to the labor that starts before the 37th Completed weeks of gestation counting from the day of the last menstrual period.

Demographic Variables: It refers to age, education, family income, occupation, age of gestational at the time of delivery, residential area are considered as demographic variables etc.

Risk factor: Risk factors can be defined as any environmental, genetic, behavioural and demographic factors, medical and pregnancy condition that are present during the gestational periods and responsible for preterm labor.

Primi postnatal mothers: A woman with pre- term labor who have given birth for the first time and admitted in postnatal wards.

METHODOLOGY

A quantitative approach was used to assess 100 primi postnatal mothers with preterm labour were admitted in post-natal ward of PGIMS, Rohtak. Non probability convenient sampling techniques was used for data collection and it was consist of 30 items in checklist. Collected data was summarized and tabulated by descriptive statistics which include percentage, mean, SD and inferential statistics includes chi square test.

RESULT

Table 1 Association between Premature rupture of membrane among primi postnatal mothers with pre term labor and demographic variables.

Demographic Data		Premature rupture of membrane		Association with risk factors.			
Variables	Options	NO	YES	Chi Test	P Value	df	Result
Age of Mother	18- 24 years	56	33	.409	0.5227	1	Not Significant
	25-30 years	8	3				
Residential Area	Urban area	15	9	.031	0.8606	1	Not Significant
	Rural area	49	27				

Occupation of Mother	Government job	1	0	5.598	0.2313	4	Not Significant
	Self employed	6	7				
	Labor work	2	1				
	Private job	2	4				
	Home maker	53	24				
Occupation of Husband	Business	21	8	1.928	0.5874	3	Not Significant
	Labor work	18	11				
	Private job	18	14				
	Gov. job	7	3				
Education Status of Mother	illiterate	0	0	.019	0.9904	2	Not Significant
	Primary	0	0				
	Secondary	9	5				
	High secondary	31	17				
	Diploma \ degree	24	14				
Family income per Month (in rupees)	5000-10000	2	2	5.990	0.1121	3	Not Significant
	10,000-15,000	17	14				
	15,000-20,000	30	8				
	>20,000	15	12				
Type of Family	Nuclear	18	10	.001	0.9704	1	Not Significant
	Joint	46	26				
Period of Gestation at the time of Labor	<32 week	3	1	.276	0.8713	2	Not Significant
	32-34 week	11	7				
	>34 week	50	28				

This bar diagram shows that risk factors of pre-term labour among primi postnatal mothers with pre term labor (12%) Frequent illness,11% hypothyroidism & hyperthyroidism, 7%severe anaemia, 4%Rh/ABO incompatibility,1% blood clotting factors disorder,1% history of short cervix, 3% eating too little of food during pregnancy,1%family history of pre-term labor, 2% HIV/AIDS, and others risk factors none of them.

CONCLUSION

It is concluded that the risk factors score in relation to pre-term labour was 36% PROM, 30% chronic hypertension and pre-eclampsia mothers ,25% abnormal bleeding,11% placenta Previa, 9% polyhydramnios and oligohydramnios, 10% hyperemesis gravid rum, 12%Frequent illness,11% hypothyroidism &hyperthyroidism, 7% severe anemia, Therefore the knowledge of the primi postnatal mothers can be further improved by providing health education.

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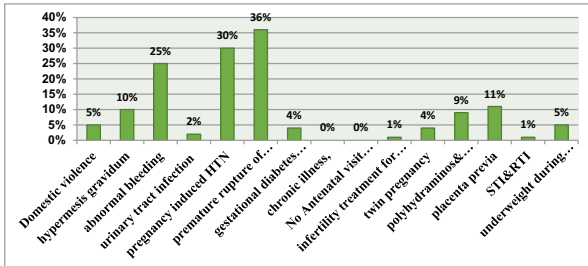


Figure-1: Showing the percentage of risk factors for pre-term labour among primi postnatal mothers with pre term labor.

It Depicts that risk factors of pre-term labour among primi postnatal mothers with pre term labor were 36% PROM, 30% chronic hypertension and pre-eclampsia mothers, 25% abnormal bleeding, 11% placenta Previa, 9% polyhydramnios and oligohydramnios, 10% hyperemesis gravid rum, 5% domestic violence, 2% UTI, 4% gestational diabetics mellitus, 1% STI& RTI,4% twin pregnancy,5% underweight during pregnancy, and other risk factors none of them.

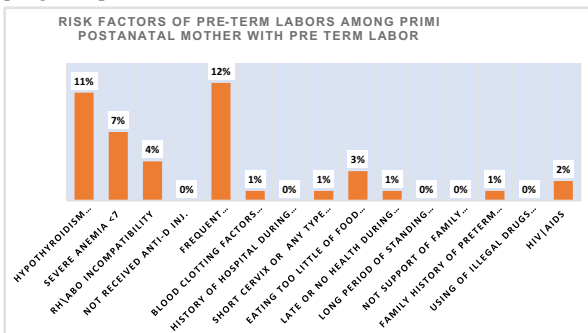


Figure-2: Showing the percentage of risk factors for pre-term labour among primi postnatal mothers with pre term labor.