

VOLUME 39, NUMBER 6
June 2022

ISSN 0189 - 160X

WAJMJ

WEST AFRICAN JOURNAL OF MEDICINE

ORIGINALITY AND EXCELLENCE IN MEDICINE AND SURGERY



OFFICIAL PUBLICATION OF
THE WEST AFRICAN COLLEGE OF PHYSICIANS *AND*
WEST AFRICAN COLLEGE OF SURGEONS



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The Prevalence and Outcome of Teenage Pregnancies in a Secondary Health Facility in Delta State, Nigeria: A Four-Year Retrospective Review

La Prévalence et l'Issue des Grossesses d'Adolescentes dans un Établissement de Santé Secondaire de l'État du Delta, au Nigeria: Une Revue Rétrospective de Quatre Ans

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ABSTRACT

INTRODUCTION: This study determined the prevalence, obstetric characteristics and pregnancy outcomes in teenagers who delivered at a secondary health facility in a Southern State in Nigeria.

MATERIALS AND METHODS: A retrospective study was employed to review pregnancies that were managed in Central Hospital Warri, Delta State, Nigeria between 2014–2017. Patients' notes were retrieved and analyzed with respect to the socio-demographic characteristics, pregnancy, labor and delivery complications and fetal outcome. Chi-square test was used to test the association between the independent variables and the main outcomes of the study with statistical significance set at $p < 0.05$.

RESULTS: Out of the 14,067 pregnancies reviewed, the prevalence of teenage pregnancy was 2.8%. The mean age of the teenagers was 17.5 (± 1.4) years, 243 (61.5%) of them had completed secondary school. Majority 286 (72.4%) delivered via spontaneous vaginal delivery, while 73 (18.5%) and 36 (9.1%) delivered via caesarean section and instrumental delivery respectively. The commonest complications encountered among the pregnant teenagers were perineal laceration (23.3%), iron deficiency anemia (17%) and delivery of low birth weight infant (14.9%). The younger teenagers were twice at risk of iron deficiency anaemia {OR (95%CI); $p = 2.60$ (1.08–5.92); $p = 0.028$ }. A similar association was seen between the age of the teenagers and route of delivery {OR (95%CI); $p = 3.11$ (1.34–6.93); $p = 0.002$ }, delivery of low birth weight infant {OR (95%CI); $p = 3.12$ (1.28–7.15); $p = 0.003$ } and perineal laceration {OR (95%CI); $p = 2.54$ (1.13–5.55); $p = 0.010$ }.

CONCLUSION: Teenage pregnancy is associated with high risk of complications, especially among younger teenagers. Increasing public awareness as well as improving educational, socio-economic and reproductive health opportunities for adolescent girls is recommended. *WAJM* 2022; 39(6): 609–613.

Keywords: Obstetric outcome, Prevalence, Teenage pregnancy.

RÉSUMÉ

INTRODUCTION: Cette étude a déterminé la prévalence, caractéristiques obstétriques et les résultats de la grossesse chez les adolescente qui ont accouché dans un établissement de santé secondaire de l'État du Delta du Nigeria.

MATÉRIEL ET MÉTHODES: Une étude rétrospective a été employé pour examiner les grossesses prises en charge à l'hôpital central de Warri dans l'État du Delta, au Nigeria, entre 2014 et 2017. Les notes des patientes ont été récupérées et analysées en ce qui concerne les caractéristiques sociodémographiques, la grossesse, les complications et l'issue fœtale. Le test du chi-deux a été utilisé pour testé l'association entre les variables indépendantes et les principaux résultats de l'étude, la signification statistique étant fixée à $p < 0,05$.

RÉSULTATS: Sur les 14 067 grossesses examinées, la prévalence de la grossesse chez les adolescentes était de 2,8 %. L'âge moyen des adolescentes était de 17,5 ($\pm 1,4$) ans, 243 (61,5%) d'entre elles avaient terminé l'école secondaire. La majorité des 286 (72,4 %) ont accouché par accouchement vaginal spontané, 73 (18,5 %) et 36 (9,1 %) ont accouché par césarienne et par accouchement instrumental respectivement. Les complications les plus courantes rencontrées chez les adolescentes enceintes ont été les lacérations périnéales (23,3 %), l'anémie ferriprive (17 %) et l'accouchement d'un enfant de faible poids de naissance (14,9 %). Les adolescentes les plus jeunes étaient deux fois plus exposées au risque d'anémie ferriprive {OR (95%CI) ; $p = 2,60$ (1,08–5,92) ; $p = 0,028$ }. Une association similaire a été observée entre l'âge des adolescents et la voie d'accouchement {OR (95%CI) ; $p = 3,11$ (1,34–6,93) ; $p = 0,002$ }, l'accouchement d'un enfant de faible poids de naissance {OR (95%CI) ; $p = 3,12$ (1,28–7,15) ; $p = 0,003$ } et lacération périnéale {OR (95%CI) ; $p = 2,54$ (1,13–5,55) ; $p = 0,010$ }.

CONCLUSION: La grossesse chez les adolescentes est associée à un risque élevé de complications, en particulier chez les jeunes adolescentes. La sensibilisation du public ainsi que l'amélioration de l'éducation, socio-économiques et de santé reproductive pour les adolescentes est recommandée. *WAJM* 2022; 39(6): 609–613.

Mots clés: Résultat obstétrical, Prévalence, Grossesse chez les adolescentes.

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Abbreviations: