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Effect of Frequency of Antenatal Care Contacts on Maternal and Fetal Outcome in Low-Risk Pregnancies at Federal Teaching Hospital Gombe, Nigeria

Effet de la Fréquence des Contacts de soins Périnataux sur l'Issue Maternelle et Fœtale dans les Grossesses à Faible Risque au Federal Teaching Hospital de Gombe, au Nigeria

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ABSTRACT

BACKGROUND: The frequency of antenatal care (ANC) contacts for low-risk pregnancies has been a subject of debate.

OBJECTIVE: To determine the effect of frequency of ANC contacts on pregnancy outcomes amongst low-risk pregnancies and the reasons for the low antenatal visits at the Federal Teaching Hospital, Gombe, Nigeria.

METHODOLOGY: This was a cross-sectional study of 510 low-risk pregnant women. They were divided into two groups; group I consisted of 255 women that had eight or more ANC contacts with at least five contacts in 3rd trimester, and group II consisted of 255 women that had seven or fewer ANC visits. Socio-demographic characteristics, haemoglobin levels at delivery, mode of delivery, maternal satisfaction, and birth outcomes were compared between the two groups. Reasons for the low antenatal visits were also documented.

RESULTS: The prevalence of anemia was higher in group II compared to group I {29.4% versus 18.8% with OR 1.80 (95% CI 1.19–2.72)} while caesarean section rate was higher in group I compared to group II {16.9% versus 9.4% with OR=1.96 (95% CI: 1.11-3.48)}. There was no statistically significant difference in the fetal outcome between the two groups. Women with eight or more ANC contact were more satisfied with the ANC than those with fewer visits (OR=2.20, 95%CI 1.52–6.24). Late booking and facility-based lapses were mainly responsible for the fewer contacts.

CONCLUSION: Having eight or more ANC contacts is associated with decreased maternal anaemia, better maternal satisfaction, and increased risk of caesarean delivery compared to women that have fewer ANC contacts. **WAJM 2023; 40(3): 305–311.**

Keywords: Anaemia, Antenatal, Birth outcome, Contacts, Effect, Frequency, Maternal satisfaction.

RÉSUMÉ

CONTEXTE: La fréquence des contacts de soins périnataux (CPN) pour les grossesses à faible risque a fait l'objet d'un débat.

OBJECTIF: Déterminer l'effet de la fréquence des contacts de soins périnataux sur les résultats de la grossesse parmi les grossesses à faible risque et les raisons pour lesquelles les visites périnatales sont peu nombreuses au Federal Teaching Hospital, Gombe, Nigéria.

MÉTHODOLOGIE: Il s'agit d'une étude transversale portant sur 510 femmes enceintes à faible risque. Elles ont été divisées en deux groupes : le groupe I comprenait 255 femmes ayant eu huit contacts ANC ou plus, dont au moins cinq au cours du troisième trimestre, et le groupe II comprenait 255 femmes ayant eu sept visites ANC ou moins. Les caractéristiques sociodémographiques, les taux d'hémoglobine à l'accouchement, le mode d'accouchement, la satisfaction maternelle et les résultats de l'accouchement ont été comparés entre les deux groupes. Les raisons des faibles visites périnatales ont également été documentées.

RÉSULTATS: La prévalence de l'anémie était plus élevée dans le groupe II que dans le groupe I {29,4 % contre 18,8 % avec un OR de 1,80 (IC à 95 % : 1,19-2,72)}, tandis que le taux de césarienne était plus élevé dans le groupe I que dans le groupe II {16,9 % contre 9,4 % avec un OR de 1,96 (IC à 95 % : 1,11-3,48)}. Il n'y a pas eu de différence statistiquement significative entre les deux groupes en ce qui concerne l'issue fœtale. Les femmes ayant eu huit contacts ou plus avec la CPN étaient plus satisfaites de la CPN que celles ayant eu moins de visites (OR=2,20, 95%CI 1,52-6,24). La prise de rendez-vous tardive et les défaillances au niveau de l'établissement étaient principalement responsables du nombre inférieur de contacts.

CONCLUSION: Le fait d'avoir huit contacts CPN ou plus est associé à une diminution de l'anémie maternelle, à une meilleure satisfaction maternelle et à un risque accru d'accouchement par césarienne par rapport aux femmes qui ont moins de contacts CPN. **WAJM 2023; 40(3): 305–311.**

Mots-clés: Anémie, Anténatal, Résultat de l'accouchement, Contacts, Effet, Fréquence, Satisfaction maternelle.

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