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PROPORTION OF PREGNANCY INDUCED HYPERTENSION AND ITS ASSOCIATED FACTORS IN SELECTED ANTENATAL CLINICS IN MEDICAL OFFICER OF HEALTH AREA PANADURA

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Background: Pregnancy induced hypertension (PIH) is defined as new onset hypertension without significant proteinuria developing after 20 weeks of gestation and resolving within 42 days of delivery and it is a significant cause of adverse maternal and foetal outcomes including, maternal morbidity, maternal mortality, premature delivery, and foetal growth retardation. This study aimed at assessing the proportion of pregnancy induced hypertension and its associated factors in selected antenatal clinics in Panadura MOH area.

Methods: The study was a descriptive cross-sectional study conducted at antenatal clinics in Panadura MOH area. The sample included 152 pregnant mothers with a gestational age of 20 weeks or more. The study excluded mothers with chronic hypertension. A self-administered questionnaire was used. Data collection involved informed consent, and the participants had the right to refuse participation and withdraw at any time. Confidentiality of the collected data was maintained. Chi square test was done to assess the associated factors at $p < 0.05$ significance level.

Results: A total of 152 expectant mothers took part in the study. Out of 152 mothers 14 were diagnosed with PIH and it was 9.2% from the study population. The identified associated factors were PIH in previous pregnancy, DM, kidney disease, history of PIH in first degree relatives, smoking, and gestational age ($p < 0.05$).

Conclusion: Pregnancy-induced hypertension (PIH) is a major health issue leading to adverse maternal and fetal outcomes. Therefore, proper interventions should take by the healthcare facilitators including early identifying the mothers at risk. The study raised the importance of identifying associated factors of PIH for proper monitoring. Also, further studies and facilitating on them are encouraged.

Keywords: Proportion, Pregnancy induced, Hypertension, Antenatal clinics, Panadura