# Preconception and Prenatal Care Among Women of Reproductive Age:

A Case of Kigumo District, Murang'a County. Kilonzi Sheila M<sup>1</sup>., Ndegwa Hudson W<sup>2</sup>. Karatina University- Kenya 05/03/2014

### Introduction

- Human reproduction requires favourable health conditions
- Pregnancy outcome results from nutrition and health of the mother before and during pregnancy.
- Conception under poor nutrition compromises foetal development
- Most of the baby organs begin to form within the first trimester of pregnancy

### Introduction Cont...

- Reproductive woman seeking to have children needs to undergo a preconception care check-up.
- Mother's health and life-style affect pregnancy
- Underweight and obesity are associated with:
- 1. Gestational diabetes,
- 2. Pre-clampsia,
- 3. Low birth weight
- 4. Congenital malformations and foetal growth abnormalities, (WHO,2002; Dennedy and Dunne, 2010)

### Introduction Cont...

- Iron status is another important aspect of pregnancy.
- 43% of women enter pregnancy while anaemic
- Prenatal health care allows for identification and treatment of health problems
- Early visits also enables mothers to access information on nutrition and life-style for a healthy baby.

### Objective

Assess the preconception and prenatal care among the reproductive women in Kigumo district.

### Methodology

- Study site
- Two locations: Muthithi and Kahumbu and three sublocations in each location; Muthithi, Kagurumo, Gikarangu Gakuyu, Kandani and Mugumoini.
- Population; 43,000
- Area: 69 square kilometres.
- The main economic activities :farming and trading.

### Methodology Cont..

### Study design

Cross sectional study design

#### Data collection tools:

- Semi structured questionnaires
- Key informant interviews.
- Observations
- Desk research

### Methodology cont...

### Sample size

• A sample of 370 was obtained from the calculation N=P (100%- P)/SE<sup>2</sup> [10]

### Data analysis

- Use of excel data sheets
- Frequencies
- Tables

### RESULTS

- A total of 360 Respondents were interviewed
- Two key informants were interviewed the medical health officers in Kahumbu and Muthithi health centres.

### Demographic and Economic Information of the Respondents

Age	No. of respondents	Percentage	Average No. of Children
15-20 yrs.	36	10	1
21-25 yrs.	108	30	2
26-30 yrs.	72	20	2
31-35 yrs.	36	10	2
36-40 yrs.	48	13.3	4
41-45 yrs.	18	5	4
46-50 yrs.	12	3.3	4
51-55 yrs.	30	8.3	5
Total	360	100	

### Level of Education

Level of Education	No. of respondents	Percentage
No schooling	0	0
Primary	192	53.3
Secondary	138	38.3
Tertiary -Certificate/Diploma	18	5
Degree	12	3.3
Total	360	100

### Source of livelihood

Source of Income	No of respondents	Percentage	
Farm	198	55	
Formal Employment	48	13.3	
Donations	12	3.3	
Self-employment	36	10	
Farm and donations	24	6.7	
Farm and self-employment	42	11.7	
Total	360	100	

No. of responses	% Responses	
60	16.7	
12	3.3	
42	11.7	
108	30	
90	25	
36	10	
12	3.3	
360	100	
	60 12 42 108 90 36 12	

- - 6.4% of mothers knew their BMI
- 20 % of the respondents had their children born with LBW
- 3.3% of the last child was born overweight
- 10% consulted medical practioners and nutritionists before pregnancy

- After conception, 48% had their 1<sup>st</sup> visit to the health care centre bewteen4-6months
- 11.7% indicated their first visit was on in their 7<sup>th</sup> month
- 6.7% visited in their 8<sup>th</sup> month.
- Only 5% would visit the health care in their 2<sup>nd</sup> month of pregnancy
- 10% in their 3<sup>rd</sup> month for antenatal care.
- At least 84% of the respondents had received iron supplements during their last pregnancy.

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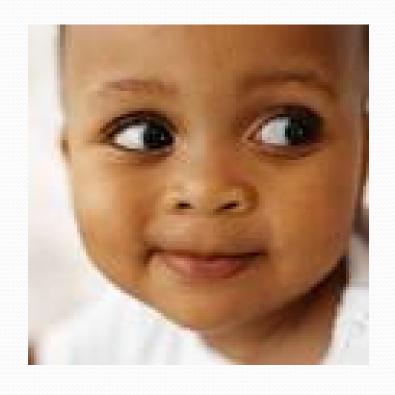
- Infant mortality 40/1000 births
- 25/1000 births Neonatal
- 22% preferred village midwives as birth attendants
- The nearest health centre for 66% was between 1-3 km
- Malaria is the main cause of mortality others include Pneumonia and diabetes

### Health Information Cont...

- Family planning methods
- Nutrition and Breastfeeding information
- HIV Prevention of mother-to-child transmission
- Testing for certain diseases and conditions
- Monitoring of the blood pressure
- Monitoring of the mothers' weight
- Micronutrient supplementation.

### Conclusion and Recommendation

- Pregnancy is not given the most care it deserves though it is one of the most important stages of one's life cycle.
- Health and nutrition education plays a greater role in enhancing pregnancy outcome.
- There is need for effective nutrition education and awareness to reduce infant mortality deaths, preterm births, low birth weights and other defects that can be corrected before and during pregnancy.



### THANK YOU