

Teenage Pregnancy and Low Birth Weight Babies at Patan Hospital

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ABSTRACT

Introduction: Teenage pregnancy is related to increased maternal and new born mortality and morbidity. Increase delivery of low birth weight is one of the important adverse outcome of teenage pregnancy.¹ This study is done to evaluate the prevalence of low birth weight in teenage pregnancy.

Methods: This is a cross section study conducted at Patan hospital. Data from the delivery record from August 2010 to July 2011. Incidence of teenage pregnancy along with low birth weight were recorded.

Results: Out of 8587 deliveries during one year period, teenage pregnancy was 4.4%. Out of 375 teenage pregnancies 24% deliveries resulted in low birth weight baby.

Conclusion: Teenage pregnancy was observed in this study also along with deliveries resulting in low birth weight.

Key words: Adolescent pregnancy, Low birth weight, Teenage pregnancy

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INTRODUCTION

Pregnancy in a girl aged between 10-19 years is adolescent pregnancy. It is a complex and challenging problem for the family, society, health workers and government and for adolescents themselves. According to 2001 census in Nepal, there are approximately 5.4 million (23.6%) adolescent population in Nepal, and upcoming census 2011 is likely to show the same trend because of the fact that the fertility rate has moved a little during the period and huge childhood population is entering the adolescent age. Adolescent population is expected to increase 6 million by the year 2011 and to almost 7 million in 2021.¹

The median age at first marriage for married women in Nepal is 16.6 years, which indicates that majority of newly married couples are adolescents. Adolescent pregnancy is associated with high rate of morbidity and mortality for both the mother and infant. Increased Delivery of low birth weight babies is one of the major adverse outcome of teen age pregnancy.²

Present study was done to know the incidence of Teenage pregnancy at Patan Hospital and its association with incidence of low birth babies.

METHODS

This is a retrospective hospital based analytic study done at Patan hospital within a one year period. From August 2010 to July 2011. Data was taken from the master delivery register book at registration section of Department of GP and emergency department. Incidence of Adolescent pregnancy was analyzed. Initially monthly and completely at the end manually and with the help of computer. Special attention was given to analyze the incidence of low birth weight babies.

RESULTS

Total number of deliveries during one year time was 8587. Among them 375 (4.4%) were adolescent.

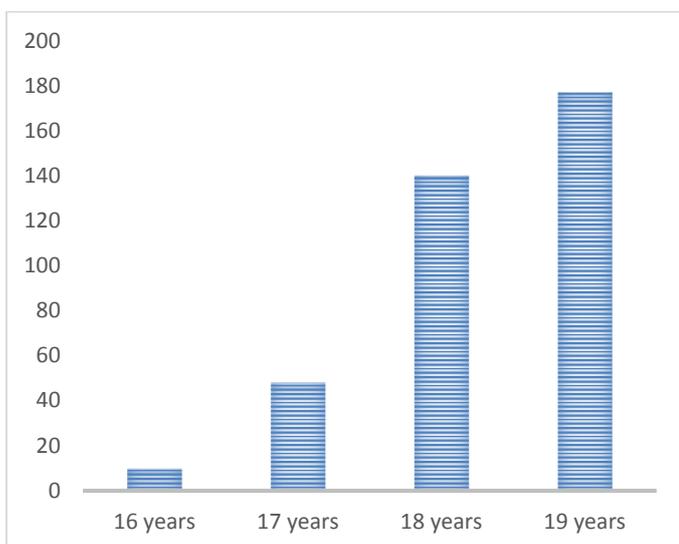


Figure 1: Age distribution

Out of total adolescent pregnancy male babies delivered were 157 (41.8%) and female babies delivered were 218 (58.2%).

Normal vaginal delivery was 311 (82.9%) and caesarian section was 64 (17.1%). Major indication of caesarian section was fetal distress and non-progress of labor. Two neonatal death was observed due to prematurity. Low birth weight was observed in 90 (24%) of teenage pregnancies.

DISCUSSION

Teenage pregnancy was observed in 5.6% of total deliveries at Patan. A significant number of teenage pregnancy (24%) deliveries was low birth weight. Adolescent pregnancy continues to be a complex and challenging issue for families, health workers, educators, societies and governments, and adolescents themselves.¹⁻³ One of the important factors for the rapid population growth in the world is adolescent childbearing.^{4,5}

Adolescent pregnancy are at increased risk for neonatal complications as prematurity, low birth weight, IUGR, neonatal mortality and still birth. In this study also we observed two neonatal mortality. The maternal complications like PIH, preeclampsia were however not observed in the study. United Nations also remarks that early child bearing is a high health risk for both mother and child.⁶ It has been associated with maternal complications, premature birth, low birth weight, perinatal mortality and increased infant mortality.⁷ It has also been observed that in developing countries, teenage mothers were at increased risk of maternal anemia, pre-term birth and Caesarean delivery.⁸

In Nepal, a considerable number of women get married and bear child in their teenage, but they are unequally distributed across urban and rural areas but exact data are not available. Adolescents comprise of 23% of 26 million of Nepalese population.⁹ The median age at first marriage for ever married women in Nepal (age 15-49) is 16.6 years, which indicates that majority of newly married couples are adolescents.¹⁰ In our study also it was seen that most of teenage pregnancy was at 19 years of age. So, it is very important that awareness to be increased to prevent maternal and neonatal morbidity and mortality.

CONCLUSION

Teenage pregnancy was observed study with significant number of pregnancy resulting in low birth weight deliveries. This is a single study cross sectional study so we can only hypothesize that teenage pregnancy contributes to significant maternal and neonatal morbidity and mortality. So, a bigger scale and multicenter study is recommended to get a clear picture of this problem. As this study was retrospective so we had limitation of information. Exploring the scenario with respect to ethnicity, education and occupation would probably give a better picture.

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