

Risk factors associated with hypertensive disorders in pregnancy in Nekemte referral Hospital, from July 2015 to June 2017, Ethiopia: case control study

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Abstract

Background: Hypertension is the most common medical problem encountered in pregnancy and is a leading cause of perinatal and maternal morbidity and mortality. However, its magnitude and risk factors yet not adequately assessed at study area.

Objective: To assess risk factors associated with hypertensive disorders of pregnancy and to compare pregnancy outcomes between women with and without hypertension.

Methods Facility based retrospective unmatched case–control study was employed to identify risk factors associated with HDP in Nekemte Referral Hospital just two years back from study period from July 1, 2015 to June 30, 2017.

Results: Among 6826 total delivery records from July 2015 –June 2017 ,199 women developed hypertension during pregnancy. Among 199 women 153(76.9%) were pre-eclampsia/eclampsia,28(14.1%) were gestational hypertension, 14(0.7%) were superimposed hypertension and 4 (2.9%) were chronic hypertension.

Age > 35 (AOR: 2.51, 95% CI: 1.08, 5.83), rural residential area (AOR: 1.79, 95% CI: 1.150, 2.799), prim gravida (AOR: 3.39, 95% CI: 2.16, 5.33), null parity (AOR: 4.35, 95% CI: 2.36, 8.03), positive history of abortion (AOR: 4.39, 95% CI: 1.64, 11.76), twin pregnancy (AOR: 3.78, 95% CI: 1.52, 9.39), lack of ANC follow up (AOR: 3.05, 95% CI: 1.56, 5.96) as well as positive pre-existing hypertension (AOR: 3.81, 95% CI: 1.69, 8.58), positive family history of hypertension (AOR: 5.04, 95% CI: 2.66, 9.56) and positive history of diabetes mellitus (AOR: 5.03, 95% CI: 1.59, 15.89) were risk factors for hypertensive disorders during pregnancy. The prevalence of maternal outcomes of cesarean section, maternal death, abruption placenta and pre-term birth were significantly higher in women with HDP than those in without HDP. Similarly, perinatal outcomes of low birth weight, stillbirth, admission to NICU and low five-minute APGAR scores were significantly higher in women with HDP than in those without HDP.

Conclusion: The primary aim of the study was to find risk factors associated with hypertensive disorders of pregnancy. This study found that Women with hypertension during pregnancy have greater risk of having adverse pregnancy outcome as compared to normotensive pregnant women. so, identification of these risk factors would be useful for early diagnosis of HDP in order to give appropriate clinical monitoring and treatments and timely managing maternal and perinatal complications.

Key words: Hypertension disorders during pregnancy, Risk factors, Pregnancy outcomes.