

Complication of Pregnancy among Adolescent Treated in a Government Hospital from January 2015 to December 2018

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ABSTRACT

Complications of pregnancy remain a serious threat in Sub-Saharan Africa despite all efforts made to minimize maternal mortality due to pregnancy complications in achieving the Millennium Development Goal 5. The objective of this study is to determine the most common complications of pregnancy amongst adolescents treated in a government hospital. A retrospective design was used to conduct this study over four years from January 1, 2015, to December 31, 2018, at Jackson F. Doe Memorial Regional Referral Hospital, Liberia.

A total of 1265 patients participated in this study, 540 (42.69%) of the study population were adolescents. The mean maternal age of adolescents was 17.16 ± 1.53 and 514 (40.6%) were nulliparous mothers. The prevalence of anemia among adolescent mothers was 494 (39.1%), hypertension 149 (11.8%), malaria 193 (15.3%) and gestational diabetes was high among none-adolescent 98 (7.7%). Eclampsia 62 (4.9%) and haemorrhage 61 (4.8%), and foetal complications was IUGR 252 (19.9%). Low birth weight was also common among babies born to adolescent mothers 62 (4.9%) and preterm delivery was 496 (39.2%). The study found an association between adolescent maternal age and anaemia ($X(1) = 783.298$, $p\text{-value} = 0.001$), intrauterine growth restriction ($X(1) = 243.203$, $p\text{-value} = 0.001$), low birth (weight $t(1222) = -28.003$, $p\text{-value} = 0.001$), and preterm ($t(1256.015) = -21.303$, $p\text{-value} = 0.001$). The study predicted that adolescent mothers are at increased risk of anaemia 54 times as compared to none-adolescent. Mothers who delivered at term were five times at risk of CPD than those mothers who delivered preterm.

Comprehensive strategies are needed to keep girls in schools and to raise awareness and campaign about using contraception properly to reduce the incidence of adolescent pregnancy.

Keywords: Adolescent, complications, pregnancy