

**Preconception and Prenatal Care  
Among Women of Reproductive  
Age:**

**A Case of Kigumo District,  
Murang'a County.**

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**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; Denny 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 sub-locations 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  
$$N = \frac{P(100\% - P)}{SE^2} [10]$$

## **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
<b>Total</b>	<b>360</b>	<b>100</b>	

# 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
<b>Total</b>	<b>360</b>	<b>100</b>

# 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
<b>Total</b>	<b>360</b>	<b>100</b>

# Child and Maternal Information

Birth-weight (Kgs)	No. of responses	% Responses
N/a	60	16.7
1.0-2.0	12	3.3
2.1-2.4	42	11.7
2.5-3.0	108	30
3.1-3.5	90	25
3.6-4.0	36	10
4.1 and above	12	3.3
<b>Total</b>	<b>360</b>	<b>100</b>



# Child and Maternal Information

- - 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 practitioners and nutritionists before pregnancy



# Child and Maternal Information

- After conception, 48% had their 1<sup>st</sup> visit to the health care centre between 4-6 months
- 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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# Child and Maternal Information

- 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