

Maternal and Neonatal Outcome: Comparison Between Adolescents and Adult Pregnancy at Selected Hospital, Hetauda, Nepal

Authors : Laxmi Paudyal

Abstract : Introduction: Numerous factors can affect how pregnancies and births turn out. One of these is adolescent pregnancy, which is a worldwide issue with known causes, harmful impacts on both the mother's and the child's health, as well as various negative social and economic consequences. Objective: The study was carried out to compare the maternal and neonatal outcomes between adolescents and adult pregnancy. Methods: This retrospective hospital-based cohort study was conducted at Madan Bhandari Academy of Health of Health Sciences, Hetauda Hospital at Makwanpur. The study population was pregnant women who delivered at a selected hospital within 1 year study period from July 2022 to June 2023. A total of 479 mothers aged 20-30 years and 53 mothers aged 15-19 years were study participants, and they were selected using a simple random sampling lottery method. Data were collected from the hospital's electronic database and the register maintained at the maternity ward and neonatal ward. Result: The findings indicate that 6.51% of the 3273 mothers who gave birth in a single year were in the adolescent age range. When comparing the two mother groups, more adult mothers than teenage mothers skipped the complete antenatal checkup. Compared to adult mothers, the mothers of adolescents were found to be underweight and to have less iron and folic acid supplement intake. Anaemia, UTI, and placental abnormalities during pregnancy have been reported by a greater percentage of teenage mothers than adult mothers, with $p=0.032$, $p=0.025$, and $p=0.041$, respectively. When compared to adult pregnancies, vaginal delivery and complicated delivery were both shown to be more common in teenage pregnancies ($p=0.001$ and $p=0.012$, respectively). Adolescent pregnancies were associated with higher rates of NICU admission ($p=0.037$), low birth weight ($p=0.034$), premature birth ($p=0.001$), and fetal deaths ($p=0.024$) than adult pregnancies. Conclusion: According to this study, there are some notable variations in obstetric and neonatal outcomes by the age of the mother. It was discovered that there were a considerable number of adverse effects on adolescent mothers both during their pregnancies and after giving birth. Need for strategic planning in preventing adolescent females from getting pregnant is recommended.

Keywords : adolescent, antenatal, natal, postnatal, neonatal, outcome

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