



## KAP STUDY OF MOTHERS WITH HYPERTENSION IN PREGNANCY

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### ABSTRACT

**Background:** Hypertension during pregnancy is a major cause of maternal morbidity and mortality throughout the world. Knowledge, attitude and perception of pregnant women pertaining to hypertension during pregnancy have a significant impact on overall pregnancy outcome. **Material and Methods:** One hundred and twenty hypertensive mothers were enrolled for the study and were assessed for their knowledge, perception and attitude pertaining to hypertension in pregnancy and was recorded in a predesigned proforma. **Observations and Results:** We enrolled a total of 120 pregnant women with hypertension with or without preeclampsia, who were in the second or third trimester of pregnancy. Majority of our study population was in the age group of 19 to 30 years (55%) followed by 31 to 40 years (40). Out of 120 mothers, only 10 (8%) of the mothers were aware of the normal level of blood pressure during pregnancy and 15 (12%) were aware about the causes of hypertension during pregnancy. More than 1/3<sup>rd</sup> of the mothers were aware about the adverse effects of hypertension on mother's health and less than 50% were aware of the adverse pregnancy outcome. Nearly half of the women were aware of the treatment options available. Just above 50% of the mothers were attending antenatal clinics regularly and only half of them were taking medications regularly and adequately. Despite being hypertensive as many as 1/3<sup>rd</sup> of the mothers were not taking any antihypertensive medications. **Conclusion:** Pregnant women in our setup do not have sufficient knowledge pertaining to hypertension during pregnancy. Their perception of complication of anemia in pregnancy and attitude towards preventing and treating hypertension is also poor.

**KEYWORDS:** Hypertension, pregnancy, KAP.

### INTRODUCTION

Hypertension is one of the most common medical complications in pregnancy. Hyper-tensive disorders in pregnancy contribute significantly to maternal and perinatal mortality. Most of the complications caused by this problem could be reduced by early detection and proper management. Knowledge, attitude and perception of pregnant women pertaining to hypertension in pregnancy has a significant impact on overall pregnancy outcome.<sup>[1-5]</sup>

### AIM

The aim of this study was to assess the knowledge, attitude, and practices of antenatal women pertaining to hypertension in pregnancy attending antenatal clinics at AIMS Bathinda, Punjab.

### MATERIAL AND METHODS

The study was carried at AIMS Bathinda Punjab which is a tertiary care centre for women in Punjab, India. Study was commenced after taking informed consent from the pregnant women. Study was conducted between

Feb. 2017 to Oct. 2017. Only those women who were in their 2<sup>nd</sup> or 3<sup>rd</sup> trimester and were hypertensive (BP > 140/90) were enrolled in the study. Their knowledge, attitude, and practices pertaining to anemia in pregnancy were recorded in a predesigned proforma.

### OBSERVATIONS AND RESULTS

Demographic characteristic of antenatal mothers are depicted in table 1. Knowledge, attitude and perception of mother pertaining to hypertension during pregnancy is depicted in table 2.

**Table 1: Demographic characteristic of antenatal mothers (n=120).**

Demographic characteristic		No. of subjects/ %age
Age (years)		
	19 - 30	66 (55)
	31-40	48 (40)
	>40	6 (5)
Residence		
	Rural	79 (66)
	Urban	41 (34)
Family type		
	Nuclear	29 (24)
	Joint	91 (76)
Educational status		
	Illiterate	35 (29)
	< 8 <sup>th</sup> standard	35 (29)
	8 <sup>th</sup> to 10 <sup>th</sup> standard	20 (17)
	undergraduate	17 (14)
	Graduate and above	13 (11)
Socioeconomic status		
	Lower	51 (42)
	Middle class	57 (48)
	Upper class	12 (10)

**Table 2: Knowledge, attitude and perception of expectant mothers pertaining to hypertension in pregnancy (n=120).**

Attribute		No. of cases / %age
Mothers know the normal blood pressure level during the pregnancy (<140/90)	Yes	10 (8)
Mothers aware about the causes of hypertension during pregnancy (2 or more)		15 (12)
Mothers aware about the harmful effects of hypertension on their own health	Yes	40 (33)
Mother aware about the harmful effects of hypertension on the fetus	Yes	58 (48)
Mothers aware about the treatment optional available	Yes	54 (45)
Mothers on regular antenatal care	Yes	64 (53)
Mothers on antihypertensive and taking drugs regularly	Yes	30 (25)
Mothers on inadequate treatment or not taking medicines as advised by the physician	Yes	34 (28)
Mothers not taking any antihypertensive medications despite having hypertension		36 (30)

## DISCUSSION

We enrolled a total of 120 pregnant women with hypertension with or without pre-eclampsia, who were in the second or third trimester of pregnancy. Majority of our study population was in the age group of 19 to 30 years (55%) followed by 31 to 40 years (40). This may be for the fact that majority of the pregnant women who attended the antenatal clinics were < 30 years of the age. Seventy nine (66%) women were from the rural back ground and almost 3/4<sup>th</sup> were from joint families. Of the study population, 46% of women had education status of below 10<sup>th</sup> standard and as many as 1/3<sup>rd</sup> of total study population was illiterate. Only 13% women were graduate or having higher level of educational qualification. Majority of the women (48%) were from middle class socioeconomic back ground closely followed by lower class (42%) (Table1).

Out of 120 mothers, only 10 (8%) of the mothers were aware of the normal level of blood pressure during pregnancy and 15 (12%) were aware about the causes of hypertension during pregnancy. More than 1/3<sup>rd</sup> of the mothers were aware about the adverse effects of

hypertension on mother's health and less than 50% were aware of the adverse pregnancy outcome. As many as 1/2 of the women were aware of the treatment options available. Just above 50% of the mothers were attending antenatal clinics regularly and only half of them were taking medications regularly and adequately. Despite being hypertensive as many as 13<sup>rd</sup> of the mothers were not taking any antihypertensive medications (Table 2). This may be related to their low literacy rate, lack of awareness and low socioeconomic status. Our findings are in conformity with the studies conducted by Singh V,<sup>[6]</sup> Pswarayi I,<sup>[7]</sup> Gandeh M.<sup>[8]</sup>

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