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## **PREVALENCE OF AWARENESS AND RISK FACTORS ON PREGNANCY INDUCED HYPERTENSION AMONG FIRST TRIMESTER PRIMI MOTHERS: A COMMUNITY BASED CROSS SECTIONAL STUDY**

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### **ABSTRACT**

Pregnancy induced hypertension is an important cause of direct maternal deaths in Sri Lanka. Early identification, aggressive and intensive treatment of its complications is important in reducing the resulting morbidity and mortality. To evaluate the Prevalence and awareness of risk factors pregnancy induced hypertension among first trimester primi mothers in Devinuwara MOH area in Matara. A descriptive cross sectional study was performed among 200 first trimester primi mothers selected by cluster sampling methods from Devinuwara MOH area. An interviewer administered questionnaire was applied and data analysis was done with SPSS 20.0. Only 22% of mothers' had satisfactory awareness of pregnancy induced hypertension. Most of mothers' (55.0%) were heard word of "pregnancy induced hypertension", although they had not proper awareness with risk factors (46.0%), signs and symptoms (46.5%), complications (38.0%) and prevention method of pregnancy induced hypertension (47.0%). Socio-demographic character of low monthly income ( $p < 0.05$ ) had significant association with their awareness of pregnancy induced hypertension. Highly prevalent risk factors of the sample were family history of hypertension (24.0%), high body mass index (16.0%) and family history of pregnancy induced hypertension (9.0%). Associated socio demographic factors for prevalence of risk factors were as follows. Socio-demographic character of educational level had significant associated with the risk factor of teenager or older ( $p < 0.05$ ). Socio-demographic character of employment had significant associated with risk factor of multiple pregnancy ( $p < 0.05$ ). Association was also found between risk factor of body mass index with the socio-demographic characteristics of age ( $p < 0.05$ ) and ethnicity ( $p < 0.05$ ). Risk factor of family history of hypertension ( $p < 0.05$ ) had significant associated with their socio-demographic character of living arrangement. Most of first trimester primi mothers' have unsatisfactory awareness on pregnancy induced hypertension and also pregnancy induced hypertension increase with high body mass index and family history of hypertension. Improve of awareness pre-conceptually and identification of risk groups among them will facilitate better prevention and management of pregnancy induced hypertension.

**Keywords:** Pregnancy Induced Hypertension, Awareness, Prevalence, Risk Factor, First Trimester Primi Mothers