Assessment of Obesity Complications during Antenatal Period at Qena University Hospital, Egypt

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Abstract:

Objective: This study aimed to assess the hospital based rate of high-risk obese pregnant women at Qena University Hospital, Assess the antenatal Obstetric and Medical complications associated with Obesity among these women and Provide health education for those obese pregnant women about the dietary requirements. Setting: the inpatient antenatal word OF Obstetrics and Gynecology Departments at Qena University Hospital Duration: from 1st October 2012 to 20th April 2013.

Patients&Methds: Cross Sectional, study of 350 cases of high-risk pregnant women admitted at the inpatient antenatal word at Qena University Hospital was used. Completing semi-structured interviewing sheet from All high risk pregnant obese women with single fetus who have the BMI ≥ 29. After completing the sheet, giving them brochures about nutrition according to their diagnosis and explaining how to follow. Results. More than half (57.4%) of the sample were classified as obesity class one among high risk pregnant women. Complications of obesity increased among high risk pregnant women such as previous caesarean section rate (38.3%), PROM were (13.4%), pregnancy induced hypertension (11.7 %), other risk factors about (16.3 %). Conclusions: hospital based rate of obesity was one third of the total flow of pregnant women at this hospital was obese with high risk pregnancy more than half of high risk pregnant were classified as obesity class one and the most common obstetrics' complications associated with obesity were previous caesarean section and premature rupture of membrane respectively. Recommendations: Nutrition and exercise counseling should begins from pre-puberty, during pregnancy, continues postpartum and before attempting another pregnancy.

Keywords:

obesity, antenatal complications

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