

Maternal, Fetal Outcomes and Mode of Deliveries of Adolescent Pregnancy: A Descriptive Comparison in Teaching Hospital Mahamodara

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Background: Adolescent pregnancy is a global issue in the world and it is an increasing trend. It is known that adolescent pregnancies have major health consequences for their babies and mothers.

Objective: To compare selected maternal, fetal outcomes and mode of deliveries of adolescent pregnancy with adult pregnancy

Methods: A hospital based descriptive comparison study was carried out in the post-natal wards of Teaching Hospital Mahamodara (THM), Galle. Hundred adolescent mothers of age between 10-19 years compared with similar number of uncomplicated adult of age between 20-35 years for selected outcomes. Mothers with chronic illness and multiple gestations were excluded. A pre-tested interviewer administered questionnaire was used to gather data. Data collection tool consisted with basic demographic, perinatal, maternal outcomes and mode of deliveries.

Results: There was no statistically significant difference in Period of Gestation (POG) at delivery. Significantly high number of deliveries with cesarean sections was observed among adults compared to adolescent mothers ($p = 0.003$). Even though adolescent mothers were more likely to develop anemia (38% vs 32%), it was not statistically significant ($p = 0.374$). Pregnancy Induced Hypertension (PIH) (6% vs 3%, $p = 0.306$) and Gestational Diabetes Mellitus (GDM) (9% vs 3%, $p = 0.074$) were frequently occurred in adults than adolescents. But it was not statically significantly difference. There was statistically higher Pre Term Delivery (PTD) rate among adolescents (23% vs 15%). There was no statically significant difference in fetal outcomes (low birth weight and PBU admissions) among two groups.

Conclusions: The study found that adolescents were at higher risk of premature delivery than their elder counter-parts. Adult pregnant women were at significantly higher chance of having caesarean deliveries than adolescent pregnancies. But there was no significant risk of development of maternal obstetric complications such as GDM, PIH and anemia and fetal outcomes such as PBU admissions and low birthweight.

Keywords: *Adolescent pregnancy, Fetal Outcomes, Maternal Outcomes, Mode of delivery*