SUMMARY

The study was carried out to determine whether there was any relationship between maternal anaemia and adverse perinatal outcome in Plateau state specialist hospital, Jos.

Anaemia in pregnancy is a common problem in the developing countries. It is widely considered a risk factor for adverse perinatal outcome. About 20% of maternal mortality in Africa is thought to be attributable to maternal anaemia.

This was a cohort study where the women were enrolled during their routine antenatal care booking in the hospital and followed till discharged after delivery from the hospital. Only women who met the inclusion criteria during enrolment and gave a written informed consent to participate in the study were recruited. During recruitment, socio-demographic data, past medical history, history of index pregnancy and physical examination findings were collected in a predesigned questionnaire. Capillary blood sample was tested for haemoglobin concentration at enrolment and at delivery. Gestational age at birth, perinatal deaths, Apgar score at 1 and 5 minutes, birth weight and maternal mortality and morbidities were also recorded.

Most of the women 142 (72.4%) had mild anaemia while 54 (27.6%) had moderate anaemia at booking. There was no case of severe anaemia at recruitment. Only 106 (54.08%) of them remained anaemic during delivery with 2 (1.0%) developing severe anaemia from abruptio placenta. The prevalence of anaemia in the study was 23.76%.

Thirty-four (17.3%) of the women had preterm delivery, 32 (16.2%) and 8 (4.1%) had Apgar score less than 7 at 1 and 5 minute respectively. Twenty (10.2%) had birth weights less than 2.5kg while 7 (3.5%) had IUFD and 4 (2.0%) died during the early neonatal period. There was no maternal mortality recorded in this study. Maternal morbidities observed included 9 cases of PPH, 5 cases of PIH, 2 cases of eclampsia and a case of placenta praevia.

Health care providers need to be aware of the potential dangers of anaemia in pregnancy both to the mother and her unborn baby with the sole aim of reducing this unacceptably high prevalence of anaemia if the goal of reducing maternal and infant morbidity and mortality is to be achieved. Educating women on the need for early commencement of antenatal care and delivery in the hospital will help reduce the prevalence of anaemia and the adverse perinatal outcome often observed.