COMMON CAUSES OF RISKY PREGNANCY AMONG PREGNANT WOMEN IN IRAQ

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ABSTRACT
Introduction: Pregnancy factors are those that affect women's pregnancy and pregnancy requirements and its important because their consequences have a higher likelihood of complications or health problems during pregnancy. Aims: to assess the most common causes of risky pregnancy among women in Iraq during the study period. Method: A retrospective study was carried out at the Life Statistics Center of the Iraqi Ministry of Health within 3 months. During this period, the study samples were collected for three years, starting from 2014, 2016 and 2017. For 2015, information was not available in the document. Data was entered to Excel sheet and the STATA software program was used to analyze this data. Results: Out of 1390205 of pregnant women, the pregnant are suffering from (anemia, previous abortion, previous caesarean, still birth, blood group incompatibility, hypertension, multiple gestation, diabetes, and hemorrhage). The higher percentage were in 2017, followed by 2016 and less in 2014. Conclusion: anemia is a most common cause of risky pregnancy among pregnant women followed by history of caesarean section and abortion.

KEYWORD: Risky, Anemia, pregnancy; Iraq, causes.

INTRODUCTION
Although there is no comprehensive definition of "high-risk pregnancy", it is generally accepted that these are cases in which the pregnant mother or the fetus in the womb has more likely to have health complications than normal.1[1] Either during pregnancy (ante partum) or during intrapartum or postpartum.2[2] Mother risk factors can be classified into three sections, pregnancy factors, factors related to their previous pregnancy, and factors that are already relevant to their health.3[3] Pregnancy factors are those that affect women's pregnancy and pregnancy requirements.4[4] These factors are important because their consequences have a higher likelihood of complications or health problems during pregnancy.5[5] Other factors related to the date of pregnancy and previous pregnancy and health events related to complications of pregnancy and childbirth experienced by a previous pregnancy, and follow-up can determine whether there is a possibility of recurrence in the current pregnancy according to consult with the doctor, as some of the complications of pregnancy can be repeated and some are not6[6],7[7] of these may be repeated in varying degrees:

- Birth of a former child weighing more than 4.5 kg.8[8]
- Eclampsia in a previous pregnancy.9[9]
- Six or more pregnancies previously10[10] and birth of fetal birth defects.

The level of maternal health, whether it has certain chronic diseases, or so-called "medical history", is one of the things that may affect the level of the current pregnancy. Examples of cases that a pregnant mother may have even before starting pregnancy.11[11] From this point, we focused on this study to assess the most common causes of risky pregnancy among women in Iraq during the study period.

METHODOLOGY
A retrospective study was carried out at the Life Statistics Center of the Iraqi Ministry of Health within 3 months. During this period, the study samples were collected for three years, starting from 2014, 2016 and 2017. For 2015, information was not available in the document. Data was entered to Excel sheet and the STATA software program was used to analyze this data and make tables and graphs.

RESULTS
Out of 1390205 of pregnant women, the pregnant are suffering from (anemia, previous abortion, previous caesarean, still birth, blood group incompatibility, hypertension, multiple gestation, diabetes, and
hemorrhage). The higher percentage were in 2017, followed by 2016 and less in 2014 [Table 1]. Also, 48.2% of pregnant are suffering from anemia and is the most common cause of risky pregnancy among them followed by previous abortion 20.5% and previous caesarean section 17.1% [Figure 1].

The highest peak in the trend was due to anemia during the study years, followed by previous abortion and previous caesarean section and the least peak was the result of hemorrhage [Figure 2].

Table 1: Distribution of studied sample according to causes of risky pregnancy by year in Iraq.

<table>
<thead>
<tr>
<th>Causes of risky pregnancy</th>
<th>2014</th>
<th>2016</th>
<th>2017</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>F.</td>
<td>%</td>
<td>F.</td>
<td>%</td>
</tr>
<tr>
<td>Anemia</td>
<td>201502</td>
<td>30.1</td>
<td>224695</td>
<td>33.5</td>
</tr>
<tr>
<td>Previous abortion</td>
<td>93767</td>
<td>32.9</td>
<td>87790</td>
<td>30.8</td>
</tr>
<tr>
<td>Previous caesarean section</td>
<td>76054</td>
<td>31.9</td>
<td>74368</td>
<td>31.4</td>
</tr>
<tr>
<td>Previous still birth</td>
<td>22110</td>
<td>35.6</td>
<td>18604</td>
<td>30.0</td>
</tr>
<tr>
<td>Blood group incompatibility</td>
<td>16842</td>
<td>34.1</td>
<td>15410</td>
<td>31.2</td>
</tr>
<tr>
<td>Hypertension</td>
<td>13599</td>
<td>31.3</td>
<td>14781</td>
<td>33.9</td>
</tr>
<tr>
<td>Multiple gestation</td>
<td>9181</td>
<td>40.4</td>
<td>6777</td>
<td>29.8</td>
</tr>
<tr>
<td>Diabetes</td>
<td>5211</td>
<td>52.5</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Hemorrhage</td>
<td>5195</td>
<td>53.4</td>
<td>4532</td>
<td>46.6</td>
</tr>
<tr>
<td>Total</td>
<td>443461</td>
<td>31.8</td>
<td>446957</td>
<td>32.2</td>
</tr>
</tbody>
</table>

Figure 1: Distribution of studied sample according to total of causes of risky pregnancy in Iraq during the study period.

Figure 2: Distribution of studied sample of risky pregnancy by year in Iraq.
DISCUSSION
In our study, the higher percentage 48.2% of cases are suffering from anemia during pregnancy and the anemia is became the most common cause of risky pregnancy among pregnant women. compared with a result study in Baghdad, the author reported the 67% of cases were suffering from anemia. In Nigeria, the authors found 32.5% of cases were anemic. This due to difference of lifestyle between countries.

For abortion, the higher percentage of previous abortion was found in 20.5% of pregnant women and compared with a study in Nigeria, the author found that the abortion was more prevalent among respondents from urban (34.8%) than rural (29.4%). This is due to different customs and traditions between countries.

In this study, we found that the previous caesarean section in 17.1% of pregnant and compared with a study in South Wale, the authors found that the 19% of mothers had a caesarean section in their first pregnancy. Furthermore, we found 4.5% of cases are suffering from previous still birth. Other study in Iran, the authors found that 1.8% of cases had a history of still birth. Also, the chronic disease such as hypertension, diabetes is considered as a cause of risky among pregnant. In our study, we found 3.1% and 0.7% of cases had a history of hypertension and diabetes, respectively. Other study in Ethiopia, the authors found that 32% of cases were suffering from chronic disease. In this study, also found 0.69% of cases had a hemorrhage history during pregnancy, other study in UK, the authors found 10% of cases had a PPH during pregnancy. This refer to different lifestyle between countries.

Diagnosing a pregnant woman with a "high risk pregnancy" requires that one of the factors mentioned is present in her current pregnancy, pregnancy, public health, or fetal pregnancy. Therefore, a medical diagnosis may be made prior to pregnancy, prior knowledge of her condition, review of her health status during her visit to the obstetrician, review of the results of tests performed at the beginning of pregnancy, or when reviewing the results of ultrasound scans usually performed during the period Between the 16th week and the 19th week of pregnancy.

CONCLUSIONS
Anemia is a most common cause of risky pregnancy among pregnant women followed by history of caesarean section and abortion.

REFERENCES


