PRECONCEPTION CARE PRACTICE IN PREGNANT HIV INFECTED WOMEN IN KIAMBU COUNTY, KENYA.

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A RESEARCH PROPOSAL SUBMITTED IN PARTIAL FULFILLMENT OF THE REQUIREMENTS FOR THE AWARD OF THE MASTER OF PUBLIC HEALTH (MONITORING AND EVALUATION) IN THE SCHOOL OF PUBLIC HEALTH OF KENYATTA UNIVERSITY.

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DECLARATION

This proposal is my original work and has not been presented for a degree in any other University.

Signature .......................................................... Date 23/09/2014

Joseph Mwangi Muthoni

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Supervisors Declaration

This proposal has been submitted for review with our approval as University supervisors

Signature .......................................................... Date 24/9/2014

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ABSTRACT

Preconception care (PCC) is the patient education, evaluation, and management aimed to prevent unplanned pregnancies and decrease the risk of adverse health effects for the woman, fetus, and neonate by optimizing the woman's health and knowledge before planning and conceiving a pregnancy. Importantly, the HIV pandemic makes PCC even more essential due to the additional risks for sexual and vertical transmission of HIV. This study seeks to determine whether PCC is indeed practiced among HIV infected women as a way of fighting the HIV pandemic, besides preventing pregnancy related morbidities and mortalities. The study will be a cross-sectional study in which pregnant HIV infected women who were already enrolled in chronic care by their estimated date of conception will be interviewed on PCC interventions. Besides, clients' files will be reviewed to abstract data on client's condition, stage of HIV disease, CD4 count, and viral load around the conception period because these are the consideration in preconception care practice, yet the patient may not remember. The study will be done in eight Kiambu county facilities that have established comprehensive care clinics namely Kiambu sub-county hospital, Kihara sub-county hospital, Tigoni sub-county hospital, Ruiru sub-county hospital, Nazareth mission hospital, Gatundu sub-county hospital, Githunguri sub-county and Thika sub-county hospital over a period of two months. A sample of 322 HIV infected women will be used. A questionnaire and a checklist will be used to collect data, which will then be analyzed using SPSS. Analysis will involve t-test to compare proportion of women getting preconception care vis-à-vis proportion not getting preconception care. Results will be presented in graphs, tables and charts and the results disseminated to all stakeholders including Kenyatta University and medical superintendents in respective facilities.