

**PRE-ECLAMPSIA AND ECLAMPSIA OUTCOMES AND THEIR
DETERMINANTS AMONG WOMEN WHO DELIVER IN NAKURU LEVEL
FIVE HOSPITAL, NAKURU COUNTY, KENYA**

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DECLARATION


This thesis is my original work and has not been presented for any award of degree or diploma in any other university or institution.'

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ABSTRACT

Preeclampsia and eclampsia (PET/E) are a major cause maternal, fetal and neonatal morbidity and mortality globally. Many studies place hypertensive disorders which include PET/E as the third leading cause of maternal mortality in the world. Roughly 6,300 women die each year in Kenya due to pregnancy related causes. (WHO, 2016). PET/E are also the major etiology for premature births resulting in perinatal mortality and morbidity. Approximately 96 stillbirths and 92 neonatal deaths occur every day in Kenya. There is diminutive data on Nakuru level 5 hospital (NL5H) and indeed Nakuru County as a whole on PET/E related mortality and morbidity due to lack of research in the area. The goal of this study is to provide data that can be utilized to upgrade and ameliorate maternal and neonatal health outcomes for pregnant women. An analytical cross sectional study was conducted to find out the incidence, awareness level and outcomes of PET/E in the postnatal wards at NL5H. Structured questionnaires and key informant interview guides were used. One hundred and thirteen women were interviewed on their first postnatal day. The data collection tools' contents were organized systematically examined for accomplishment, redacted for faults and omissions, and then they were encoded. The data was subsequently arranged based on the research questions and objectives. Data was analyzed using SPSS version 23. Chi-square and correlation was used to test for association and logistic regression for inferential statistics. Data displayed in the form of frequency tables, and pie charts, and then elaborations followed to clarify the context. The results showed that the incidence of preeclampsia and eclampsia among women delivering at NL5H was 6.9%. A majority of the respondents (43.4%) had low level of awareness. The most common complications to the mothers were premature labour (36%), postpartum haemorrhage (23%) and antepartum haemorrhage (7%). The most common complications of the newborn were prematurity (37%), low birth weight (25%) and birth asphyxia (23%). Symptomatic presentation i.e. hypertension, proteinuria and oedema showed statistically significant relationship with complication to both mother and the baby using person's chisquare. Those with more severe form of the symptoms were more likely to develop complications as per binary logistic regression analysis. For instance severe hypertension (odds ratio=7.7), proteinuria +++ (odds ratio=6.2) and presence of oedema (odds ratio=5.4) were more likely to develop complications than those with mild symptoms. To the neonate, it also showed that those with more severe proteinuria (proteinuria +++) (odds ratio=4.5) were more likely to develop complications. In addition, those with presence of oedema (odds ratio= 3.5) were also more likely to develop complications. It was concluded that the incidence of preeclampsia and eclampsia among mothers who deliver at NL5H is within the national and international averages. The study also concluded that, knowledge levels on symptoms of PET/E are low. Furthermore it was identified that premature labour, postpartum haemorrhage and antepartum haemorrhage as the most common complication of PET/E to the mothers. In addition prematurity, low birth weight and birth asphyxia, neonatal jaundice and neonatal death were also identified as the most common neonatal complications. It was also confirmed that symptomatic presentation was associated with complication of PET/E. Those with severe symptoms were more likely to develop complications to both the mother and neonate. The study recommends early identification, management, referral, closely monitoring and follow up pregnant women with preeclampsia throughout the pregnancy continuum.