



Pregnant women knowledge about smoking and his outcomes

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Introduction

Prenatal exposure to maternal cigarette smoking during pregnancy is associated with a wide variety of adverse outcomes on both the mother and foetus. It increases the risk of sudden infant death syndrome, decreases infant birth weight and on the other hand it affects the cardiovascular and respiratory system of the mother.

Methodology and research tools:

We conducted a cross-sectional study. Data from 150 pregnant women were collected from 1st January 2021 to 30 March 2021 and it was carried out using self-administered questionnaires at nine public health facilities when they attended antenatal health check-ups. If participants had difficulty answering the questionnaires due to low literacy levels, trained medical personnel helped her answering.

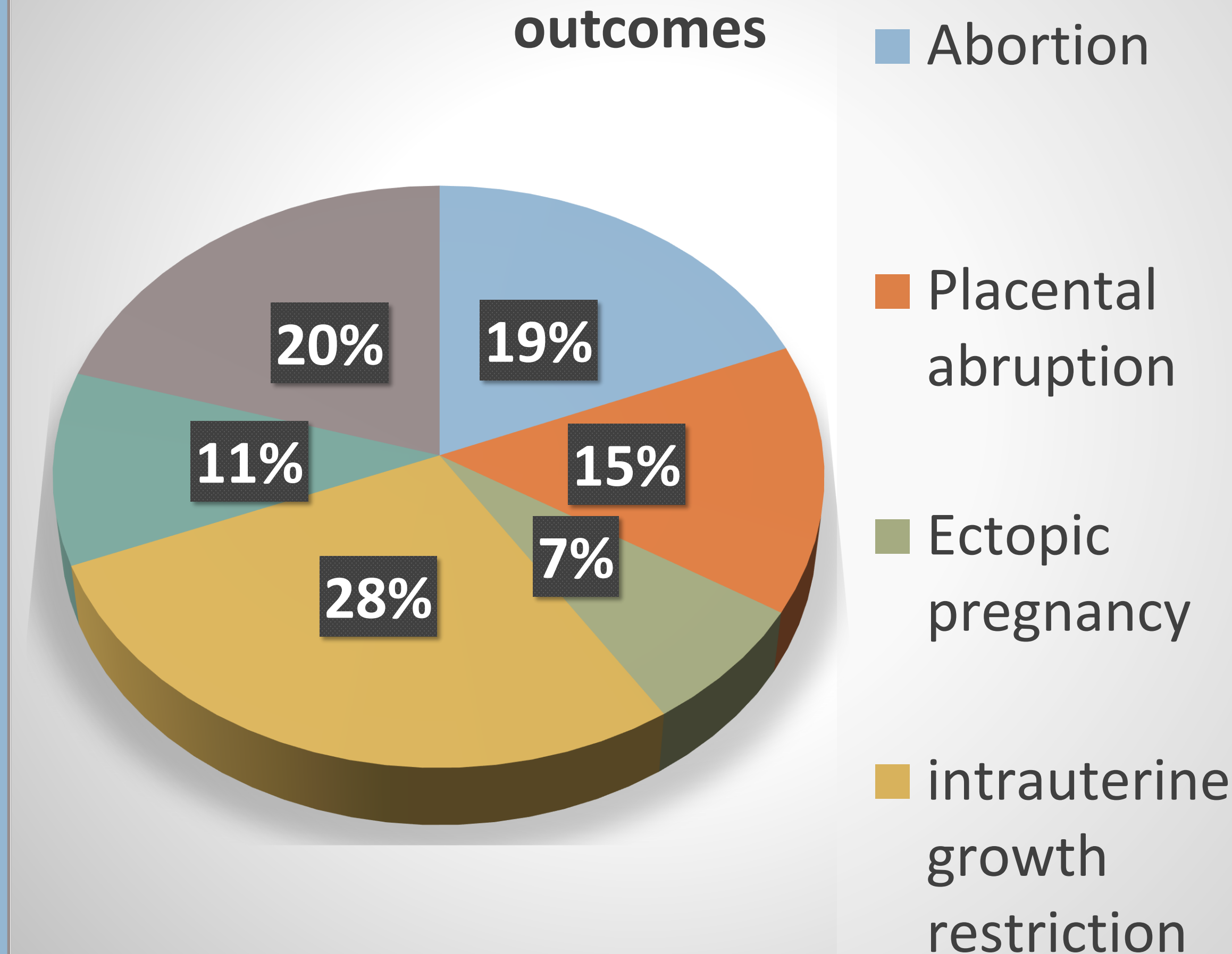
Results

The median age of participants was 34 years (range, 18 to 45). Compared with pregnant women of basic education level (junior, middle school or below) those of the higher education level (undergraduate or above) were at higher risk (93,4%) of smoking. Out of 150 pregnant women questioned, 85 (56,52%) quit smoking once pregnancy was confirmed, and 65 (43,48%) kept on smoking. Approximately, 62,30% of women correctly knew about general health hazards of smoking such as lung cancer (73%), cardiovascular complications (45%), diabetes (31%)

Results

and chronic obstructive pulmonary disease (COPD) (12,5%). Pregnant smokers in our study were aware of smoking hazards on perinatal outcomes, such as abortion (31,94%), placental abruption (25%), intrauterine growth restriction and foetal malformations (47%), foetal death (34%), premature birth (17,9%) and ectopic pregnancy (11,8%). Score on knowledge about smoking harms on infants were significantly low, only 15% of women knew about the consequences of their risky behaviour.

knowledge of pregnant women about smoking hazards on perinatal outcomes



Discussion

We found that the pregnant women evaluated in the present study presented with certain risk factors for smoking[1,2]. The majority had a low level of formal education. The consequences of maternal smoking for the fetus and newborn infant, such as prematurity, alformation, and low birth weight, were also known by only approximately 17.9% of the participants. In addition, 45% of the women we interviewed were aware of the fact that smoking is associated with cardiovascular disease and cancer. These findings are consistent with those of studies showing that pregnant women possess only superficial knowledge of the health consequences of smoking during pregnancy[1,3]. According to data in the literature, pregnancy promotes smoking cessation, and that window of opportunity is not being taken advantage of, as evidenced [4]. Furthermore, at least two studies have reported that mothers feel guilty about smoking during pregnancy [3,4]. Therefore, a carefully presented appeal to consider smoking cessation treatment before or during pregnancy could be an effective strategy targeting this population of women.

Conclusion

The results prove that pregnant women lack knowledge regarding the harms of smoking during pregnancy. Our results suggest an urgent need for individual and group based interventions for pregnant women to decrease smoking during pregnancy and enhance awareness about maternal and foetal risk associated with tobacco use.

Références

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