

# Comparing Knowledge, Practices, and Outcome of Preeclampsia Among Pregnant Women Attending Antenatal Clinics in Federal Staff Hospital, Gwarinpa, and Grabbo Fertility Clinic, Gwarinpa

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## ABSTRACT

**Background:** Low- and middle-income countries (LMICs), including Nigeria, experience a higher prevalence of preeclampsia among pregnant women compared to the global rate of 2-8%. This study examined knowledge, practices, and delivery outcomes related to preeclampsia among pregnant women at the Federal Staff Hospital and Grabbo Fertility Clinic.

**Methodology:** This research utilised a comparative cross-sectional study design. The researchers recruited a total of 390 pregnant women who visited the Federal Staff Hospital, Gwarinpa and Grabbo Fertility Clinic, Gwarinpa, Abuja, for antenatal care (ANC) and who met the inclusion criteria of the study. Using a multistage sampling technique which involved simple random, stratified, and systematic sampling methods, study participants were sampled from both settings. This ensured the study sample was representative and minimised selection bias. Moreover, a well-structured, pretested questionnaire was the research instrument for this study.

**Results:** Results from the study revealed high levels of awareness of preeclampsia in both settings (78.9% and 82% respectively) with the majority of individuals indicating that high blood pressure was the primary cause. The knowledge of symptoms, complications and early detection practices were similar in both settings and there were no significant differences ( $p > 0.05$ ). In practice, most women indicated they received ANC education and believed preeclampsia could be managed medically, though postpartum follow up, monitoring and counselling for future pregnancies was low. Delivery outcomes revealed a little bit higher caesarean rate at Grabbo (53.5%) as compared to Federal Staff Hospital (40.4%). In contrast, adverse neonatal outcomes such as preterm birth, low birth weight, and NICU admissions were reported in both facilities, without significant differences.

**Conclusion:** Based on the findings of the study, the study concludes that in as much as respondents showed high awareness and good antenatal education, there are still gaps in postpartum care and long-term follow-up. It is therefore, recommended that there is a need to strengthen counselling, postpartum monitoring, and community awareness programs is essential.

**Keywords:** Preeclampsia, Knowledge, Practices, Delivery Outcomes, Antenatal Care

