

Quality of life in Women with Adverse Pregnancy Outcome in Karad

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Abstract

Pregnancy is a period from conception to birth. During this period several physical and emotional changes occurs in women. Women should be physically and more over mentally prepared to have a baby in her womb. Miscarriage is spontaneous loss of the fetus before 20 weeks of gestation. The rate of miscarriage increases with a maternal age of less than 18years or an age of 35 years or more, an increasing number of previous miscarriage, and increasing parity. In rural population women are forced to marry at an early age.

Objective: To study the quality of life on SF-36 questionnaire of women having adverse pregnancy outcomes.

Materials and Methodology: The study was conducted in krishna institute of medical sciences 'deemed to be' university Karad. Subjects were selected according to inclusion and exclusion criteria. The subjects underwent test using quality of life questionnaire- SF36.

Conclusion: The present study provided evidence to support the decline in quality of life of women with adverse pregnancy outcome.

Key words: *adverse pregnancy, miscarriage, quality of life, SF-36*

Introduction

Women is a creative force of the universe in almost all its expression. Life begins in her womb and it is in her guiding hands and tender care that it finds expression. Being a mother is one of the most blessed and the challenging job in the world. Giving birth to a new life and making it walk through the new world holding its hands showing a good trial makes a mother victorious in her life.¹

Pregnancy is a period from conception to birth. During this period several physical and emotional changes occurs in women. Women should be physically and more over mentally prepared to have a baby in her womb. Even before women gives birth, pregnancy thinkers with the very structure of the brain.²

In today's generation modern women are enjoying more freedoms than ever before in almost all the field. Today women's don't like to sacrifice anymore. They don't want to work at anything that takes more time. It takes time to invest in people and they want it easy. Fast-food, fast internet, fast coffee, and fast checkout lines. Anything outside of this crumbles their universe. Women today behave very much more like man. They drink alcohol and do drugs. In this modern era women's attitude against pregnancy and being a mother is changing. With the changing attitude of pregnant women and life style there is increase in number of adverse pregnancy outcomes such as miscarriage, fetal death, still births etc.^{2,3}

Miscarriage is spontaneous loss of the fetus before 20 weeks of gestation. The rate of miscarriage increases with a maternal age of less than 18years or an age of 35 years or more, an increasing number of previous miscarriage, and increasing parity. In rural population women are forced to marry at an early age. With such marriages the pressure of getting pregnant as soon as possible is also high. Endocrine disorders,

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immunological disorders, infection, maternal medical illness, uterine fibroids, alcohol consumption, smoking, drugs are some of the common causes of miscarriage⁵

Quality of life is a general well-being of individuals and societies, outlining negative and positive features of life. Quality of life is an overarching term for the quality of various domains in life. It is subjective, multidimensional concept that defines a standard level of emotional, physical, material and social well-being.

The loss of fetus leads to stressful or traumatic events which can have a lifelong effect. Traumatic experiences involve a various series of physiological and psychological reactions such as depression, anxiety, frustration, sleep disorders, grief, excess fatigue, irritability, pain and lack of concentration. Denial and repression of such feelings can lead to adverse health effects and disorders such as posttraumatic stress. Many studies have shown high rates of symptoms of depression, anxiety and fatigue following perinatal loss.⁶

It is important to understand the effect of this type of loss on the quality of life of women in order to develop intervention to reduce physical and mental stress of mother.

Materials and Method

The subjects in Krishna institute of medical sciences deemed to be university campus were screened and those fulfilling the inclusion and exclusion criteria were involved. 55 subjects were selected for the study. Participants were informed about the study and consent was taken. The subjects underwent test using quality of life questionnaire SF-36.

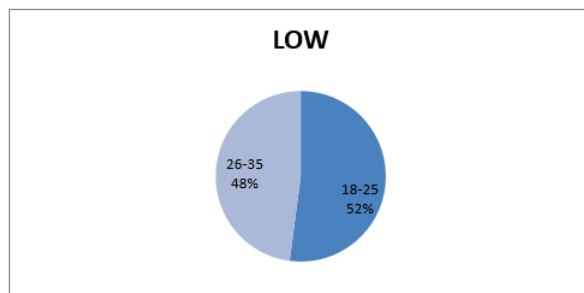
Statistical Analysis

Statistical analysis was done by using the statistics software INSTAT so as to verify the results derived. Arithmetic mean and standard deviation was calculated for the outcome measure MS Excel was used for drawing graph.

Results

Table 1: Age distribution.

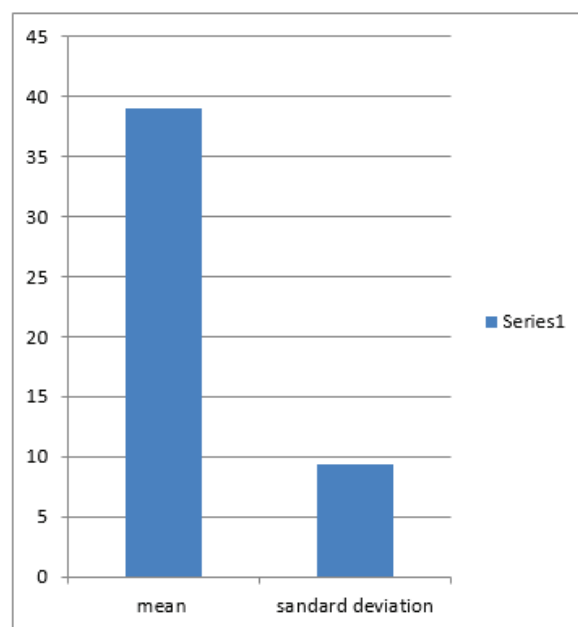
Age	Low QOL	HIGH QOL
18-25	25	4
26-35	23	2



Graph 1: Age Distribution

2. Outcome Measures.

Outcome Measure	Mean	Standard Deviation
Quality of Life Sf36	39.019	9.311



Graph 2: Mean And Standard Deviation of Total Scoring of Sf-36.

Discussion

Child birth is one of the most heavenly things in this universe. Women is a creative force of the universe in almost all its expression. Life begins in her womb and it is in her guiding hands and tender care that its finds expression. Being a mother is one of the most blessed and the challenging job in the world. Giving a birth to new life and making it walk through the new world holding its hands showing a good trial makes a mother

victorious in her life.

Pregnancy is the period from conception to child birth. During this stage many emotional and physical changes occur in the women. In this modern era women's attitude against pregnancy and being a mother is changing. With the changing attitude of pregnant mother and life style there is increase in number of adverse pregnancy outcomes such as miscarriage, fetal death, still births etc.

Miscarriage is spontaneous loss of the fetus before 20 weeks of gestation. Endocrine disorders, immunological disorders, infection, maternal medical illness, uterine fibroids, alcohol consumption, smoking, drugs are some of the common causes of miscarriage.

The loss of fetus can lead to traumatic or stressful events which have a lifelong effect. It involves various series of physiological and psychological reactions such as depression, anxiety, frustration, sleep disorders, grief, excess fatigue, irritability, pain and lack of concentration.

The objective of this study was to see the quality of life of women with adverse pregnancy outcome in rural population using SF-36 questionnaire.

This study was conducted in KIMS, where subjects were selected as per the criteria and underwent a study where they had to answer the questions of SF-36 questionnaire. Subjects were informed about the study and prior consent was taken.

The results of this study showed that there was significant decline in the quality of life of the women with adverse pregnancy outcome.

Women's with age group 18-25 has 52% of quality of life and age group 26-35 showed 48% of quality of life.

Conclusion

The present study provided evidence to support the decline in quality of life of women with adverse pregnancy outcome.

Funding

Funding was provided by Krishna institute of medical sciences deemed to be university.

Conflict of Interest: There was no conflict of interest.

Ethical Clearance: Ethical clearance was obtained from the protocol committee and institutional ethical committee of Krishna institute of medical sciences deemed to be university.

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