Treatment Compliance Among Women with Pregnancy Induced Hypertension Attending Selected Health Facilities In Rachuonyo North Sub-County, Homabay County, Kenya

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Abstract

Treatment compliance among pregnant women with pregnancy induced hypertension (PIH) continues to be a major global health challenge. Maternal and infant mortality and morbidity remain high and PIH is one of the leading causes. However, very little has been achieved to bring this condition under control and many mothers and newborns continue to die or suffer many complications. The main objective was to assess treatment compliance among women with PIH in Health Facilities within Rachuonyo North Sub-County Homa-Bay County. The specific objectives were to establish the effect of socioeconomic factors, knowledge level of women with PIH, health system factors on treatment compliance among women with PIH. A cross sectional descriptive study was undertaken targeting reproductive women (15-49 years) who were pregnant and already diagnosed with PIH in selected Health Facilities. Questionnaires, FGD guides and KIIs were used for data collection. Two doctors, two clinical health officers and two Nurses were used as key informants. Chi Square and logistic regression assessed the association between the variables. The level of treatment compliance among women with PIH stood at 18.3%. Among the women with PIH, 68.1% had high knowledge on treatment compliance. Socio-demographic factors that were significantly associated with treatment compliance were age (p-value =.007) and education level (p-value =.038). On the health system factors; explanation of PIH during diagnosis (p-value =.001), advice on the importance of PIH medications (p-value=.025), explanation on timing medications (p-value =.024) and follow-up frequency (p-value =.001) were significantly associated with treatment compliance. Education level was the only significant factor that could predict treatment compliance (p-value =.05). The findings is useful for planning and designing appropriate intervention by the Ministry of Health, Non- governmental organization and stakeholders in creating awareness about treatment compliance among pregnant mothers with PIH so as to avert the trend and prevalence of Pregnancy Induced Hypertension.

Key words: Pregnancy, Induced, woman, Hypertension, Health