

MATERNAL HEIGHT AND OBSTETRIC OUTCOME IN A TERTIARY HOSPITAL OF SOUTHERN NIGERIA: A PROSPECTIVE ANTHROPOMETRIC STUDY

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ABSTRACT

Background: Maternal height has been one of the contributory anthropometric factors that determine obstetric outcome.

Objective: To ascertain the maternal and perinatal risks associated with short maternal height among parturients in Federal Medical Centre, Yenagoa, Bayelsa State, Nigeria.

Methodology: This is a descriptive comparative study of labour ward patients. The study group was the first group which included 94 parturients with maternal height of ≤ 152 cm while the control group was the second group which included 102 parturients with height > 152 cm. A structured self-administered questionnaire was designed and used to collect information from the parturients. The data was processed using SPSS windows version 22.

Results: The study showed that more of the women in the study group had their delivery via caesarean section compared to those in the control group with a ratio of 3:1 for the study and control group. Neonates delivered by short statured mothers had lower mean birth weight (3.3 kg) unlike those in the control group that had a mean birth weight of 3.6 kg. However, the result revealed that poor Apgar score was relatively more in the control group (6.9%) unlike those in the study group (4.4%). Similarly, a relatively higher percentage of the control group (9.9%) had more S.C.B.U. admissions than those in the study group (9.8%) but it was not statistically significant. Despite these, more stillbirths were noted among the study group than the control group with a ratio of 2:1 neonates in the study and control groups respectively.

Conclusion: This study showed that poor obstetric outcomes are commoner among short statured women. The need for individualization of patients, partograph monitoring, prompt diagnosis of cephalopelvic disproportion, early possible caesarean section and neonatal resuscitation in this group are pivotal in the prevention of adverse maternal and perinatal morbidity and mortality.

Keywords: Maternal height, Short stature, Obstructed labour, Maternal mortality, Perinatal mortality.