Socio-demographic and lifestyle factors associated with spontaneous abortion among women attending Thika District level V hospital, Kenya

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A thesis submitted in partial fulfillment for the degree of Master of Science in Public Health in the Jomo Kenyatta University of Agriculture and Technology

2011
DECLARATION

This thesis is my original work and has not been presented for a degree in any other University

Signature…………………………………….. Date: ………………………

Emmah Nyambura Mwangi

This thesis has been submitted for examination with our approval as University supervisors

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DEDICATION

I dedicate this thesis to my dear parents Mr. and Mrs. Mwangi, my sisters Irene, Pauline, Lillian and brother Joel for their love, support, and encouragement during the course of this study.
ACKNOWLEDGEMENTS

This work has been accomplished with the assistance of many people who deserve special mention for their support. Firstly, glory be to God for all was made possible by Him, he gave me grace and strength to complete this study even in the midst of various challenges. My sincere appreciation goes to my supervisors Prof Zipporah Ng’ang’a of Jomo Kenyatta University of Agriculture and Technology, Mr. Joseph Mutai of Kenya Medical Research Institute, and Mr. Lawrence Muthami of Kenya Medical Research Institute, for their availability and accessibility for constant consultations, constructive criticism and general guidance throughout the entire study. Their reproof, encouragement and love gave me courage to face the challenges since they have been through this road before me.

I would also want to sincerely thank my colleagues and friends Mr. Samuel Wachira, Ms. Mercy Njeru, Mrs. Beatrice Kithuka, Ms. Rachael Wanjiku and Mrs. Susan Githii who have been of great encouragement and support throughout this study.

Last but not least, my appreciation goes to the staff of Jomo Kenyatta University of Agriculture and Technology, Kenya Medical Research Institute and Thika District level V hospital, Kenya for their timely support and assistance.
TABLE OF CONTENTS

DECLARATION ...........................................................................................................................................ii

DEDICATION ...............................................................................................................................................iii

ACKNOWLEDGEMENTS .........................................................................................................................iv

LIST OF TABLES .........................................................................................................................................viii

LIST OF FIGURES .......................................................................................................................................ix

LIST OF APPENDICES ..............................................................................................................................x

LIST OF ABBREVIATIONS AND ACRONYMS ......................................................................................xi

DEFINITION OF TERMS AS USED IN THIS STUDY ...........................................................................xii

ABSTRACT ................................................................................................................................................xiv

CHAPTER ONE: .........................................................................................................................................2

1.0 INTRODUCTION .................................................................................................................................2

1.1 BACKGROUND INFORMATION .......................................................................................................2

1.2 STATEMENT OF THE PROBLEM ......................................................................................................4

1.3 JUSTIFICATION .................................................................................................................................4

1.4 RESEARCH QUESTIONS ....................................................................................................................5

1.5 OBJECTIVES ......................................................................................................................................6

1.5.1 MAIN OBJECTIVE .......................................................................................................................6

1.5.2 SPECIFIC OBJECTIVES .............................................................................................................6
CHAPTER TWO ........................................................................................................7

2.0 LITERATURE REVIEW .........................................................................................7

2.1 ADVERSE PREGNANCY OUTCOMES ..................................................................7

2.2 CLASSIFICATION OF SPONTANEOUS ABORTION ..............................................9

2.3 MAGNITUDE OF SPONTANEOUS ABORTION ......................................................9

2.4 SIGNS AND SYMPTOMS OF SPONTANEOUS ABORTION .................................11

2.5 ETIOLOGY OF SPONTANEOUS ABORTION ......................................................12

2.6 ABORTION RELATED COMPLICATIONS .............................................................13

2.7 MANAGEMENT OF ABORTION COMPLICATIONS ..............................................13

CHAPTER THREE: ....................................................................................................14

3.0 METHODOLOGY ..................................................................................................14

3.1 STUDY AREA .........................................................................................................14

3.2 STUDY DESIGN ......................................................................................................14

3.3 STUDY POPULATION ............................................................................................15

3.3.1 INCLUSION CRITERIA .....................................................................................15

3.3.2 EXCLUSION CRITERIA ...................................................................................15

3.4 SAMPLE SIZE DETERMINATION .......................................................................15

3.5 SAMPLING PROCEDURE ....................................................................................16

3.6 DATA COLLECTION ..............................................................................................16

3.7 DATA ANALYSIS ................................................................................................16

3.8 ETHICAL CONSIDERATIONS ..............................................................................17
3.9 STUDY LIMITATION ........................................................................... 17

CHAPTER FOUR .................................................................................. 18

4.0 RESULTS ....................................................................................... 18

4.1 SOCIO-DEMOGRAPHIC CHARACTERISTICS OF RESPONDENTS .......... 18

4.1.1 LIFE STYLE CHARACTERISTICS OF RESPONDENTS ......................... 19

4.1.2 LEVEL OF OCCURRENCE OF SPONTANEOUS ABORTION .................. 22

4.1.3 LEVEL OF OCCURRENCE OF SPONTANEOUS ABORTION IN RELATION TO VARIOUS
SOCIO-DEMOGRAPHIC FACTORS ............................................................... 22

4.1.4 LEVEL OF OCCURRENCE OF SPONTANEOUS ABORTION IN RELATION TO VARIOUS
LIFESTYLE FACTORS .................................................................................. 29

4.1.5 MULTIVARIATE ANALYSIS ................................................................. 34

CHAPTER FIVE .................................................................................... 36

5.0 DISCUSSION .................................................................................... 36

5.1 LEVEL OF OCCURRENCE OF SPONTANEOUS ABORTION .................. 36

5.2 SOCIO-DEMOGRAPHIC FACTORS ASSOCIATED WITH SPONTANEOUS ABORTION ........ 37

5.3 LIFE STYLE FACTORS ASSOCIATED WITH SPONTANEOUS ABORTION ........ 40

5.4 CONCLUSIONS ................................................................................... 44

5.5 RECOMMENDATIONS .......................................................................... 45

REFERENCES .......................................................................................... 46

APPENDICES .......................................................................................... 52
LIST OF TABLES

Table 4.1: Socio-demographic characteristics of respondents…………………………19

Table 4.2: Life style characteristics of respondents………………………………………20

Table 4.3: Reasons given by physicians and respondents as to what might have led to
pregnancy loss……………………………………………………………………..21

Table 4.4: Level of occurrence of spontaneous abortion……………………………..22

Table 4.5: Bivariate analysis of socio-demographic factors in relation to occurrence of
spontaneous abortion………………………………………………………………28

Table 4.6: Level of occurrence of spontaneous abortion in relation to lifestyle
factors………………………………………………………………………………32

Table 4.7: Bivariate analysis of lifestyle factors in relation to level of occurrence of
spontaneous abortion……………………………………………………………33

Table 4.8: Variables that were significantly associated with spontaneous abortion at
p<0.05………………………………………………………………………………35
LIST OF FIGURES

Figure 4.1: Level of occurrence of spontaneous abortion by age group……………….23
Figure 4.2: Level of occurrence of spontaneous abortion by education level………….24
Figure 4.3: Level of occurrence of spontaneous abortion by occupation……………..25
Figure 4.4: Level of occurrence of spontaneous abortion by family history…………..26
Figure 4.5: Environmental toxins that respondents were exposed to…………………..27
<table>
<thead>
<tr>
<th>Appendix</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appendix I:</td>
<td>Informed consent form</td>
<td>52</td>
</tr>
<tr>
<td>Appendix II:</td>
<td>Semi-structured questionnaire</td>
<td>60</td>
</tr>
<tr>
<td>Appendix IV:</td>
<td>Scientific steering committee approval letter</td>
<td>75</td>
</tr>
<tr>
<td>Appendix V:</td>
<td>Ethical review committee approval letter</td>
<td>76</td>
</tr>
</tbody>
</table>
# List of Abbreviations and Acronyms

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tbody>
<tr>
<td>ACNM</td>
<td>American College of Nurse-Midwives</td>
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<tr>
<td>ANC</td>
<td>Antenatal Care</td>
</tr>
<tr>
<td>CI</td>
<td>Confidence interval</td>
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<tr>
<td>HIV/AIDS</td>
<td>Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome</td>
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<td>FH</td>
<td>Family History</td>
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<tr>
<td>OR</td>
<td>Odds Ratio</td>
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<tr>
<td>PAC</td>
<td>Post Abortion Care</td>
</tr>
<tr>
<td>SAB</td>
<td>Spontaneous Abortion</td>
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<tr>
<td>KEMRI</td>
<td>Kenya Medical Research Institute</td>
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<tr>
<td>UK</td>
<td>United Kingdom</td>
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<tr>
<td>UNICEF</td>
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<td>United Nations Population Fund</td>
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<tr>
<td>USA</td>
<td>United States of America</td>
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<tr>
<td>WHO</td>
<td>World Health Organization</td>
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<td>MOH</td>
<td>Ministry Of Health</td>
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DEFINITION OF TERMS AS USED IN THIS STUDY

Abortion
This is the expulsion of a dead fetus weighing less than 500g.

Induced abortion
This is an abortion that occurs with outside intervention.

Spontaneous abortion
This is an abortion that occurs without outside intervention.

Recurrent spontaneous abortion
This is a spontaneous abortion occurring in 3 or more consecutive pregnancies.

Stillbirth
This is the delivery of a fetus that has died before birth.

Domestic violence
This refers to being battered for example through being slapped, hit, or pushed violently.

Sexual violence
This refers to being forced into sexual intercourse without one’s will.

Emotionally unwell
This refers to feeling ‘stressed’, ‘anxious’, ‘depressed’, ‘out of control’, or ‘overwhelmed’.

Early pregnancy loss
This refers to when a spontaneous abortion occurs before the sixth week.

Clinical spontaneous abortion
This refers to when a spontaneous abortion occurs after the sixth week.
Late spontaneous abortion

This is an abortion occurring between the twelfth and the twentieth week of gestation.
ABSTRACT

Globally, an estimated 210 million women become pregnant annually and more than 25% of these pregnancies end in abortion or an unplanned birth. While many abortions may result from the desire to delay or avoid pregnancy, it is estimated that 15% to 20% of pregnancies end in spontaneous abortion which may be associated with maternal diseases such as malaria, HIV/AIDS and maternal lifestyle such as heavy caffeine intake before and during pregnancy and exposure to domestic violence. The understanding of the etiology of spontaneous abortion is still limited as few studies have been conducted on the same. Information on the occurrence as well as exposure factors of spontaneous abortion is non-existent in Kenya. The main objective of this study was to determine the socio-demographic and lifestyle factors associated with spontaneous abortion among women attending Thika District level V hospital, Kenya. A cross-sectional descriptive study was carried out in Thika District level V hospital, Kenya that included a total of 196 ante-natal and post-natal women who were systematically selected to participate in the study. A pretested questionnaire was then administered to women within the child bearing age (18-49 years) to determine the level of occurrence as well as exposure factors of spontaneous abortion. Level of occurrence based on “ever suffered” a spontaneous abortion was 28.6%. Having a family history of spontaneous abortion was the only socio-demographic factor significantly (p<0.020) associated with spontaneous abortion. A woman had a 2.4-fold risk (OR= 2.4, 95% CI= 1.135-5.073) of experiencing a spontaneous abortion if she had such a history.
Among the lifestyle factors, coffee intake during pregnancy was significantly (p < 0.002) associated with spontaneous abortion with 37.9% of those reporting to have taken coffee during pregnancy experiencing a spontaneous abortion relative to 18.3% of those not taking coffee. Further research through controlled studies on the quantity and duration of coffee intake that predisposes one to spontaneous abortion is however necessary in order to corroborate these findings. Exposure to X-ray treatments during pregnancy was also significantly (p<0.001) associated with spontaneous abortion with 70% of those who had been exposed to X-rays experiencing a spontaneous abortion. Ante-natal clinic attendance was also significantly (p< 0.005) associated with spontaneous abortion whereby there was a decreased risk (OR=0.23; CI= 0.08- 0.69) of experiencing a spontaneous abortion if a woman was attending ante-natal clinic. A significant association (p<0.001) was also observed between malaria and spontaneous abortion. The results of this study provide evidence that several lifestyle factors are associated with spontaneous abortion among women attending Thika District level V hospital. Advice to encourage women to adopt an appropriate lifestyle such as ante-natal clinics attendance needs to be emphasized. The results also provide a basis for further work so that more evidence can be provided on the etiology of spontaneous abortion.
CHAPTER ONE:

1.0 INTRODUCTION

1.1 Background information

Globally, an estimated 210 million women become pregnant and more than 25% of these pregnancies will end in abortion or an unplanned birth (Bankole et al., 1998; DaVanzo et al., 1998). While many abortions may result from the desire to delay or avoid pregnancy, it is estimated that 15% to 20% of pregnancies will end in spontaneous abortion or stillbirths which may be associated with maternal diseases such as malaria, HIV/AIDS and exposure to domestic violence (Fraser and Cooper, 2003). Spontaneous abortion is the most common complication of early pregnancy with most studies demonstrating a spontaneous abortion rate of 10-15% (Petrozza and Inna, 2006).

The majority of spontaneous abortions occur in the first trimester and less than three percent occur in the second trimester (Topping and Farquharson, 2007). One of the most common symptoms of a spontaneous abortion is bleeding (Gracia et al., 2005). About 20 to 30% of pregnant women have some bleeding at least once during the first 20 weeks of pregnancy with fewer than half of these episodes resulting in a spontaneous abortion (Hutchon, 1998). Complications that arise from both spontaneous and induced abortions may include incomplete abortion, hemorrhage, sepsis, and psychological trauma (Venners et al., 2004).
There are many reasons why a spontaneous abortion can occur and hence not all of them can be identified. The etiology can be divided into embryonic and/or maternal factors, although it is more likely to be multi-factorial. Embryonic factors may include; embryonic disease, disorder, or damage (Vitzthum et al., 2006). Maternal factors may include; maternal exposure to high doses of toxic agents, radiation or chemotherapy, maternal diseases, and trans-placental infections (Regan and Rai, 2000).

In developing countries, 15% of all pregnancies end in spontaneous abortion because of either fetal or maternal causes. Half (50%) of SAB cases have been associated with fetal chromosomal anomalies and the maternal factors that have been associated with SAB include; maternal age, maternal occupation, maternal lifestyle, maternal infections and disease such as malaria in the developing world (Carolyn, 2007).

The only national estimate of abortion in Kenya is based on a study of women with abortion related complications who were admitted in public hospitals over a three month period in 2002. The study estimated that each year, an estimated 316,560 spontaneous and induced abortions occur in Kenya (Ipas, 2004). Each year, an estimated 21,000 women are admitted to Kenyan public hospitals for treatment of complications from incomplete abortion (induced or spontaneous) and 28% of these experience severe complications such as uterine perforation and shock (Ipas, 2004). The overall maternal mortality ratio in Kenya stands at 560 deaths per 100,000 live births (WHO, 2005).
1.2 Statement of the problem

In developing countries, 15% of all pregnancies end in SAB because of either fetal or maternal factors (such as socio-demographic and lifestyle factors). In Kenya, an estimated 316,560 spontaneous and induced abortions occur each year (Ipas, 2004) and the overall maternal mortality ratio stands at 560 deaths per 100,000 live births (WHO, 2005). The main complications of SAB are infections and excessive bleeding that affect a woman’s overall health. Although a woman may quickly recover physically, psychological recovery for parents in general may take longer. An abortion (whether spontaneous or induced) not only affects the health of a woman, but also the economic status of a country as funds have to be allocated to deal with the complications that arise.

1.3 Justification

Induced abortion accounts for 68,000 maternal deaths worldwide and is the leading cause of maternal mortality (13%) since it is mostly performed under unsafe conditions. Of the women who survive unsafe abortions, 5 million will suffer long term health complications (Lisa and Nawal, 2009). In eastern Africa as a whole, the estimated number of induced abortions in 2003 was 2.3 million, or 39 abortions per 1,000 women of reproductive age (Ipas, 2004). Statistics on spontaneous abortion on the other hand are not well publicized as few studies have been done on the same (Lynn et al., 1996). This has mainly been contributed by majority of the studies focusing on abortion as a whole and not solely on spontaneous abortion.
An example of such studies in Kenya is a study that was conducted in 2002 by Hailemichael et al., (Hailemichael et al., 2005). There is no study that has been carried out in Kenya on level of occurrence as well as exposure factors associated with spontaneous abortion. This study was therefore carried out in order to fill this knowledge gap as well as generate data on spontaneous abortion which is currently non existent in Kenya.

1.4 Research questions

1. What is the level of occurrence of SAB?

2. What are the socio-demographic factors associated with SAB?

3. What are the lifestyle factors associated with SAB?
1.5 Objectives

1.5.1 Main objective

To determine the socio-demographic and lifestyle factors associated with SAB among women attending Thika District Level V hospital, Kenya.

1.5.2 Specific objectives

1. To determine the level of occurrence of SAB.

2. To determine the socio-demographic factors associated with SAB.

3. To determine the lifestyle factors associated with SAB.
CHAPTER TWO

2.0 LITERATURE REVIEW

2.1 Adverse pregnancy outcomes

A pregnancy may either result in a live birth after the gestation period is over or in other adverse pregnancy outcomes such as spontaneous abortion, induced abortion, still birth, preterm birth among others. Worldwide, 210 million conceptions occur annually with almost half not resulting in a live birth (Van, 2008). Eighty million pregnancies end early, 42 million of these are terminated through abortions, and another 3 million babies are stillborn (99% of them occurring in low and middle income countries) (Joy et al., 2010). Spontaneous abortion is the most common complication occurring in 15% of clinically recognized pregnancies (Coste et al., 1991).

Fetal chromosomal anomalies as well as maternal factors such as maternal age, structural anomalies of the genital tract, infections, maternal disease, and environmental factors have been associated with fifty percent of spontaneous abortions (Carolyn, 2007). Induced abortion on the other hand accounts for 68,000 maternal deaths worldwide and is the leading cause of maternal mortality (13%) since it is mostly performed under unsafe conditions.
Of the women who survive unsafe abortions, 5 million will suffer long term health complications (Lisa and Nawal, 2009). In eastern Africa as a whole, the estimated number of induced abortions in 2003 was 2.3 million, or 39 abortions per 1,000 women of reproductive age (Ipas, 2004). A study carried out in Kenya revealed that the overall maternal mortality ratio in Kenya stands at 560 deaths per 100,000 live births. A Kenyan woman has a one in 39 chance of dying from pregnancy-related causes (WHO, 2005).

Globally, an estimated 13 million babies are born prematurely, with the rates being highest in low and middle income countries. Preterm birth is the leading direct cause of neonatal death with more than one million preterm newborns dying annually. Preterm birth is also the dominant risk factor for neonatal mortality (Joy et al., 2010). A study in Southern Malawi among pregnant women after delivery showed that 17.3% babies were preterm and 3.7% were stillborn. Intra-uterine growth retardation occurred in 20.3% of whom 38.2% were low birth weight and 9.1% were born prematurely (Kalanda et al., 2005). Another study in Tanzania showed that among 1,017 pregnancies, 49 were still born yielding a still birth risk of 50.0 per 1,000 deliveries (Roland et al., 2009)
2.2 Classification of spontaneous abortion

The World Health Organization classifies spontaneous abortion into mainly four categories: threatened, inevitable, incomplete and complete abortion. A threatened abortion occurs when there is unprovoked vaginal bleeding, with or without lower abdominal pain during a pregnancy of less than 22 weeks gestation but the pregnancy may continue. An inevitable abortion is one in which the pregnancy cannot continue whereby specific clinical features indicate that the pregnancy is in the process of physiological expulsion from within the uterine cavity. In this case the pregnancy proceeds to incomplete or complete abortion. An incomplete abortion is one in which the products of conception are partially expelled while in a complete abortion, all the products of conception are completely expelled (WHO, 2003).

2.3 Magnitude of spontaneous abortion

Prospective studies have found that 25% of pregnancies are spontaneously aborted by the sixth week (Wilcox et al., 1999; Wang et al., 2003). Clinical spontaneous losses occur in 8% of pregnancies (Wang et al., 2003). The rate of spontaneous abortion between 8.5 weeks and birth is about 2% (Rodeck and Martin, 1999) but the risk decreases sharply after the 10th week. A study in Sweden found that out of 320 'ever pregnant' women (those who fell pregnant within the study period), 80 women had experienced a spontaneous abortion. 76.3% had experienced one SAB, 16.3% had experienced two SABs and 7.4% had experienced 3 or more SABs.
The spontaneous abortion rates varied at different ages; among women aged 20-24 years, the rate was 13.5% while those between 25-29 years had a 12.3% rate. Those women who were aged between 30-34 years and 35-39 years had a rate of 10.3% and 17.5% respectively (Blohm et al., 2008). In another study in Denmark, out of 1,221,546 pregnancy outcomes in 634,272 women, spontaneous abortion accounted for 80% of the fetal losses resulting in an overall risk of 10.9%. The risk varied from a minimum of 8.7% by age of 22 years and 84.1% by age of 48 years or more (Andersen et al., 2000). In Canada, a study involving 56,000 women found an overall spontaneous abortion rate of 21.6% in previous pregnancies (Ben et al., 1992) while another study in the UK found a lifetime prevalence for spontaneous abortion of 22.7% (Andrea et al., 2010). From a total of 2467 pregnancies, 9.5% of them ended up in spontaneous abortion in a study in South Africa (Braimoh et al., 2010).

In Kenya, a study that was conducted in 2002 by Hailemichael et al., revealed that 80% of the 809 study cases had retained products of conception upon presentation for care. The remaining were diagnosed with complete abortion (10%); inevitable abortion (5%); missed abortion (1%) and ‘other’ diagnoses which included septic abortion, septic abortion and perforated uterus, and recurrent abortion which accounted for 4%. Overall, 56% of the women were classified as low (likely to have had a spontaneous abortion) (Hailemichael et al., 2005). In Kenya, the estimate of the total number of abortion cases (spontaneous or induced) admitted annually to public hospitals is about 20,893 (Ipas, 2004).
2.4 Signs and symptoms of spontaneous abortion

The signs and symptoms of spontaneous abortion vary according to the time of pregnancy. At up to six weeks, only small blood clots may be present, possibly accompanied by mild cramping. At 6 to 13 weeks, a clot will form around the embryo or fetus and the placenta with many clots being expelled prior to a completed abortion. The process may take a few hours or be on and off for a few days. Symptoms vary widely and can include vomiting and loose bowels, possibly due to physical discomfort. At over 13 weeks the fetus may be easily passed from the womb; however the placenta is more likely to be fully or partially retained in the uterus, resulting in an incomplete abortion. Late spontaneous abortion may begin with a gush of fluid when the membranes rupture and if the cervix is dilated. If products of conception remain in the uterus after the abortion, vaginal bleeding may occur and an infection may also develop, causing fever, pain, and sometimes sepsis (Robert et al., 2009).
2.5 Etiology of spontaneous abortion

There are many reasons why a spontaneous abortion can occur and hence not all of them can be identified. They may include infections from certain viruses most notably from cytomegalovirus, herpes virus, parvovirus, and rubella virus (Robert et al., 2009). Chromosomal abnormalities are responsible for most spontaneous abortions (two thirds to three-quarters in various studies) occurring during the first trimester (Rosenthal, 1999) and they are found in more than half of embryos spontaneously aborted in the first 13 weeks. A pregnancy with a genetic problem has a 95% probability of ending in spontaneous abortion. Most chromosomal problems happen by chance and have nothing to do with the parents hence they are unlikely to recur (Montvale, 1994).

Progesterone deficiency may cause early spontaneous abortions, women diagnosed with low progesterone levels may be advised to take progesterone supplements in the first trimester of pregnancy. However, no study has shown that general first-trimester progesterone supplements reduce the risk of spontaneous abortion (Montvale, 1994). Uterine malformation and growths in the uterus (fibroids) or cervical problems may account for up to 15% of pregnancy losses in the second trimester (Montvale, 1994). These conditions may also contribute to premature birth (Rosenthal, 1999).
2.6 Abortion related complications

Complications of unsafe abortion include incomplete abortion, hemorrhage, sepsis, uterine perforation, intra-abdominal injury, psychological trauma, and maternal death (Venners et al., 2004). Women who have suffered a spontaneous abortion or still birth may experience some of these complications, which may need emergency follow-up treatment.

2.7 Management of abortion complications

Women seek post abortion care due to complications related to spontaneous or induced abortion. Post abortion care is essential for the management of the complications that arise from an abortion (spontaneous and induced). It entails three critical elements that include: emergency treatment for complications of spontaneous or induced abortion; post abortion family planning counseling services and linkages to other reproductive health service, such as management of sexually transmitted diseases (Carolyn, 2007).
CHAPTER THREE:

3.0 METHODOLOGY

3.1 Study area

This study was carried out at Thika District level V hospital, Kenya which is in Thika West District, Kiambu County. Thika west district has its headquarters in Thika town. According to the 2009 census, the whole of Thika district has a population of 645,713 (Kenya Bureau of statistics, 2009). Thika town is located on a gentle plain before the ascent into the central highlands. Small valleys are present on the Western and Northern edges following the Chania and Thika Rivers that have waterfalls and meet on the North Western edge of the town. The climate is moderate tropical with sunshine most of the year round and typical average temperatures of 25°C during the day with the hottest period in January & February leading to the long rains and the coldest in July after. The "long rains" season occurs from March/April to May/June. The "short rains" season occurs from October to November/December. Thika is known as a center for light industry especially in food & horticulture processing (Thika district strategic plan, 2005-2010).

3.2 Study design

This was a cross sectional descriptive study which utilized a detailed semi-structured questionnaire (Appendix II).
3.3 Study population

The study population consisted of women attending Thika District level V hospital for antenatal and postnatal care within the period of Nov 2010-Jan 2011.

3.3.1 Inclusion criteria

- Women between 18-49 years (child bearing age) and consent.
- Women not presenting with threatened abortion.

3.3.2 Exclusion criteria

- Women below 18 years and above 49 years.
- Women who fit the inclusion criteria but do not consent.
- Women presenting with threatened abortion.

3.4 Sample size determination

According to the American college of nurse-midwives, 15% of all pregnancies in developing countries (African) end in SAB because of either fetal or maternal causes (ACNM, 2007). This study therefore assumed a prevalence rate of 15%

Formula of sample size determination:

\[ n = \frac{Z_{1-\alpha/2}^2 \times P \times (1 - P)}{d^2} \]

Description:

- \( n \) = required sample size
- \( z \) = confidence level at 95% (standard value of 1.96)
- \( p \) = estimated prevalence of spontaneous abortion (0.15)
- \( d \) = level of precision at 5 % (0.05) (Fisher et al., 1998).

\[ n = 196 \]
3.5 Sampling procedure

Systematic random sampling was used to sample every 5th woman who was attending antenatal or postnatal clinic and fitted the inclusion criteria. This was done as they exited from the clinic after which they were interviewed individually behind a closed door so as to ensure that only the principal investigator was in contact with the respondents so that privacy could be maintained for the respondents to answer the questions comfortably.

3.6 Data collection

Data was collected through a pre-tested semi structured questionnaire (Appendix II) which was administered by the principal investigator to women aged between 18-49 years after obtaining informed consent from them. The information sought was on; socio-demographic factors (such as age, marital status and education level), lifestyle characteristics (such as alcohol and coffee intake) and the health seeking behaviour of respondents (such as ANC attendance).

3.7 Data analysis

Data was entered into MS Excel database. Errors were minimized by cleaning and rechecking all data entries with the original data forms. Data was then transferred to SPSS version 12 for analysis. Descriptive statistics were used at the initial stage of data analysis after which bivariate analysis on categorical variables was first performed to determine variables that would be included in binary logistic regression.
Multivariate analysis was then performed to calculate adjusted odds ratio for the independent association between spontaneous abortion and the predictive variables. Data generated from the unstructured questions was coded based on themes and discussed. The exact binomial confidence limits method by Collet, 1999 was used to determine 95%CI for proportions.

3.8 Ethical considerations

Approval to conduct this study was obtained from the scientific steering committee (SSC) at the Kenya Medical Research Institute (KEMRI) (Appendix IV) and National Ethical Review Committee (NERC) (Appendix V) for scientific and ethical approvals respectively. Consent was sought from the respondent through the attached consent form (Appendix I) and a courtesy call was paid to the medical superintendent in charge of Thika District level V hospital, Kenya by the principal investigator to inform her of the intended study. Respondents were assured that no person-identifiers would be used for publication. Codes were assigned on all information about the participants and handled with utmost confidentiality making it difficult to relate the data to respondents and only used for intended purposes. The women presenting with threatened abortion were referred to the obstetric gynaecologist and excluded from the study.

3.9 Study limitation

The main limitation of this study was the inability to involve more than one hospital in the research due to lack of funding.
CHAPTER FOUR

4.0 RESULTS

4.1 Socio-demographic characteristics of respondents

A total of 196 women with a mean age of 27.6 years (SE=0.43) ranging between 18-49 years were interviewed to establish their socio-demographic and lifestyle characteristics as well as the level of occurrence of SAB. The majority (62) of the respondents were between 21-25 years with the 41-45 year age group having the least (7) number of respondents. Majority (88.8%) of the respondents were married, 9.2% were single and only 2% were divorced/separated or widowed. Almost half (44.4%) of the respondents had acquired up to primary education with the remaining 42.9% and 12.8% having secondary and university/college education respectively (Table 4.1).
Table 4.1 Socio-demographic characteristics of respondents

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<td>59</td>
<td>30.1</td>
</tr>
<tr>
<td>31-35</td>
<td>36</td>
<td>18.4</td>
</tr>
<tr>
<td>36-40</td>
<td>13</td>
<td>6.6</td>
</tr>
<tr>
<td>41-45</td>
<td>7</td>
<td>3.6</td>
</tr>
<tr>
<td>Marital status</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Married</td>
<td>174</td>
<td>88.8</td>
</tr>
<tr>
<td>Single</td>
<td>18</td>
<td>9.2</td>
</tr>
<tr>
<td>Divorced/Separated/widowed</td>
<td>4</td>
<td>2.0</td>
</tr>
<tr>
<td>Education level</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Primary and below</td>
<td>87</td>
<td>44.4</td>
</tr>
<tr>
<td>Secondary</td>
<td>84</td>
<td>42.9</td>
</tr>
<tr>
<td>Tertiary</td>
<td>25</td>
<td>12.8</td>
</tr>
<tr>
<td>Occupation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Housewife</td>
<td>97</td>
<td>49.5</td>
</tr>
<tr>
<td>Casual worker</td>
<td>81</td>
<td>41.3</td>
</tr>
<tr>
<td>Formal employment</td>
<td>18</td>
<td>9.2</td>
</tr>
</tbody>
</table>

4.1.1 Life style characteristics of respondents

This study also explored life style characteristics of the respondents. Coffee intake was reported in 52.6% of the respondents with 54.4% of them reporting monthly intake during pregnancy. Alcohol was reported in 6.6% of the respondents, 57.1% reporting monthly intake. Majority (90.8%) of the respondents had been exposed to domestic violence during pregnancy.
Exposure to sexual violence during pregnancy was reported in 4.1% of the respondents.

Most of the respondents (92.3%) attended antenatal clinics during pregnancy while 64.3% of the respondents used contraceptives (Table 4.2).

Table 4.2 Life style characteristics of respondents

<table>
<thead>
<tr>
<th>Variable</th>
<th>Frequency (n=196)</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol intake</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>183</td>
<td>93.4</td>
</tr>
<tr>
<td>Yes</td>
<td>13</td>
<td>6.6</td>
</tr>
<tr>
<td>Coffee intake</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>93</td>
<td>47.4</td>
</tr>
<tr>
<td>Yes</td>
<td>103</td>
<td>52.6</td>
</tr>
<tr>
<td>Domestic violence exposure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>178</td>
<td>90.8</td>
</tr>
<tr>
<td>Yes</td>
<td>18</td>
<td>9.2</td>
</tr>
<tr>
<td>Sexual violence exposure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>188</td>
<td>95.9</td>
</tr>
<tr>
<td>Yes</td>
<td>8</td>
<td>4.1</td>
</tr>
<tr>
<td>Emotionally unwell</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>139</td>
<td>70.9</td>
</tr>
<tr>
<td>Yes</td>
<td>57</td>
<td>29.1</td>
</tr>
<tr>
<td>X-ray treatments</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>156</td>
<td>79.6</td>
</tr>
<tr>
<td>Yes</td>
<td>40</td>
<td>20.4</td>
</tr>
<tr>
<td>ANC attendance</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>40</td>
<td>7.7</td>
</tr>
<tr>
<td>Yes</td>
<td>15</td>
<td>92.3</td>
</tr>
<tr>
<td>Contraceptive use</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No</td>
<td>70</td>
<td>35.7</td>
</tr>
<tr>
<td>Yes</td>
<td>126</td>
<td>64.3</td>
</tr>
</tbody>
</table>
The health seeking behavior of the 56 respondents who had ever suffered a spontaneous abortion showed that almost half (42.9%) of them were informed by physicians about the reasons that might have caused them to suffer a spontaneous abortion. Thirty two (57.1%) of the respondents who were not informed of what might have led to their pregnancy loss gave various reasons that they thought would have led to their loss of pregnancy. Majority (21.4%) thought that stress could have caused it, 10.7% thought that heavy tasks could have led to them experiencing a spontaneous abortion, 17.9% thought that drugs (unspecified over the counter drugs) would have been the reason for spontaneous abortion while the rest (8.9%) had no idea of what would have led to their pregnancy loss (Table 4.3).

**Table 4.3 Reasons given by physicians and respondents as to what might have led to pregnancy loss**

<table>
<thead>
<tr>
<th>Reasons given to respondents by physicians</th>
<th>Frequency n= 56</th>
<th>Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obstetric reasons</td>
<td>13</td>
<td>23.2</td>
</tr>
<tr>
<td>Stress</td>
<td>3</td>
<td>5.4</td>
</tr>
<tr>
<td>Heavy tasks</td>
<td>4</td>
<td>7.1</td>
</tr>
<tr>
<td>Falling sick</td>
<td>4</td>
<td>7.1</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>24</strong></td>
<td><strong>42.9</strong></td>
</tr>
<tr>
<td>Reasons given by respondents</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heavy tasks</td>
<td>6</td>
<td>10.7</td>
</tr>
<tr>
<td>Drugs (unspecified over the counter drugs)</td>
<td>9</td>
<td>17.9</td>
</tr>
<tr>
<td>Stress</td>
<td>12</td>
<td>21.4</td>
</tr>
<tr>
<td>No idea</td>
<td>5</td>
<td>8.9</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>32</strong></td>
<td><strong>57.1</strong></td>
</tr>
</tbody>
</table>
4.1.2 Level of occurrence of spontaneous abortion

The overall level of occurrence of spontaneous abortion was 28.6% (56/196). This occurrence was based on the question ‘ever suffered’ a spontaneous abortion in your lifetime. Majority (20.4%) of the respondents had experienced one spontaneous abortion and only 1.5% experienced 3 or more spontaneous abortions On the other hand, 71.4% of the respondents had never suffered a spontaneous abortion in their lifetime (Table 4.4).

Table 4.4 Level of occurrence of spontaneous abortion

<table>
<thead>
<tr>
<th>No. of SABs experienced</th>
<th>Frequency</th>
<th>Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>140</td>
<td>71.4%</td>
</tr>
<tr>
<td>1</td>
<td>40</td>
<td>20.4%</td>
</tr>
<tr>
<td>2</td>
<td>13</td>
<td>6.7%</td>
</tr>
<tr>
<td>3</td>
<td>2</td>
<td>1.0%</td>
</tr>
<tr>
<td>4</td>
<td>1</td>
<td>0.5%</td>
</tr>
</tbody>
</table>

4.1.3 Level of occurrence of spontaneous abortion in relation to various socio-demographic factors

Generally, the association between most of the socio-demographic factors and the level of occurrence of SAB was not statistically significant. Examining age in relation to level of occurrence of SAB showed no significant association ($\chi^2_{4, 0.05}= 7.60, p= 0.11$) (Table 4.5).
However, the level of occurrence of SAB varied among the different age groups with the highest occurrence (9.7%) (CI=5.9-14.7) being recorded among women aged between 26-30 years followed by women aged between 31-35 years (6.1%) (3.2-10.5) (Fig 4.1).

![Bar chart showing level of occurrence of spontaneous abortion by age group.](image)

**Fig 4.1: Level of occurrence of Spontaneous abortion by age group**

Due to the low frequencies among the divorced/separated and the widowed respondents, marital status was regrouped to never married and ever married. Marital status was then examined in relation to occurrence of spontaneous abortion and found to have no significant [OR= 1.04, (CI= 0.35-3.08), p= 0.94)] association (Table 4.5). Though the relationship between education level and level of occurrence of spontaneous abortion was not significant ($\chi^2_{2, 0.05} = 0.53, p= 0.77$) (Table 4.5).
Occurrence of spontaneous abortion was highest (31%) (CI=21.3-41.9) among the respondents who had secondary education and least (24%) (CI=9.3-45.1) among the university/college graduates (Fig 4.2).

![Bar chart showing level of occurrence of spontaneous abortion by education level](image)

**Fig 4.2 Level of occurrence of spontaneous abortion by education level**

Although the association between occupation and spontaneous abortion was not statistically significant ($\chi^2$, 0.05 = 2.56, p = 0.28) (Table 4.5), occurrence of spontaneous abortion varied between the different occupations. Casual workers had the highest occurrence (34.6%) (CI=24.3-46.0) of spontaneous abortion followed by those in formal employment (27.8%) (CI= 9.7-53.5) while women who were housewives had the least (23.7%) (CI= 15.7-33.4) occurrence of spontaneous abortion (Fig 4.3).
Fig 4.3 Level of occurrence of spontaneous abortion by occupation

Having a family history of spontaneous abortion was significantly (p< 0.02) associated with spontaneous abortion. A woman had a 2.4-fold risk (OR= 2.4, 95% CI= 1.135-5.073) of experiencing a spontaneous abortion if she had such a history (Table 4.5). Those who had a family history of spontaneous abortion had a higher occurrence (44.4%) (CI= 27.9-61.9) of spontaneous abortion compared to those that did not have such a history (25%) (CI=18.5-32.4) (Fig 4.4).
Environmental toxins that 49 respondents reported to have been exposed to included; pesticides, textile residues as well as other forms of chemicals. More than half of them (57%) reported to have been exposed to pesticides used at the flower farm where they work or hair chemicals for the salon workers while 43% had been exposed to textile residues (Fig 4.5).
Fig 4.5 Environmental toxins that respondents were exposed to

There was no significant difference [(OR= 1.67, (CI=0.84-3.32), p=0.14)] of experiencing spontaneous abortion after exposure to such toxins. Similarly, the relationship between parity and occurrence of spontaneous abortion was not statistically significant [OR=1.4, (CI=0.74-2.80), p= 0.28)] (Table 4.5).
Table 4.5: Bivariate analysis of socio-demographic factors in relation to level of occurrence of spontaneous abortion

<table>
<thead>
<tr>
<th>Variables</th>
<th>Chi-square</th>
<th>df</th>
<th>p value</th>
<th>Odds ratio</th>
<th>lower CI</th>
<th>upper CI</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Socio-demographic factors</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Marital status</td>
<td>0.01</td>
<td>1</td>
<td>0.94</td>
<td>1.04</td>
<td>0.35</td>
<td>3.08</td>
</tr>
<tr>
<td>Age</td>
<td>7.59</td>
<td>4</td>
<td>0.11</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parity</td>
<td>1.17</td>
<td>1</td>
<td>0.28</td>
<td>1.44</td>
<td>0.74</td>
<td>2.80</td>
</tr>
<tr>
<td>Family history</td>
<td>5.44</td>
<td>1</td>
<td>*0.02</td>
<td>2.40</td>
<td>1.14</td>
<td>5.07</td>
</tr>
<tr>
<td>Level of education</td>
<td>0.53</td>
<td>2</td>
<td>0.77</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Occupation</td>
<td>2.56</td>
<td>2</td>
<td>0.28</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exposure to environmental toxins</td>
<td>2.13</td>
<td>1</td>
<td>0.14</td>
<td>1.67</td>
<td>0.84</td>
<td>3.32</td>
</tr>
</tbody>
</table>

Note: * variables significant at the 5% level
4.1.4 Level of occurrence of spontaneous abortion in relation to various lifestyle factors

Several lifestyle characteristics had a significant association with spontaneous abortion. Respondents who took coffee during pregnancy had a higher occurrence (37.9%) of spontaneous abortion compared to those that were not taking coffee (18.3%) (Table 4.6). A significant association (p< 0.02) was observed between coffee intake and spontaneous abortion with women who took coffee having a 2.7-fold risk (OR= 2.7, 95%CI= 1.41-5.27) of experiencing a spontaneous abortion (Table 4.7). Alcohol intake was reported by 6.6% of the respondents with those taking alcohol during pregnancy having a higher occurrence (38.5%) of spontaneous abortion compared to 27.9% of those that were not taking alcohol (Table 4.6). There was however no significant association between alcohol intake and occurrence of spontaneous abortion [(OR= 1.62, (CI= 0.51-5.18), p=0.41)].

Exposure to domestic violence during pregnancy was not significantly [(OR= 2.17, (CI= 0.81-5.81), p= 0.41)] (Table 4.7) associated with spontaneous abortion although those exposed to domestic violence had a higher (44.4%) occurrence of spontaneous abortion compared to those that were not exposed (27%) (Table 4.6). Exposure to sexual violence during pregnancy was reported by 8 respondents all of whom reported to have been forced into sexual intercourse. The relationship between exposure to sexual violence and spontaneous abortion was however not statistically significant [(OR=0.35, (CI= 0.04-2.87), p=0.30)] (Table 4.7).
Having been emotionally unwell during pregnancy, was significantly [(OR= 2.17, (CI= 1.13-4.20), p=0.019)] associated with occurrence of spontaneous abortion (Table 4.7).

A higher occurrence (40.4%) of spontaneous abortion was observed in those reporting to have been emotionally unwell compared to 23.7% of those reporting not to have been emotionally unwell (Table 4.6). A highly significant association was observed between exposure to X-ray treatments and spontaneous abortion (p<0.001) with respondents exposed to X-ray treatments having a 10.7-fold risk (OR= 10.7; 95% CI= 4.84-23.51) of experiencing a spontaneous abortion (Table 4.7). A very high occurrence (70%) of spontaneous abortion was observed in respondents exposed to X-ray treatments during pregnancy compared to 17.9% of those that were not exposed to such treatments (Table 4.6).

Attendance of antenatal clinic during pregnancy was significantly (p<0.005) associated with spontaneous abortion whereby a decreased risk [(OR= 0.234; 95% CI= 0.079-0.692)] of experiencing a spontaneous abortion was observed if one was attending antenatal clinic (Table 4.7). The occurrence of spontaneous abortion was lower (26%) among respondents who were attending antenatal clinic during pregnancy compared to those that were not attending antenatal clinic (60%) (Table 4.6). Having malaria during pregnancy was significantly associated with spontaneous abortion (p< 0.001) with a woman having a 3.1-fold risk (OR=3.1; CI= 1.59- 6.01) of experiencing a spontaneous abortion if she had malaria.
Although having fibroids during pregnancy was not significantly [(OR=3.9, (CI= 0.64-24.03), p=0.12) (Table 4.7) associated with spontaneous abortion, women who had fibroids had a higher occurrence (60%) of spontaneous abortion compared to those that did not have fibroids (27.7%) (Table 4.6). Similarly, use of contraceptives was not significantly associated with spontaneous abortion [(OR= 0.90, (CI= 0.48-1.71), p=0.74)] (Table 4.7).
Table 4.6 Level of occurrence of spontaneous abortion in relation to life style factors

<table>
<thead>
<tr>
<th>Life style characteristics</th>
<th>Spontaneous abortion</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Alcohol</td>
<td>5(38.5)</td>
<td>8(61.5)</td>
</tr>
<tr>
<td></td>
<td>51(27.9)</td>
<td>132(72.1)</td>
</tr>
<tr>
<td>Total</td>
<td>56 (28.6)</td>
<td>140 (71.4)</td>
</tr>
<tr>
<td>Coffee</td>
<td>39(37.9)</td>
<td>64(62.1)</td>
</tr>
<tr>
<td></td>
<td>17(18.3)</td>
<td>76(81.7)</td>
</tr>
<tr>
<td>Total</td>
<td>56(28.6)</td>
<td>140(71.4)</td>
</tr>
<tr>
<td>Domestic violence</td>
<td>8(44.4)</td>
<td>10(55.6)</td>
</tr>
<tr>
<td></td>
<td>48(27)</td>
<td>130(73)</td>
</tr>
<tr>
<td>Total</td>
<td>56(28.6)</td>
<td>140(71.4)</td>
</tr>
<tr>
<td>Sexual violence</td>
<td>1(12.5)</td>
<td>7(87.5)</td>
</tr>
<tr>
<td></td>
<td>55(29.3)</td>
<td>133(70.7)</td>
</tr>
<tr>
<td>Total</td>
<td>56(28.6)</td>
<td>140(71.4)</td>
</tr>
<tr>
<td>Emotionally unwell</td>
<td>23(40.4)</td>
<td>34(59.6)</td>
</tr>
<tr>
<td></td>
<td>33(23.7)</td>
<td>106(76.3)</td>
</tr>
<tr>
<td>Total</td>
<td>56(28.6)</td>
<td>140(71.4)</td>
</tr>
<tr>
<td>X-ray treatments</td>
<td>28(70)</td>
<td>12(30)</td>
</tr>
<tr>
<td></td>
<td>28(17.9)</td>
<td>128(82.1)</td>
</tr>
<tr>
<td>Total</td>
<td>56(28.6)</td>
<td>140(71.4)</td>
</tr>
<tr>
<td>Attendance of ANC</td>
<td>47(26)</td>
<td>134(74)</td>
</tr>
<tr>
<td></td>
<td>9(60)</td>
<td>6(40)</td>
</tr>
<tr>
<td>Total</td>
<td>56 (28.6)</td>
<td>140 (71.4)</td>
</tr>
<tr>
<td>Malaria in pregnancy</td>
<td>25(46.3)</td>
<td>29(53.7)</td>
</tr>
<tr>
<td></td>
<td>31(21.8)</td>
<td>111(78.2)</td>
</tr>
<tr>
<td>Total</td>
<td>56 (28.6)</td>
<td>140 (71.4)</td>
</tr>
<tr>
<td>Fibroids in pregnancy</td>
<td>3(60)</td>
<td>2(40)</td>
</tr>
<tr>
<td></td>
<td>53(27.7)</td>
<td>138(72.3)</td>
</tr>
<tr>
<td>Total</td>
<td>56 (28.6)</td>
<td>140 (71.4)</td>
</tr>
<tr>
<td>Contraceptive use</td>
<td>35(27.8)</td>
<td>91(72.2)</td>
</tr>
<tr>
<td></td>
<td>21(30)</td>
<td>49(70)</td>
</tr>
<tr>
<td>Total</td>
<td>56(28.6)</td>
<td>140(71.4)</td>
</tr>
</tbody>
</table>
Table 4.7 Bivariate analysis of lifestyle factors in relation to level of occurrence of spontaneous abortion

<table>
<thead>
<tr>
<th>Variables</th>
<th>Chi-square</th>
<th>df</th>
<th>p value</th>
<th>odds ratio</th>
<th>lower CI</th>
<th>upper CI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>0.667</td>
<td>1</td>
<td>0.414</td>
<td>1.618</td>
<td>0.506</td>
<td>5.176</td>
</tr>
<tr>
<td>Coffee</td>
<td>9.185</td>
<td>1</td>
<td>*0.002</td>
<td>2.724</td>
<td>1.409</td>
<td>5.269</td>
</tr>
<tr>
<td>Domestic violence</td>
<td>2.447</td>
<td>1</td>
<td>0.118</td>
<td>2.167</td>
<td>0.808</td>
<td>5.813</td>
</tr>
<tr>
<td>Sexual violence</td>
<td>1.056</td>
<td>1</td>
<td>0.304</td>
<td>0.345</td>
<td>0.042</td>
<td>2.874</td>
</tr>
<tr>
<td>Emotionally</td>
<td>5.465</td>
<td>1</td>
<td>*0.019</td>
<td>2.173</td>
<td>1.126</td>
<td>4.195</td>
</tr>
<tr>
<td>unwell</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>X-ray treatments</td>
<td>42.266</td>
<td>1</td>
<td>*&lt;0.001</td>
<td>10.667</td>
<td>4.840</td>
<td>23.509</td>
</tr>
<tr>
<td>ANC Attendance</td>
<td>7.862</td>
<td>1</td>
<td>*0.005</td>
<td>0.234</td>
<td>0.079</td>
<td>0.692</td>
</tr>
<tr>
<td>Malaria</td>
<td>11.474</td>
<td>1</td>
<td>*0.001</td>
<td>3.087</td>
<td>1.585</td>
<td>6.013</td>
</tr>
<tr>
<td>Fibroids</td>
<td>2.483</td>
<td>1</td>
<td>0.115</td>
<td>3.906</td>
<td>0.635</td>
<td>24.033</td>
</tr>
<tr>
<td>Contraceptive use</td>
<td>0.109</td>
<td>1</td>
<td>0.741</td>
<td>0.897</td>
<td>0.472</td>
<td>1.707</td>
</tr>
</tbody>
</table>

Note: * variables significant at the 5% level
4.1.5 Multivariate analysis

In order to establish the variables that were associated with spontaneous abortion a multivariate logistic regression analysis procedure was carried out. The cut-off point for variable inclusion to the analysis was pegged at $p=0.2$ for the bivariate variables that attained the probability of inclusion. Stepwise logistic regression, forward selection, procedure was used. Subsequent variable inclusion or exclusion in the stepwise procedure the p-value=0.05 was used. The optimal number of variables that were identified to be associated with spontaneous abortion are presented in the table 4.8 below and the computed level of significance. For every selected variable the coefficient B, standard error, level of significance, the adjusted odds ratio and their confidence intervals are provided.
Table 4.8 Variables that were significantly associated with spontaneous abortion at p<0.05

<table>
<thead>
<tr>
<th>Variables</th>
<th>B</th>
<th>S.E.</th>
<th>df</th>
<th>Sig.</th>
<th>Adjusted OR (Exp(B))</th>
<th>95% C.I for Adjusted OR (Exp(B))</th>
</tr>
</thead>
<tbody>
<tr>
<td>Coffee</td>
<td>0.964</td>
<td>0.424</td>
<td>1</td>
<td>p&lt;0.023</td>
<td>2.622</td>
<td>1.142 (CI=1.142-6.023)</td>
</tr>
<tr>
<td>Emotionally unwell</td>
<td>1.008</td>
<td>0.445</td>
<td>1</td>
<td>p&lt;0.023</td>
<td>2.739</td>
<td>1.146 (CI=1.146-6.549)</td>
</tr>
<tr>
<td>X-ray treatment</td>
<td>2.549</td>
<td>0.478</td>
<td>1</td>
<td>p&lt;0.001</td>
<td>12.791</td>
<td>5.013 (CI=5.013-32.637)</td>
</tr>
<tr>
<td>ANC Attendance</td>
<td>-1.991</td>
<td>0.703</td>
<td>1</td>
<td>p&lt;0.005</td>
<td>0.137</td>
<td>0.034 (CI=0.034-0.542)</td>
</tr>
<tr>
<td>Malaria</td>
<td>1.043</td>
<td>0.441</td>
<td>1</td>
<td>p&lt;0.018</td>
<td>2.837</td>
<td>1.196 (CI=1.196-6.730)</td>
</tr>
</tbody>
</table>

The variables observed to be the predictors of spontaneous abortion were: use of coffee which was associated with a more than 2.6-fold risk [OR=2.622, (CI=1.142-6.023), p < 0.023]; being emotionally unwell during pregnancy had more than 12.79-fold risk [(OR=12.791, (CI=5.013-32.637), p<0.001)]; attendance of antenatal clinics was associated with a decreased risk [(OR=0.137, (CI=0.034-0.542), p<0.005)] of spontaneous abortion; Malaria was associated with an increased 2.84-fold risk [(OR=2.837, (CI=1.196-6.730), p<0.018)] and exposure to X-ray treatments during pregnancy which was associated with a 12.79-fold increased risk [(OR= 12.791, (CI=5.013-32.637), p< 0.05)] (Table 4.8).
CHAPTER FIVE

5.0 DISCUSSION

5.1 Level of occurrence of spontaneous abortion

The overall level of occurrence of spontaneous abortion among women aged 18-49 years was 28.6% in this cross-sectional study. These findings are in agreement with comparable occurrence rates that have been obtained in other studies. A study in Cameroon obtained an occurrence rate of 25% (Alio, 2009), while in another study in Canada an overall occurrence rate of 21.6% was obtained (Ben, et al., 1992). First trimester spontaneous abortions accounted for the majority (58.9%) of the spontaneous abortions recorded in Thika District level V hospital, and this is in line with what was observed in a USA study where 75% of 189 pregnancies were lost during the first trimester (Wilcox et al., 1999) suggesting that extra care should be taken by women during their first trimester of pregnancy.

For the respondents who had ever suffered a spontaneous abortion (28.6%), majority (20.4%) of them had experienced at least one spontaneous abortion and with the least (1.5%) having experienced three or more spontaneous abortions which is in agreement to what was observed in a Sweden study where majority (76.3%) of the respondents had also experienced one spontaneous abortion with the least (7.4%) experiencing three or more spontaneous abortions (Blohm et al., 2008).
This may imply that women take extra care of subsequent pregnancies after experiencing a spontaneous abortion, such that majority only end up experiencing only one spontaneous abortion in their lifetime.

5.2 Socio-demographic factors associated with spontaneous abortion

Majority of the respondents who had ever suffered a spontaneous abortion in this study were between 26-30 years with a mean age of 28.5 (SE=0.47). Comparable findings were obtained in a Cameroon study that had over just half of its respondents suffering a spontaneous abortion being less than 30 years with a mean age of 29.9 (Alio, 2009). At Thika District level V hospital, it was observed that the occurrence rate of spontaneous abortion varied with age groups whereby, among women aged ≤ 20 years, the rate was 4.1% while those between 21-25 years had a 5.1% rate. The women aged between 26-30 years, 31-35 years and ≥ 36 years had a rate of 9.7%, 6.1% and 3.6% respectively. These findings agree with observations made in a Sweden study whereby the occurrence rate of spontaneous abortion varied with age groups with women aged 20-24 years having an occurrence rate of 13.5% while those between 25-29 years had a 12.3% rate. Those aged between 30-34 years and 35-39 years had a rate of 10.3% and 17.5% respectively (Blohm et al., 2008).
Findings of this study showed no significant (p>0.05) association between marital status and spontaneous abortion. Similar findings which are in agreement to the findings of this study were also observed in a study in Italy where no association emerged between marital status and spontaneous abortion (Fabio et al., 1991). Having a family history of spontaneous abortion was observed to be significantly [(OR=2.4 (C.I= 1.14- 5.07), p< 0.020)] associated with spontaneous abortion in this cross sectional study with a woman reporting to have had such a history having a 2.4-fold risk of experiencing spontaneous abortion with 95% C.I of OR varying between 1.14 to 5.07. Findings similar to these were observed in a Saudi Arabia study where a significant association was observed between having a family history of spontaneous abortion and the level of occurrence of spontaneous abortion (Lubna et al., 1995). Such findings show that a family history of spontaneous abortion may suggest a hereditary linkage.

Among women attending Thika District level V hospital, it was observed that parity was not significantly (p> 0.05) associated with spontaneous abortion which is in agreement to what was observed in a study in France (Coste et al., 1991). This study also established that there was no significant (p>0.05) association between level of education and spontaneous abortion and this is in line with what was observed in other studies in UK and France (Maconochie et al., 2006; Coste et al., 1991). In this study, no significant association (p>0.05) was observed between a person’s occupation and spontaneous abortion.
Similar findings which are in agreement to this were observed in the UK where no significant association was observed between employment status and spontaneous abortion (Maconochie et al., 2006). Exposure to environmental toxins such as dust from textile residues, hair chemicals and pesticides was not significantly (p>0.05) associated with spontaneous abortion in this study which disagrees with observations made from a China study that found an elevation in risk (OR=1.89, 95% CI: 1.20–3.00) of women exposed to environmental/occupational toxins such as synthetic fibers (Eva et al., 2009). The findings of this study may have differed due to the fact that the China study was able to obtain occupational exposures of respondents from factory personnel records as opposed to self reports which was the case in this study.

Findings of this study showed that most of the socio-demographic factors were not significantly associated with spontaneous abortion which is in agreement with what was observed in another study in Italy that found no association between socio-demographic characteristics (such as education, marital status and age of partner) and spontaneous abortion (Fabio et al., 1991). This may imply that socio-demographic factors are less likely to influence spontaneous abortion.
5.3 Life style factors associated with spontaneous abortion

In the light of the data obtained from this cross-sectional study, though coffee was observed to be significantly [(OR= 2.72 (CI= 1.41-5.27); P<0.002)] associated with spontaneous abortion, the study did not establish the quantity and the duration of intake that constitutes a risk factor. Further research through controlled studies is therefore necessary especially in an African setting like Kenya where coffee is not the highest revenue earner and may likely not be consumed by a majority of the population. Studies outside Africa have however been carried out to determine the association between coffee and spontaneous abortion, taking into consideration the quantity and the duration of intake.

A case control study in Italy observed the multivariate odds ratio of spontaneous abortion in coffee drinkers as compared with non-coffee drinkers. The multivariate odds were; 1.2, 1.8 and 4.0 respectively, for drinkers of 1, 2 or 3 and 4 or more cups of coffee per day. With regard to duration in years of coffee drinking, the estimated multivariate odds ratios of spontaneous abortion in comparison with non-coffee drinkers were; 1.1 (95% CI= 0.9–1.4) and 1.9 (95% CI =1.5–2.6) for women reporting a duration of coffee consumption ≤10 or ≥10 years. The study further concluded that coffee drinking early in pregnancy was associated with increased risk of spontaneous abortion.
According to Fabio et al., this may suggest a biological implication but epidemiological inference on causality is difficult and still open to debate (Fabio et al., 1998). However, this study did not establish any evidence against alcohol intake and spontaneous abortion (p >0.05) among respondents in Thika District level V hospital which is in agreement with observations in a UK study where no association was observed between alcohol consumption and spontaneous abortion (Maconochie et al., 2006). Contrary to what was observed in a Cameroon study whereby exposure to any type of spousal violence (domestic, emotional, sexual) was associated with an increased risk of any fetal demise (spontaneous abortion or still birth or both) (Alio, 2009), this study showed no significant (p>0.05) association between domestic violence and spontaneous abortion. The contradicting findings may be attributed to failure of respondents in this study to probably give correct information regarding their exposure to domestic violence or due to their social-cultural dynamics.

This study observed that being emotionally unwell during pregnancy (whereby a methodology used in a UK study that described this state as being “stressed”, “anxious”, “overwhelmed” or “out of control” was adopted) was significantly [(OR= 2.17 (CI= 1.13-4.20); p< 0.019)] associated with spontaneous abortion. A woman had a 2.2-fold risk of experiencing a spontaneous abortion if she was emotionally unwell during pregnancy. These findings agreed with observations made in the United Kingdom whereby stress increased the risk of experiencing a spontaneous abortion (Maconochie et al., 2006).
This may suggest that promoting one’s well-being especially during pregnancy may be one of the ways of reducing the risk of suffering a spontaneous abortion. Findings of this study showed that treatment with radiation (X-rays) during pregnancy was significantly [(OR=10.67 (CI= 4.84-23.51); P< 0.001)] associated with spontaneous abortion. There was a 10.7-fold risk of experiencing a spontaneous abortion if one was exposed to such treatment. A Danish study similarly found a 23% excess risk for spontaneous abortion related primarily to prior radiation treatments and especially high-dose radiotherapy to the ovaries and uterus (Jaenette et al., 2008). However, unlike the Danish study that was able to classify radiation doses as high or low, this study did not classify radiation similarly and hence a further study is necessary in order to corroborate the results. Malaria was significantly [(OR= 3.09 (CI= 1.59- 6.01); p< 0.001)] associated with spontaneous abortion in this study.

Women who had malaria during pregnancy were 3.1 times more likely to experience a spontaneous abortion suggesting that malaria may be one of the main diseases associated with spontaneous abortion at Thika District level V hospital. The findings of this study are in agreement with reports of a study in Africa that noted that malaria was the main disease associated with spontaneous abortion in the developing world (Carolyn, 2007). No significant (p>0.05) association was observed between contraceptive use and spontaneous abortion in this cross-sectional study which is similar to what was observed in another study in Italy that found no association between contraceptive use and spontaneous abortion (Fabio et al., 1991).
Antenatal clinic attendance was significantly associated [(OR= 0.234 (CI= 0.79-0.69), p<0.005)] with spontaneous abortion with women who attended ante-natal clinic during pregnancy having a decreased risk of suffering a spontaneous abortion which implies that ANC attendance is important for a healthy reproductive outcome. The findings of this study are comparable to the findings of a study conducted in Kwale District, Kenya, which found a positive relationship between ANC attendance and perinatal outcomes with women attending antenatal clinic being more likely to have a live birth (Celia et al., 2008). Findings of this study showed that having fibroid in pregnancy was not significantly (p>0.05) associated with spontaneous abortion. These findings disagreed with observations made by Benson et al., who observed that spontaneous abortion rates were greatly increased (14%) in pregnant women with fibroids compared with pregnant women without fibroids (7.6%) (Benson et al., 2001). The findings of this cross-sectional study may have differed as a result of having only 5 out of the 196 respondents reporting to have had fibroids in pregnancy with only 3 suffering a spontaneous abortion.

The health seeking behavior of the respondents who had suffered a spontaneous abortion showed that after they sought medical attention, an obstetric reason was the main factor cited by doctors as to what might have led to the spontaneous abortion. The other factors were stress, heavy tasks or falling sick especially with malaria. Similarly, a study in Africa found that maternal life style and disease such as malaria were some of the factors that may cause spontaneous abortion in the developing world (Carolyn, 2007).
Stress was the main factor cited by respondents that may have been responsible for spontaneous abortion in this study. Many epidemiologic studies have been performed to determine if stress may be a factor in the etiology of spontaneous abortion in humans (O’Hare and Creed, 1995). O’Hare and Creed observed that women admitted to a hospital with spontaneous abortions had experienced more stress in early pregnancy (as evaluated by a questionnaire) compared to women whose pregnancies had progressed to labor (O’Hare and Creed, 1995).

5.4 CONCLUSIONS

➢ Spontaneous abortion is a reproductive health problem among women in Thika West District as an occurrence rate of 28.6% is high compared to the 15% rate that has been observed in most studies (Ben et al., 1992).

➢ Having a family history of spontaneous abortion was the only socio-demographic factor likely to influence spontaneous abortion.

➢ Use of coffee, being emotionally unwell, ANC attendance, having malaria in pregnancy and exposure to X-rays were the lifestyle factors and the health seeking behaviour likely to influence spontaneous abortion.
5.5 RECOMMENDATIONS

➢ The MOH in collaboration with WHO needs to facilitate research on level of occurrence of SAB in various parts of Kenya so as to generalize the findings nationally.

➢ As far as lifestyle factors are concerned, the MOH should facilitate research on the quantity and the duration of coffee intake that predisposes a woman to SAB.

➢ Health care providers need to exercise caution when dealing with women of reproductive age group as far as exposure to X-rays is concerned.

➢ Health care providers should as well encourage expectant women to seek support through counseling if emotionally unwell, attend antenatal clinics and use insecticide treated nets to reduce risk of malaria as this might lower their risk of suffering a SAB.

➢ Health care providers should also advise women to seek early antenatal care incase they are aware of having a family history of spontaneous abortion.
REFERENCES


APPENDICES

Appendix I: CONSENT TO PARTICIPATE IN RESEARCH

How are you, my name is Emmah Mwangi from Jomo Kenyatta University of Agriculture and Technology; I am conducting a study on; socio-demographic and life style factors associated with spontaneous abortion among women attending Thika District level V hospital, Kenya.

PURPOSE OF THE STUDY

The main purpose of the study is: To determine the socio-demographic and lifestyle factors that are associated with spontaneous abortion among women attending Thika District level V hospital, Kenya, in order to identify gaps that may require further research.

PROCEDURE

If you volunteer to participate in this study, I will ask you to fill the following questionnaire and participate in a discussion where necessary.

POTENTIAL RISKS AND DISCOMFORTS

There are no known harms associated with your participation in this research. There will be no monetary benefits associated with your participation in this study except gathering baseline information on factors that may be associated with spontaneous abortion.
Although some of the questions may appear uncomfortable for you, it is necessary for you to answer them with honesty so that we may come up with accurate information that may warrant further investigations on this distressing outcome.

**ANTICIPATED BENEFITS TO SUBJECTS**

There are no direct benefits to you for participating in this study. A probable benefit of participating in this study is that you will be a part of the people that will contribute important information on spontaneous abortion which is a subject that has rarely been addressed in Kenya and this may provide a basis for further investigations on this distressing outcome.

**ALTERNATIVES TO PARTICIPATION**

You are free to participate or not.

**PRIVACY AND CONFIDENTIALITY**

No reports will identify you individually in any way. Study numbers rather than names will be used to label all study materials and interviews. A list linking your names and study numbers will be maintained by the research staff and stored in a locked place where other people cannot access it. No information about you or provided by you during the research will be disclosed to others without your permission, except: if necessary to protect your rights or welfare, or if required by law. When the results of the research are published or discussed in conferences, no information will be included that would reveal your identity and any stored data will be destroyed immediately after analysis.
CONSEQUENCES OF WITHDRAWAL

I understand that I may at any time during the study revoke my consent and withdraw from the study without any loss or penalty. My refusal to participate in the study will involve no penalty or loss of benefits to which I am otherwise entitled.

IDENTIFICATION OF INVESTIGATORS

If you have any questions about the research, please feel free to contact the principal investigator. If I have any further questions I may contact Miss Emmah Nyambura Mwangi; Mobile: 0724165189; Email: emmahmwas@yahoo.com.au

RIGHTS OF RESEARCH SUBJECTS

You are not waiving any legal claims, rights or remedies because of your participation in this research study. If you feel you have been treated unfairly, or you have questions regarding your rights as a research subject, you may contact the chairman of the Ethical Review Committee on the Use of Human Subjects, KEMRI using the address below;

Chairman/ Secretary NERC
Box 54840-00200 Nairobi
Tel 254 (020) 2722541, 2713349
Mobile; 0722-205901, 073334003
Email: director@kemri.org; info@kemri.org
I have read and understood what this study entails, the risks and the benefits of participating in this study have been explained to me and I agree to voluntarily participate. I also understand that I may at any time during the study revoke my consent and withdraw from the study without any loss or penalty.

_________________________   ___________________________   ___________________________
Signature of the interviewee   Name   Date

_________________________   ___________________________   ___________________________
Signature of the interviewer   Name   Date
SWAHILI TRANSLATION OF THE CONSENT FORM

KIAMBATISHO I: IDHINI YA KUHUSIKA KATIKA UTAFITI

Habari yako, jina langu ni Emmah Mwangi kutoka Chuo kikuu cha Jomo Kenyatta cha kilimo na teknologia; ninafanya utafiti kuhusu sababu za kijamii na maisha zinazohusiana na uaviagi wa mimba yenyewe kati ya wanawake wanaohudhuria hospitali ya wilaya ya Thika.

SABABU YA UTAFITI

Sababu ya kufanya utafiti huu ni kutambua sababu za kijamii na maisha zinazohusiana na uaviagi wa mimba yenyewe ili kubaini mapungufu yatakayohitaji utafiti zaidi.

UTARATIBU

Ukijitolea kuhusika katika utafiti huu, nitakuuliza ujibu maswali haya na pia uhusike na majadiliano ambapo yatatakikana.

UWEZEKANO WA HATARI NA UPUNGUFU

Hakuna hatari zijulikanazo zinazohushwa na kuhusika kwako katika utafiti huu. Hakuna faida zozote za kifedha utakazopata ila tu kukusanya ujumbe kuhusu sababu ambazo zinaweza kuhushishwa na uaviaji mimba yenyewe. Ingawa maswali mengine yanaweza kuonekana kukutia wasiwasi, ni muhimu uyajibu kwa uaminifu ili tuweze kukusanya taarifa sahihi inayoweza kubalisha uchunguzi zaidi juu ya matokeo haya ya usumbufu.
MAFANIKIO YA KUTARAJIWA NA WAHUSIKA

Hakuna faida ya moja kwa moja kwa ajili ya kushiriki katika utafiti huu. Faida inayowezekana ya kushiriki katika utafiti huu ni kuwa utakuwa sehemu ya watu watakaochangia taarifa muhimu juu ya uavija wa mimba yenye ambalo ni somo limeshugulikiwa mara chache katika Kenya na hii inaweza kutoa msingi kwa ajili ya uchunguzi zaidi juu ya matokeo haya ya usumbufu.

NJIA MBADALA ZA KUSHIRIKI

Uko huru kushiriki au kutoshiriki.

FARAGHA NA KUWEKA SIRI

**MATOKEO YA KUJIONDOA**

Ninaelewa kwamba ninaweza wakati wowote wakati wa utafiti rekebisha idhini yangu na kujiondoa kutoka kwa utafiti bila ya kupoteza kitu chochote au kupewa adhabu. Kukataa kwangu kushiriki katika utafiti hakutahusisha adhabu au hasara ya faida ambayo ninahaki ya kuipokea.

**UTAMBULISHO WA WAKAGUZI**

Kama una maswali kuhusu utafiti, tafadhali jisikie huru kuwasiliana na mchunguzi mkuu. Kama mimi nina maswali zaidi ninaweza kuwasiliana na Emmah Nyambura Mwangi, Simu: 0724165189,

Barua pepe: emmahmwas@yahoo.com.au

**HAKI ZA ATAKAYEHUSIKA KATIKA UTAFITI**

Wewe huondoi madai yoyote ya kisheria, haki au suluhisho kwa sababu ya ushiriki wako katika utafiti huu. Ikiwa unahisi kuwa umechukuliwa kwa njia isivyvo haki, au una maswali kuhusu haki yako kama ambaye aliyehusika katika utafiti, unaweza wasiliana na mwenyekiti wa kamati ya maadili ya marekebisho ya matumizi ya binadamu, KEMRI kutumia anwani ifwatayo;

Mwenyekiti/Katibu ERC

Sanduku la Posta 54840-00200 Nairobi

Nambari ya Simu 254 (020) 2722541, 2713349

Simu ya kibinafsi, 0722-205901, 073334003

Barua pepe: director@kemri.org; info@kemri.org
Nimesoma na kuelewe utafiti huu unahusu nini, nimeelezwa kuhusu hatari na faida za kushiriki katika utafiti huu na ninmekubali kwa hiari yangu kushiriki. Ninaelewa kwamba ninaweza wakati wowote wakati wa utafiti rekebisha idhini yangu na kujiondoa kutoka kwa utafiti bila ya kupoteza kitu chochote au kupewa adhabu.

<table>
<thead>
<tr>
<th>Sahihi ya anayehojiwa</th>
<th>Tarehe</th>
<th>Jina</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sahihi ya anayehojiana</th>
<th>Tarehe</th>
<th>Jina</th>
</tr>
</thead>
</table>
Appendix II: QUESTIONNAIRE

INTRODUCTION

How are you, my name is Emmah Mwangi from Jomo Kenyatta University of Agriculture and Technology; I am conducting a study on socio-demographic and lifestyle factors associated with spontaneous abortion among women attending Thika District level V hospital, Kenya and would appreciate your assistance and contribution for the success of the study by consenting to participate. There are no known harms associated with your participation in this research and there will be no monetary benefits or reward for your participation in this study except that you will be a part of the people that will contribute important information on spontaneous abortion which is a subject that has rarely been addressed in Kenya and this may provide a basis for further investigations on this distressing outcome. No reports will identify you individually in anyway. Study numbers rather than names will be used to label all study materials and interviews. A list linking your names and study numbers will be maintained by the research staff and stored in a locked place where other people cannot access it.

I. Socio-demographic characteristics of patients

<table>
<thead>
<tr>
<th>Name (optional)</th>
<th>Study number</th>
</tr>
</thead>
</table>

1. When were you born? ———/——/——

2. What is your marital status?
   (i) Married
   (ii) Single
   (iii) Divorced/separated
   (iv) Widowed

3. What is your highest level of education?
   (i) Primary
   (ii) Secondary
   (iii) University/college
4. How many children have you given birth to?

<table>
<thead>
<tr>
<th>How many are alive?</th>
<th>How many are dead?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

5a. Do you have a child that has any disability?
   (i) Yes
   (ii) No
5b. If yes, please specify……………………………………………………………………………………

6. What is your current occupation?
   (i) Housewife
   (ii) Casual worker
   (iii) Formal employment

7a. At your occupation, are there any environmental toxins that you think you are exposed to?
   (i) Yes
   (ii) No
7b. If yes, please explain……………………………………………………………………………………

8. Is there any relative/family member who has experienced a spontaneous abortion in the past?
   (i) Yes
   (ii) No
II. Life style factors associated with spontaneous abortion.

9. Do you engage in any of the following habits during pregnancy and if so how often?

<table>
<thead>
<tr>
<th>Habit</th>
<th>Yes</th>
<th>No</th>
<th>How often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td></td>
<td></td>
<td>No. of sticks/day</td>
</tr>
<tr>
<td>Alcohol</td>
<td></td>
<td></td>
<td>(i)Daily (ii)weekly (iii)monthly</td>
</tr>
<tr>
<td>Coffee</td>
<td></td>
<td></td>
<td>(i)Daily (ii)weekly (iii)monthly</td>
</tr>
<tr>
<td>Drugs (e.g. heroin, cocaine)</td>
<td></td>
<td></td>
<td>(i)Daily (ii)weekly (iii)monthly</td>
</tr>
</tbody>
</table>

10. If you have experienced a spontaneous abortion, did you engage in any of the following habits prior to that spontaneous abortion?

<table>
<thead>
<tr>
<th>Habit</th>
<th>Yes</th>
<th>No</th>
<th>How often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td></td>
<td></td>
<td>No. of sticks/day</td>
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<tr>
<td>Coffee</td>
<td></td>
<td></td>
<td>(i)Daily (ii)weekly (iii)monthly</td>
</tr>
<tr>
<td>Drugs (e.g. heroin, cocaine)</td>
<td></td>
<td></td>
<td>(i)Daily (ii)weekly (iii)monthly</td>
</tr>
</tbody>
</table>

11a. Have you ever suffered from domestic violence (being battered e.g. through being slapped, hit, or pushed violently) during pregnancy?
   (i) Yes
   (ii) No

11b. If yes, please explain………………………………………………………………………………………………………………………………………………………………………………………….
12a. Have you ever suffered from sexual violence (being forced into sexual intercourse without your will) during pregnancy?
   (i) Yes  
   (ii) No  

12b. If yes, please explain........................................................................................................
..............................................................................................................................................

13a. Have you ever been emotionally unwell (feeling ‘stressed’, ‘anxious’, or ‘depressed’,) during pregnancy?
   (i) Yes  
   (ii) No  

13b. If yes, please explain........................................................................................................
..............................................................................................................................................

14a. Have you ever suffered from any form of accident (fall, trauma) during pregnancy?
   (i) Yes  
   (ii) No  

14b. If yes, please explain the form of accident.................................................................
..............................................................................................................................................

15. Have you ever been exposed to X-rays during pregnancy?
   (i) Yes  
   (ii) No  

16. Which main foods do you consume during pregnancy?
   (i) Vegetables and Fruits  
   (ii) Meat  
   (iii) Milk  
   (iv) Fatty foods  
   (v) Others (specify)..............................................................................................................

17. What are your reasons of choosing the type of food you consume during pregnancy?
   (i) Appetite  
   (ii) No other foods available  
   (iii) Other reasons(specify)................................................................................................
III. Occurrence of spontaneous abortion

18. Do you attend ante-natal clinics as scheduled during pregnancy?
   (i) Yes
   (ii) No

19. Do you know what a spontaneous abortion is?
   (i) Yes
   (ii) No

20. During your visits to the clinic, have you ever been educated about spontaneous abortion as one of the major complications of a pregnancy?
   (i) Yes
   (ii) No

21a. Do you know what causes a spontaneous abortion?
   (i) Yes
   (ii) No

21b. If yes, please explain.................................................................

...........................................................................................................

22. Have you ever suffered a spontaneous abortion?
   (i) Yes
   (ii) No

If no, skip to question 29

23. How many spontaneous abortions have you suffered? .................................

24a. How old was/were the pregnancy (cies)?
   (i) 1-3 months
   (ii) 3-6 months
   (iii) 6-9 months
24b. Please specify for each if you have suffered more than one spontaneous abortion

IV. Health seeking behavior that may have an influence on spontaneous abortion

25. After it happened, did you seek any medical attention?
   (i) Yes
   (ii) No
26a. If yes, were you told about the cause of the spontaneous abortion?
   (i) Yes
   (ii) No
26b. If yes, please specify........................................................................................................

27. If no, what in your opinion do you think caused the spontaneous abortion?

................................................................................................................................................

................................................................................................................................................

28a. Did you experience any symptoms prior to the spontaneous abortion?

   (i) Yes
   (ii) No
28b. If yes, could you please specify the symptoms? (List three main ones)

................................................................................................................................................

................................................................................................................................................

29. What should a woman do when she experiences a spontaneous abortion?

................................................................................................................................................

................................................................................................................................................
30. How do you think a woman can prevent a spontaneous abortion? (List three main ones)

31. Have you ever suffered from any of the following diseases or infection during pregnancy, did you seek medical help and if yes were you given medication?

<table>
<thead>
<tr>
<th>Disease/Infection</th>
<th>Medical help</th>
<th>Medication</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Diabetes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Malaria</td>
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<tr>
<td>HIV/AIDS</td>
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<tr>
<td>Fibroids</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Urinary tract infections</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Others(specify)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

32a. Have you ever used a contraceptive to prevent pregnancy?
   (i) Yes
   (ii) No

32b. If yes, which contraceptive method do you use?
   (i) Oral contraceptives
   (ii) Intra Uterine Device
   (iii) Intravenous contraceptives

33. If you have ever experienced a spontaneous abortion, which contraceptive method were you using before it happened?
   (i) Oral contraceptives
   (ii) Intra Uterine Device
   (iii) Intravenous contraceptives

We have come to the end of the interview and we thank you very much for your time and cooperation.
KIAMBATISHO II: MASWALI

UTANGULIZI

Habari yako, jina langu ni Emmah Mwangi kutoka chuo kikuu cha Jomo Kenyatta cha kilimo na teknologia; ninafanya utafiti kuhusu sababu za kijamii na maisha zinazohusiana na uaviagi wa mimba yenyewe kati ya wanawake wanaohudhuria hospitali ya wilaya ya Thika na nitashukuru msaada wako na mchango kwa ajili ya mafanikio ya utafiti kwa kukubali kushiriki. Hakuna hatari zizulikanazo zinazohusishwa na kuhusika kwako katika utafiti huu. Hakuna faida zozote za kifedha utakazopata ila tu kukusanya ujumbe kuhusu sababu ambazo zinaweza kuhusishwa na uaviaji mimba yenyewe. Ingawa maswali mengine yanaweza kuonekana kukutia wasiwasi, ni muhimu uyajibu kwa uaminifu ili tuweze kukusanya taarifa sahihi inayoweza kubalisha uchunguzi zaidi juu ya matokeo haya ya usumbufu. Hakuna taarifa zitakutambua wewe binafsi katika njia yeyote. Idadi za utafiti badala ya majina zitatumika kutambua vifaa vyote vya utafiti na mahojiano. Orodha ya kuunganisha majina yako na idadi za utafiti zitahifadhiwa na wafanyakazi wa utafiti na kuhifadhiwa mahali ambapo watu wengine hawawezi kuipata.

I. Sifa za kijamii na demographia za wagonjwa

Jina (kwa hiari yako) ________________________   Idadi ya utafiti

1. Ulizaliwa lini? ___ /____/ ____
2. Hali yako ya ndoa
   i) Umeolewa
   ii) Hujaolewa
   iii) Umetalakiwa/mmetengana
   iv) Mjane

3. Kiwango chako cha juu cha elimu ni kipi?
   i) Msingi
   ii) Sekondari
   iii) chuo kikuu

4. Umezaa watoto wangapi?

<table>
<thead>
<tr>
<th>Wangapi wako hai?</th>
<th>Wangapi wamekufa?</th>
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<tbody>
<tr>
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</tbody>
</table>

5a. Una mtoto yeyote ambae ana ulemavu?
   i) Ndio
   ii) La

5b. Kama ni ndio tafadhali fafanua

6. Kazi unayofanya sasa ni ipi?
   i) Mke nyumbani
   ii) mfanyakazi wa kawaida
   iii) ajira rasmi
7a. Katika kazi yako, kuna sumu ambayo unadhani wewe ni wazi kwayo?
   i) Ndio
   ii) La

7b. Kama ni ndio tafadhali fafanu ________________________________

8. Je, kuna ndugu / mtu wa familia ambaye amewahi kabiliwa na mimba kuavya yenyewe hapo awali?
   i) Ndio
   ii) La

II. Sababu za kimaisha zinazohusiana na uaviaji wa mimba yenyewe

9. Je, unajihusisha kwa namna yoyote na tabia zifuatazo wakati wa ujauzito na kama ni hivyo mara ngapi?

<table>
<thead>
<tr>
<th>Tabia</th>
<th>Ndio</th>
<th>La</th>
<th>Mara ngapi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kuvuta sigara</td>
<td></td>
<td></td>
<td>Idadi ya vijiti/siku</td>
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<tr>
<td>Kunywa pombe</td>
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<td></td>
<td>i) Kila siku</td>
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<td>ii) Kila wiki</td>
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<td>iii) Kila mwezi</td>
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<td>Kunywa kahawa</td>
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<td>i) Kila siku</td>
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<td>ii) Kila wiki</td>
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<td>iii) Kila mwezi</td>
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<tr>
<td>Kutumia madawa ya kuleva</td>
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<td></td>
<td>i) Kila siku</td>
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<td>ii) Kila wiki</td>
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<td></td>
<td></td>
<td></td>
<td>iii) Kila mwezi</td>
</tr>
</tbody>
</table>
10. Ikiwa umewahi kabiliwa na mimba kuavya yenewe, ulijihusisha kwa namna yoyote na tabia zifuatazo kabla ya matokeo hayo?

<table>
<thead>
<tr>
<th>Tabia</th>
<th>Ndio</th>
<th>La</th>
<th>Mara ngapi</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kuvuta sigara</td>
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<td>i) Kila siku</td>
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<td>Kunywa kahawa</td>
<td></td>
<td>i) Kila siku</td>
<td>ii) Kila wiki</td>
</tr>
<tr>
<td>Kutumia madawa ya kulevya</td>
<td></td>
<td>i) Kila siku</td>
<td>ii) Kila wiki</td>
</tr>
</tbody>
</table>

11a. Je, unakabiliwa na unyanyasaji wa kimwili (kupewa adhabu ya mwili kama vile kupigwa kofi, kugongwa au kusukumwa na nia ya kukunyanyasa) wakati wa ujauzito?

   i) Ndio
   ii) La

11b. Kama ni ndio tafadhali fafanua __________________

12a. Umewahi kabiliwa na vurugu za kingono (kulazimishwa kushiriki ngono bila hiari yako) wakati wa ujauzito?

   i) Ndio
   ii) La

12b. Kama ni ndio tafadhali fafanua __________________


   i) Ndio
   ii) La

13b. Kama ni ndio tafadhali fafanua __________________
14a. Umewahi kabiliwa na aina yoyote ya ajali (kuanguka, kiwewe) wakati wa ujauzito?
   i) Ndio
   ii) La

14b. Kama ni ndio tafadhali fafanua _____________________

15. Ulikuwa wazi kwa mionzi wakati wa ujauzito?
   i) Ndio
   ii) La

16. Ni vyakula vipi vikuu unavyokula wakati wa ujauzito?
   i) Mboga na Matunda
   ii) Nyama
   iii) Maziwa
   iv) vyakula vya mafuta
   v) Vingine (fafanua) _____________________

17. Sababu zako za kuchagua aina ya chakula wewe hula wakati wa ujauzito ni zipi?
   i) Hamu
   ii) Hakuna vyakula vingine vinapatikana
   iii) Sababu nyingine (fafanua) _____________________

III. Tukio la uaviaji wa mimba yenyewe

18. Unahudhuria kliniki za kuzalisha kama ilivyopangwa wakati wa ujauzito?
   i) Ndio
   ii) La

19. Unajua uaviaji wa mimba yenyewe ni nini?
   i) Ndio
   ii) La

20. Wakati wa ziara yako ya kliniki, umewahi elimishwa kuhusu uaviaji wa mimba yenyewe kama moja ya matatizo makubwa wakati wa ujauzito?
   i) Ndio
   ii) La
21. Unajua nini husababisha mimba kuavya yenyewe?
   i) Ndio
   ii) La

21b. Kama ni ndio tafadhali fafanua

22. Je, umewahi kabiliwa na mimba kuavya yenyewe?
   i) Ndio
   ii) La

Kama ni hapana, ruka mpaka swali 29

23a. Mimba hiyo likuwa ya miezi ngapi?
   i) miezi 1-3
   ii) miezi 3-6
   iii) miezi 6-9

23b. Tafadhali fafanua kwa kila moja kama umeavya mimba zaidi ya moja

24. Ni mimba ngapi zako zimeavya zenyewe?

Tabia za kiafya zinazoweza kuwa na uhusiano na mimba kuavya yenyewe

25. Baada ya kutokea, je, ulitafuta matibabu yoyote?
   i) Ndio
   ii) La

26a. Kama ndio, uliambiwa kuhusu sababu ya mimba hiyo kuavya yenyewe?
   i) Ndio
   ii) La

26b. Ikiwa ndio, tafadhali eleza
27. Kama ni hapana, je, kwa maoni yako unadhani nini ilisababisha hiyo mimba kuavya yenye?

28a. Je, ulikumbwa na dalili zozote kabla ya mimba kuavya yenye?
   i) Ndio
   ii) La

28b. Ikiwa ndio, tafadhali eleza dalili hizo (Orodhesha tatu kuu)

29. Mwanamke anapaswa kufanya nini baada ya mimba kuavya yenye?

30. Je, unafikiri mwanamke anaweza kuzuia mimba isiavye yenye kivipi? (Orodhesha njia tatu kuu)
31. Je, umewahi kabiliwa na magonjwa au maambukizi yoyote yafuatayo wakati wa ujuzito, ulitafuta matibabu na kama ni ndio ulipewa dawa?

<table>
<thead>
<tr>
<th>Ugonjwa/maambukizi</th>
<th>Ndio</th>
<th>La</th>
<th>Ndio</th>
<th>La</th>
<th>Ndio</th>
<th>La</th>
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<tbody>
<tr>
<td>Diabetes</td>
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<td>Malaria</td>
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<tr>
<td>Mengine(Fafanua)</td>
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</tbody>
</table>

32a. Umewahi tumia njia ya kupanga uzazi?
   i) Ndio
   ii) La

32b. Kama ni ndio, ni njia ipi ya kupanga uzazi unayotumia?
   i) Madawa ya kunywa(njia simulizi)
   ii) kifaa cha uterus
   iii) Sindano

33. Kama umewahi kabiliwa na mimba kuavya yenye we, ni njia ipi ya kupanga uzazi ulikuwa ukitumia kabla ya mimba hiyo kuavya?
   i) Madawa ya kunywa(njia simulizi)
   ii) kifaa cha uterus
   iii) Sindano

Tumefika mwisho wa mahojiano na ninakushukuru sana kwa muda wako na uhirikiano.
APPENDIX IV

KENYA MEDICAL RESEARCH INSTITUTE

P.O. Box 54840 – 00200 Nairobi, Kenya
Tel: (254) (020) 2729581, 2713470, 0722-203901, 0753-400020; Fax: (254) (020) 2720030
E-mail: director@kemri.org info@kemri.org Website: www.kemri.org

ESACIPAC/SSC/7066

16th November, 2010

Emmah Mwangi

Thro’
Director, CPHR
NAIROBI

REF: SSC No.1889 (Revised) – Socio-demographic and lifestyle factors associated with spontaneous abortion among women attending Thika District hospital, Central Kenya. PI: Emmah Mwangi (CPHR)

I am pleased to inform you that the above-mentioned proposal, in which you are the PI, was discussed by the KEMRI Scientific Steering Committee (SSC), during its 173rd meeting held on Tuesday, 2nd November, 2010 and has since been approved for implementation by the SSC.

The SSC however, advises that work on this project can only start when ERC approval is received.

Sammy Njenga, PhD
SECRETARY, SSC

In Search of Better Health

75
APPENDIX V

KENYA MEDICAL RESEARCH INSTITUTE

P.O. Box 54840 - 00200 NAIROBI, KENYA
Tel: (254) 020-2720541, 2720440, 0723-365001, 0723-360000; Fax: (254) 020-2720800
E-mail: director@kemri.org info@kemri.org Website: www.kemri.org

KEMRI/RES/7/3/1

TO: EMMAH MWANGI (PRINCIPAL INVESTIGATOR)
THO: THOERIMAL STUDENT

THRO: DR. YERI KOMBE,
THE DIRECTOR, CPHR,
NAIROBI

RE: SSC PROTOCOL NO. 1889 (INITIAL SUBMISSION): SOCIO-
DEMOGRAPHIC AND LIFESTYLE FACTORS ASSOCIATED WITH
SPONTANEOUS ABORTION AMONG WOMEN ATTENDING THIKA
DISTRICT HOSPITAL, CENTRAL KENYA

November 30, 2010,

Make reference to your letter dated 26th November, 2010 received on 26th November, 2010.

Thank you for your response to the issues raised by the Committee. This is to inform you that
the issues raised during the 189th meeting of KEMRI/National Ethical Review Committee held on
23rd November, 2010, have been adequately addressed.

Due consideration has been given to ethical issues and the study is hereby granted approval
for implementation effective this 30th day of November 2010, for a period of twelve (12)
months.

Please note that authorization to conduct this study will automatically expire on 29th
November 2011. If you plan to continue with data collection or analysis beyond this date,
please submit an application for continuing approval to the ERC Secretariat by 15th October
2011.

You are required to submit any amendments to this protocol and other information pertinent
to human participation in this study to the ERC prior to initiation. You may embark on the
study.

Yours sincerely,

R. C. KITHINJI,
FOR: SECRETARY,
KEMRI/NATIONAL ETHICS REVIEW COMMITTEE

In Search of Better Health