

Level of practice, knowledge and influencing factors on preconception care among newly married women in Jaffna MOH division

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Background: Preconception care is an essential component of reproductive health which focuses on the conditions and risks that could affect a woman if she becomes pregnant. The present study aims in determining the level of practice, knowledge and influencing factors on preconception care among newly married women in Jaffna MOH division.

Methods: This was a community based descriptive cross sectional study. The tool used was a pretested structured questionnaire with 4 sections covering the components of the objective.

Results: This study included a total number of 194 subjects, the mean (\pm SD) age at marriage is 24.7 \pm 3.7 years among 109(56.2%) has been registered as eligible couples within one month of marriage. Educational level, monthly income and employment showed the significant association with knowledge on preconception care (p value < 0.05). Only six (3.1%) had participated in the preconception programme conducted by the Jaffna MOH. The reason of 188 subjects (96.9%) for not participating in the preconception care programme was that they were not aware about the programme. The vast majority 188(96.9%) has consumed preconception folic acid. All of study population 194 (100%) had received preconception rubella vaccination. The median (\pm SD) mark of the knowledge assessment is 10 \pm 1.2. Accordingly 107 (55.2%) the study population have adequate knowledge about preconception care. Around half of the population preferred Midwives as their first choice to get advices regarding preconception care however; all population preferred more than one source.

Conclusion: The level of practice and knowledge on preconception care among newly married women in Jaffna MOH division are needed to be improved.

Keywords: Preconception care, Knowledge, folic acid, Rubella vaccination, Practice, Source of preconception care.