

Perinatal factors affecting knowledge and utilization of preconception care among pregnant women in Addis Ababa: A cross-sectional study

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Abstract

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Background: In Ethiopia, preconception care service is not well established, knowledge regarding preconception care and service utilization is low and few studies were published about determinants of utilization and knowledge level of women.

Objectives: To identify perinatal factors affecting knowledge and utilization of preconception care among pregnant women.

Methods: This cross-sectional study was conducted from January-March 2021, by interviewing randomly selected 331 Ante Natal Care (ANC) attendants at selected hospitals in Addis Ababa. The data was processed and analyzed using SPSS version 21. Bivariate and multivariable logistic regression analyses were undergone to determine perinatal factors affecting women's knowledge and utilization of Preconception Care (PCC).

Results: Two hundred and twenty mothers (68.6%) were found to have a good understanding of preconception care. Perinatal complications [AOR=3.37 (95% CI; 11.05-10.80)], postnatal care utilization [AOR=4.64 (95%CI; 1.14-18.87)], and ever hearing about preconception health and care [AOR=4.48 (95%CI; 2.31-8.72] were all positive predictors of preconception care knowledge. Only four out of ten women, 40.5%, used preconception care to its full potential. Whereas primiparity [AOR=4.76 (95% CI; 2.27-9.99)], having ever heard about preconception health or preconception care [AOR=11.65 (95% CI; 4.51-30.06)] and having good knowledge increase the likelihood of optimal preconception care utilization [AOR=10.32 (95% CI; 3.46-30.71)].

Conclusion: Women's knowledge of preconception care, as well as their use of the service, was found to be unsatisfactory. Perinatal complications, postnatal care utilization history, ever having information about the care, and primiparity were all found to be positive predictors of a woman's knowledge and utilization of PCC.

Keywords: Knowledge, Preconception care, Perinatal, Utilization

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