

Prevalence of preterm delivery and associated factors among women who delivered a live baby at Muhimbili National Hospital, Dar es Salaam, Tanzania

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Abstract

Background: Preterm delivery is a major global health concern that continues to be a primary focus in obstetric and pediatric units in Sub-Saharan African countries. Preterm birth complications are the largest cause of mortality in children under the age of five worldwide and higher in sub-Saharan Africa. The aim of this study was to investigate the magnitude of preterm delivery and its associated factors at Tanzania's Muhimbili National Hospital, a tertiary hospital. Methodology: An institutional based cross-sectional study was undertaken at Muhimbili National Hospital's maternity ward in the year 2021. The study enrolled 422 mothers who met the criteria. Mothers were interviewed face to face using a structured questionnaire, other clinical data were collected from medical records and the registry. Chi square (χ^2) and Fisher exact tests were used to evaluate the associated factors. The strength of association between the independent and dependent variables was determined using a logistic regression model. Results: In this study the proportion of mothers who had preterm delivery was 19.91%. Previous preterm birth (aOR=5.4, 95% CI 2.53-11.34), short Interpregnancy interval (aOR=3.0, 95% CI 3.08-9.03), maternal ANC visits less than 4 contacts (aOR = 3.0, 95% CI 1.79-8.38), pregnancy-related hypertension (aOR = 10.8, 95% CI 5.75, 18.33), antepartum hemorrhage (aOR = 14.5, 95% CI 4.92-24.27), preterm prelabor rupture of membranes (aOR = 5.9, 95% CI 1.94-14.12), multiple pregnancy (aOR = 10.7, 95% CI 10.21-92.69) and maternal urinary tract infection (aOR = 3.1, 95% CI 1.94-8.15) found to be independent factors associated with preterm delivery.

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