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Meeting Report

Women's health: seminars on antenatal and primary healthcare

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ABSTRACT

Primary health care (PHC) is the first level of contact for individuals, the family and the community with the national health system and “address the main health problem in the community, providing health promotion, preventive, curative and rehabilitative services accordingly.” This study aimed to determine the factors affecting utilization of healthcare services in the rural area of Bauchi State, fifteen years retrospective study on pregnancy-induced diabetes progresses to types-2-diabetes mellitus (DM) in Gombe South senatorial district of Gombe State and the impact of Nigeria State health investment project (Nship) on quality maternal and child health services among women of child bearing age (15-49 years) and children under 5 years in Bauchi State, Nigeria. The study was a sequential mixed methods approach including: (a) descriptive cross-sectional hospital-based research design (b) retrospective review ‘questionnaire survey’ on pre-post field interventions survey and (c) In-depth interview of the respondents. Factors that affect utilization of PHC includes; inexpensive cost and easy access to health facility 26.7%), treatment satisfaction 18.8% and nearness to place of residence 26.7%. The 1.1% of the women had gestational DM (GDM). Nship sharply increased the level of delivery of pregnant women. Improved living conditions increased utilization of health facilities. DM progressing to types 2 DM was not a public health problem in Gombe South senatorial district. Nship positively impacted the quality of maternal and child’s health in Bauchi State from 2016 to 2020.

Keywords: Gestational DM, Utilization, Health care services, Maternal and child health

INTRODUCTION

This executive summary of PhD scholars’ seminars from department of public health, Novena university, Ogume focused on women's health: seminars on antenatal and primary healthcare. These were presented under three (3) topics as follows; “Utilization of PHC facilities in the rural areas of Bauchi State, Nigeria”, “Fifteen years retrospective study of pregnancy induced DM that progresses to type-2-DM in Gombe South senatorial district, Gombe State, Nigeria” and “Impact of Nigeria State health investment project (NSHIP) goals on maternal

and child health (MCH) services that attended health facilities in Bauchi State”. PHC originated from the international conference on PHC, Alma-Ata, USSR, in 1978.¹ Plan action on health care delivery in many nations are being carried out in PHC facilities, such strategies in PHC includes; the roll back malaria that focus on increase ownership of insecticide treated nets (ITNs) among pregnant women and breast feeding mothers, maternal care, and intervention strategies relating to women with gestational diabetes.¹⁻³ There have been improvements in maternal and child health care intervention through the influence of Nigerian State health investment program (NSHIP)-a world bank sponsored project.⁴

UTILIZATION OF PHC FACILITIES IN THE RURAL AREA OF BAUCHI STATE, NIGERIA

Background

Health care is very essential to humans; it is the maintenance or improvement of one's health through the prevention, diagnosis and treatment of illness.⁵ Actual utilization of health services differ in accordance with various factors.⁶

Objectives

This study was aimed at determining the factors that affect the utilization of health care services in the rural area of Bauchi State.

Methods

A cross sectional design was used for this study. The targeted population of the study was 2,196,533 adults of which 42.06% lives in the rural areas of Bauchi state. Simple random sampling technique was used to select three local government areas from each senatorial district. The LGAs selected were Bauchi L.G.A, Tafawa-balewa L.G.A and Alkaleri L.G.A (Southern zone); Ningi L.G.A, Misau L.G.A and Darazu L.G.A. (Central zone) and Katagum L.G.A., Shira L.G.A, and Jama'are L.G.A (Northern zone). A total of 1344 respondents were sampled for the study. A well-structured questionnaire as well as focus group discussion with community leaders, religious leaders, and health care workers was used to elicit data for the study. The questionnaires were administered by the researcher and some research assistants. The reliability index as determined using Cronbach's alpha test of internal consistency stood at 0.89. The data from the study were presented using descriptive statistics of mean and percentages for the research questions. The analysis was carried out using SPSS version 25.

Results

There were 359 male respondents representing 26.7% of the study sampled, while the female respondents were 985 accounting for 73.3% of the number of respondents sampled. The respondents were majorly middle (32.1%) and low income (67.9%) earners. The enabling factors in order of importance are: inexpensive/ cheap healthcare cost, ease of reaching by transport, peer group influence and excellent attention in all emergency situation (26.7%); followed by treatment (18.8%); nearness to residence and friend among the staff (26.7%); referral by other doctors (17.9%); experienced paramedical staff (11.8%). The r^2 value of 0.29 indicates that the Attitude of health care workers have 8% influence on the utilization of health care facilities by rural dwellers in Bauchi State ($r < 0.05$). There was a significant relationship between education level of the respondents and the utilization of health care facilities ($r = 0.576$, $p < 0.05$). There was a significant negative

relationship between bad behavior of health personnel and the utilization of health care ($r = -0.244$, $p < 0.001$). There was a strong positive significant relationship between living conditions and the utilization of healthcare facilities in Bauchi State ($p < 0.05$). The strong positive relationship indicates that, as the living conditions of the respondent's improves, their utilization of health facilities also increased. The difference in utilization occurred between unemployed and farmers ($p < 0.05$), unemployed and civil servants ($p < 0.05$) and between farmers and civil servants ($p < 0.05$).

Conclusion

The need factors recognized for the utilization of healthcare facilities in Bauchi State were: health insurance; closeness of healthcare facilities; cost of transport and means of transport, while the enabling factors in order of importance are: inexpensive/ cheap healthcare cost, ease of reaching by transport, peer group influence and excellent attention in all emergency situations, followed by treatment, nearness to residence and friend among the staff, referral by other doctors, and experienced paramedical staff.

Recommendations

Governmental and non-governmental supports to improve the standard of living and income per month of rural dwellers will greatly increase the utilization of healthcare facilities in Bauchi State.

FIFTEEN YEARS RETROSPECTIVE STUDY OF PREGNANCY INDUCED DM THAT PROGRESSES TO TYPE-2-DM IN GOMBE SOUTH SENATORIAL DISTRICT GOMBE STATE, NIGERIA

Background

With an estimated number of 285 million people having the disease diabetes already constitutes a major challenge to public health globally. The projected increase is more than 50% in this figure over the next 20 years. It is well known that women with undiagnosed or poorly managed gestational DM (GDM) as well as their infant are at increased risk of developing type 2 diabetes later in their lives if preventive measures are not taken.⁷

Objectives

To determine fifteen years retrospective study on pregnancy-induced diabetes (GDM) progresses to types-2-DM in Gombe South senatorial district of Gombe State, Nigeria.

Methods

A descriptive cross-sectional hospital-based research design was developed for the study to determine fifteen

years retrospective study on pregnancy induced DM that progresses to types-2-DM in Gombe South senatorial district, Gombe State. Data was obtained and retrieved from the patient/client record in the hospitals/ PHC centres. The data obtained was analyzed with statistical package for social sciences [SPSS] version 24.0.

Results

The findings showed only 1.1% of the women have gestational DM (GDM). Also, there is no relationship between gestational age and the development of GDM ($p>0.05$, $r=-0.015$). The results suggest that gestational age does not influence the development of gestational diabetes.

Conclusion

Based on the findings in this study, and discussion made, it can be concluded that DM is not prevalent among the pregnant women with DM progressing to types-2-DM in Gombe South senatorial district of Gombe State. Also, high blood pressure is not prevalent among the women. However, a large number of the pregnant women are obese. There was negative but significant relationship between patient age and blood pressure, indicating that as the patient grow older their blood pressure reduces. There was no record to track /showed gestational DM progresses to types-2-DM in the study area.

Recommendations

From the findings of this research, the following recommendation were made:

Doctors, nurses/ midwives, community health workers etc. should participate in community mobilization and participation towards enhancing secondary/ primary centres, embark on maternal health services including fasting blood sugar (FBS) and random blood sugar (RBS) for pregnant mothers during ante natal services (ANC). Government should establish more general hospitals, PHC centres and maternity centres within the local government to increase accessibility. Training and retraining of health workers to improve their skills on data management especially on gestational DM in the Federation from the Primary data source i.e., Register=monthly=district health information system 2 [DHIS2] to enhance timeliness, consistency and validity of data.

IMPACT OF NIGERIA STATE HEALTH INVESTMENT PROJECT GOALS ON MATERNAL AND CHILD HEALTH SERVICES ATTENDED HEALTH FACILITIES IN BAUCHI STATE

Background

Nigeria State health investment project (NSHIP) was introduced in response to slow progress in the delivery of PHC services; the federal government of Nigeria (FGON)

requested world bank group (WBG) support in testing performance-based financing (PBF). PBF provides funding directly to health facilities based on the quantity and quality of services they deliver.^{8,9}

Objectives

This study was aimed at determining the impact of NSHIP on quality maternal and child health services among women of child bearing age (15-49 years) and children under 5 years attending NSHIP health facilities in Bauchi State.

Methods

A sequential mixed methods approach including: (a) retrospective review 'questionnaire survey' on pre-post field (2016 and 2020) interventions survey of pregnant women, post-natal women and children under 5 attending NSHIP health facilities in Bauchi State. (b) In-depth interview of the respondents in the survey who volunteered and healthcare workers of the health facility on the nature of facility structure in 2016 to 2020. The data of 2016 to 2020 of 112 health facilities (antenatal care, delivery, and post-natal family planning and health promotion registers of each health facility) that run NSHIP Intervention data were collected by using retrospective structured questionnaires from six local government areas (LGAs) of the tree senatorial district of Bauchi State.

Results

There were high impacts to substantiate on structure of the facility, pregnant women and less than 5 years children attended NSHIP health facilities in Bauchi State. On the level of deliveries by pregnant women to this NSHIP health facility from 2016 to 2020, results obtained indicate that there was a gradual increase in the level of delivery of women from 2016 to 2018 (109.17 to 160.75). However, 2018 to 2020 recorded a sharp increase in level of delivery (160.75 to 646.54). Community health extension workers (CHEW) were mostly involved in conducting ANC services (from 2017 to 2020) except in 2016; community health officer (CHO) was the second largest, followed by nurse/ com-midwife; followed by junior community health extension workers (JCHEW) and lastly health attendant. In 2016, the short-term contraceptive commodities were mostly used; in 2017, both long term and short-term contraceptives were used at the same rate; the same trend is seen in 2018; however, from 2019 to 2020, there was further increase in the trend of contraceptive usage, although, the short-term contraceptives were more in use.

Conclusion

There was an increase in deliveries as well as was improved quality health care at Bauchi State NSHIP health facilities from 2016 to 2020.

Recommendations

Federal government should continue with similar objectives of NSHIP program in Bauchi State in order to sustain the quality of maternal and child health care among women of child bearing age (15-49 years) and under 5 years children.

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Ethical approval: Not required

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