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Factors & Risks Associated with Adolescents Late Entry into Prenatal Care

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Introduction

Prenatal care is a type of preventative health care for pregnant women that is typically initiated in the first trimester. However, when prenatal care is inadequate, initiated past the first trimester or missed, the mother and fetus experience an increased risk for preterm delivery. Adolescents are part of a specific subgroup of pregnant women that are at a higher risk for adverse outcomes during pregnancy due to knowledge deficits. Therefore, adolescents are especially likely to receive inadequate prenatal services. Numerous studies have been conducted to discover the result of inadequate prenatal care; however, not as many studies explore the factors associated with late entry or lack of entry into prenatal care for adolescents. These factors need to be identified so care providers can accurately identify pregnant adolescents who are at the greatest risk for receiving inadequate care so that they can attempt to prevent preterm births.

Study Design/Sample

Qualitative	<ul style="list-style-type: none"> ❖ 26 primigravida mothers less than 19 years old ❖ 5 focus groups across 3 sites were held ❖ Open-ended questions were asked
Quantitative	<p><u>Study 1</u></p> <ul style="list-style-type: none"> ❖ Convenience sample of 260 ethnically diverse adolescents ❖ Ages 13-19 ❖ Within 72 hours of birth <p><u>Study 2</u></p> <ul style="list-style-type: none"> ❖ 533 adolescents, mean age of 15.9 years ❖ Interviewed patients at their first prenatal visit ❖ Structured questionnaire followed by medical records analysis <p><u>Study 3</u></p> <ul style="list-style-type: none"> ❖ Random sampling of women under 20 years with singleton pregnancies ❖ Data collected from 1995-2006 of 27,107 women ❖ Multivariate logistic regression used to assess association between the 2 factors

Findings

- ❖ Adolescents are urged for being pregnant → hinders them from seeking care
- ❖ If <16 years old, they are found to have an increased risk for limited prenatal care
- ❖ Gestational age & partner violence affected the # of PNC visits

- ❖ Adolescents initiated prenatal care at an average of 15 weeks gestation
- ❖ Additional Characteristics related to late entry: multipara, absence of previous abortion, unemployment, no relationship with father, living w/ mother, unwanted pregnancy

Significant increase in preterm births in adolescents who DO NOT receive prenatal care in comparison to those who attend 75-100% of their prenatal visits

3 Major Themes:

1. Characteristics of negative health care encounters
2. Emergence of contemporary stereotypes during these encounters
3. Characteristics of positive health encounters

Implications for Practice

- ❖ Adolescents may benefit most from PNC tailored to their specific age group (e.g. Centering Pregnancy)
- ❖ Obstetric care providers should not assume an adolescent with an overall healthy lifestyle means early PNC entry
- ❖ Late afternoon clinical hours solely for adolescent patients
- ❖ Communicate the need for early PNC whenever adolescents that come in contact with the health care system
- ❖ Schools should spread the awareness and resources about early prenatal care
- ❖ Specific training programs to improve judgement-free care in adolescents across all healthcare disciplines

Conclusion/Further Study

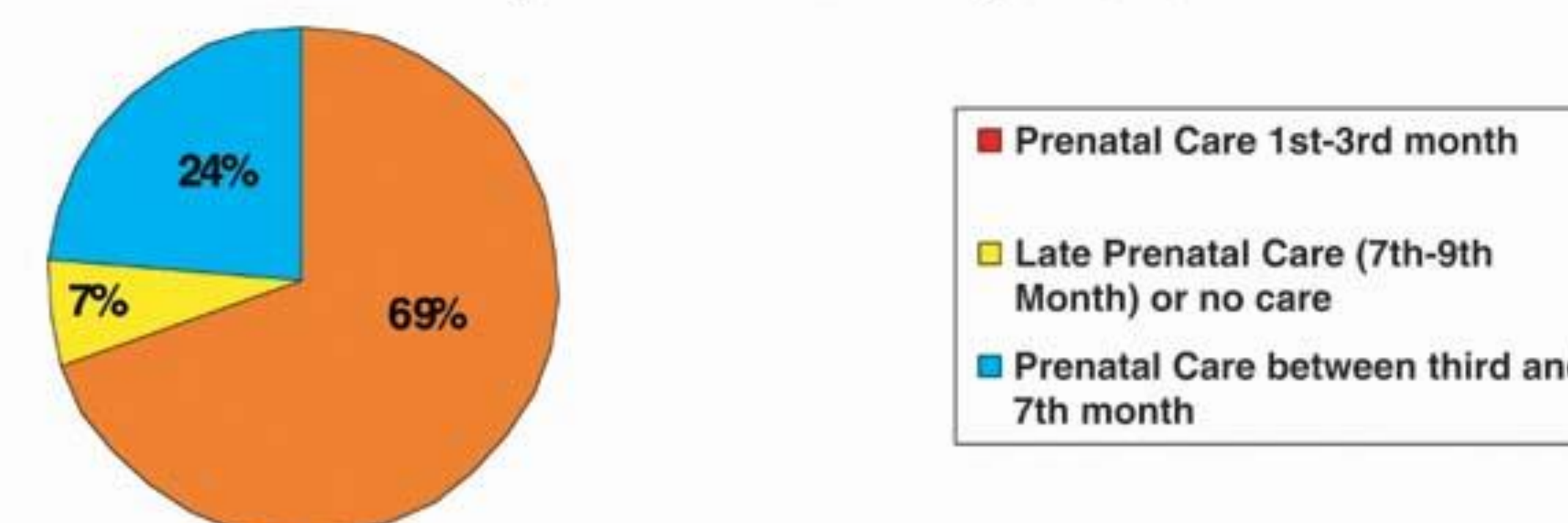
Conclusion:

Prenatal care in the first trimester of pregnancy is vital for adolescents to prevent the adverse risk factors. Studies revealed that most adolescents do not receive the recommended minimum 11 prenatal care visits before delivery. If these risk factors are integrated into practice, then care providers can adequately identify at risk adolescents to potentially decrease preterm births.

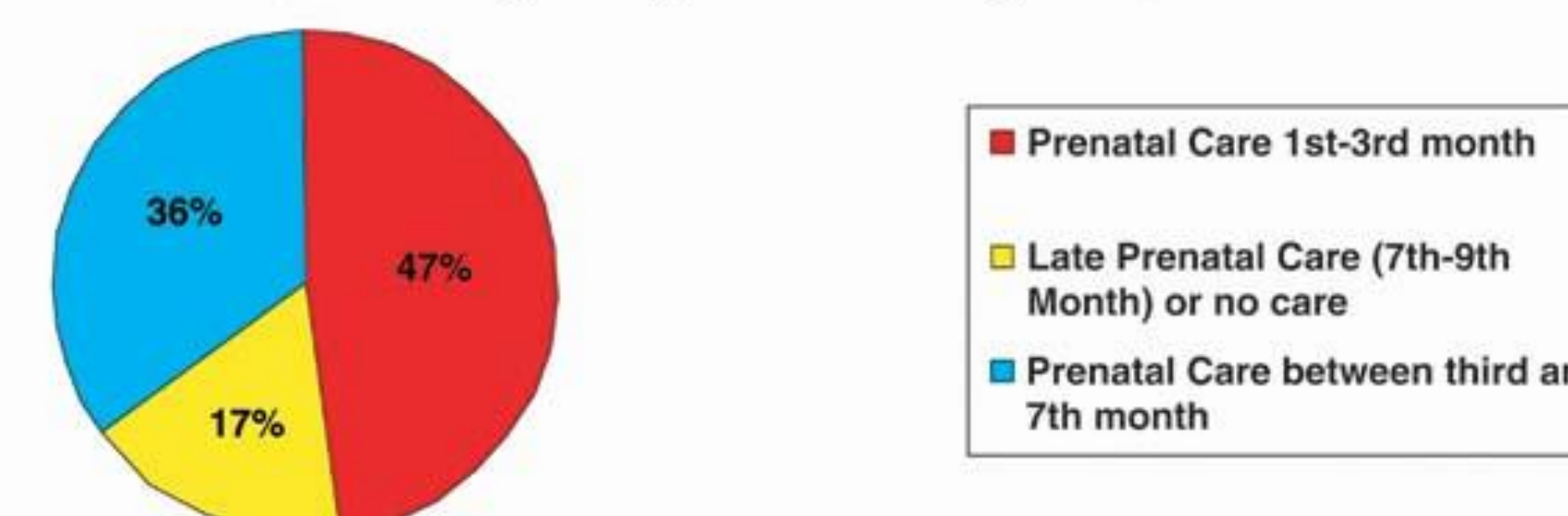
Further Study:

- ❖ Include adolescents that did not receive any prenatal care
- ❖ Further studies about the experiences and factors of adolescents

Initiation of Prenatal Care Among older Adolescents Aged 15-19



Initiation of Prenatal Care Among Young Adolescents aged <15



Summary

Studies have identified that adolescents are at a higher risk of receiving late or absent prenatal care. The most recurrent complication of inadequate prenatal care is demonstrated to be preterm birth. Efforts by health care providers should be made to support methods for obtaining assistance needed to receive adequate prenatal care for this high risk population.