The study aimed to assess the prenatal care among patients with hypertensive complications of pregnancy which served as the basis in developing an information education communication (IEC) material.

The research undertaking is both descriptive and qualitative in nature. The participants were chosen through purposive sampling. Respondents were patients of Governor Roque B. Ablan Sr. Memorial Hospital who were admitted from May 1 to August 9, 2011. Data were gathered in two ways: documentary review to obtain the pertinent data of the respondents and interview to gain more information as regards to their compliance with prenatal care.

Majority of the respondents are adults, high school graduates, with monthly family income of less than Php 5,000.00, housekeepers, residing at coastal and rural areas and multifarious.

As regards to health related factors, it was found out that pregnant women who were diagnosed of hypertension coupled with obesity have a two-fold risk to develop hypertensive complications of pregnancy. Anent, pregnant women with family members/relatives diagnosed of hypertension are more prone to hypertensive complications of pregnancy. In line with nutrition, continuous intake of foods rich in sodium promotes water retention causing increased blood volume leading to elevation of blood pressure. In addition, respondents without health related factors were found to be stressed.

The complications with prenatal care was described in terms of frequency of visits, laboratory studies and physical examinations.
To improve the status of prenatal care among pregnant women, the following recommendations were made: a) Educational institutions offering health related degrees work in collaboration with Department of Health (DOH) and rural Health Units (RHUs) and other health care facilities in providing information to women regarding hypertensive complications of pregnancy and how to avoid this condition; b) The government and non-government organizations as well as community organizers of educational institutions organize livelihood programs/income generating activities for these mothers to become more productive and to augment their family monthly income so that they can afford health care services; and c) more qualitative researches to have a more in depth analysis regarding factors contributing to hypertensive complications of pregnancy and compliance with prenatal care.