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TITLE: Risk Factors and Degree of Pre-Eclampsia among Pregnant Women in Ilocos Norte.
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Abstract: The researcher used the descriptive-co relational type of research. Respondents of this study were pre-eclampsia pregnant women from selected towns of Ilocos Norte towns whose ages range from 15-45 years old.

The study was conducted in Laoag City, Pasuquin, Pinili, Vintar and Bangui.

Purposive sampling procedure was employed in this study since the target population included only those pregnant women who were diagnosed of having pre-eclampsia. Those identified to have pre-eclampsia were purposively chosen as respondents. Forty mothers were selected to form the sample.

A research-made questionnaire served as the main data gathering tool.
The study was conducted from January to March 2006.

Data were tabulated, interpreted and analyzed using frequency distributions, ranking and simple percentage. Further, Pearson r was used in testing the null hypothesis of the study.

It was found out that majority of the respondents are young adults, employed, high earners and have few children and capable of availing pre-natal care products and services.

Hereditary predisposition to pre-eclampsia plays an important role in the development of pre-eclampsia.

Majority have adequate knowledge in taking care of their pregnancy by not engaging vices and maintaining a healthy diet.

Profile is related to health-risk factors to pre-eclampsia.

Age, occupation and monthly income affect the degree of pre-eclampsia.
Smoking and alcohol intake affect the degree of pre-eclampsia.

Based on the findings and conclusions of the study, the following recommendations are recommended by the researcher:

1. Pregnant women should follow their doctors’ instructions for diet and exercise and practice the following good health habit: use little or no added salt in your meals. Drink 6 to 8 glasses of water a day. Avoid lots of fried goods and junk foods. Get enough rest. Exercise regularly.
2. Government officials and health workers should formulate and implement action plans that will aim to increase the awareness of pregnant women and their family members about pre-eclampsia to avoid incidence of morbidity and mortality either on the part of the mother and or baby.
3. Family members of pregnant women should check whether pregnant women in their family adhere to the recommendations of physicians in order to protect the health of the mother and her baby during pregnancy.
4. Follow-up studies should be conducted along this line to strengthen, support or negate the findings of the study.
5. Future researchers should use this study as reference to the own research. Other variables like stress level of the mother and workload should be included in their study to enhance this area of interest.