

THE PREVALENCE OF HELMINTHES INFESTATION AMONG PREGNANT WOMEN AT KIBERA HEALTH CENTRE.

DR. ISAAC ISIKA MUNYALO, 2010

ABSTRACT

BACKGROUND

Helminthes infestations are common among humans who live in areas of poverty in the developing world. Kibera is one of the largest informal settlements in sub-Saharan Africa, lacking adequate municipal services like water and sanitation, although organizations like AMREF are working to improve the situation a lot still remains to be done.

RATIONALE/ JUSTIFICATION

Helminthes infestation has adverse effects on pregnancy. The prevalence of this condition is unknown at Kibera. The study aims in determining the prevalence of helminthes infestation and associated risk factors among pregnant women at Kibera Health centre.

OBJECTIVE

To determine the prevalence of helminthes infestation and associated risk factors among pregnant women at kibera health centre.

MATERIALS AND METHODS

The study was a cross sectional survey. Between October 2008 and December 2008 One hundred and ninety six participants (196) were recruited. A sample of stool was taken for analysis for ova and cysts and blood taken for full haemogram.

OUTCOME MEASURES

Presence of ova,cysts or actual worms in stools and evidence of anemia.

DATA ANALYSIS

Data was entered into appropriate analytical packages including SPSS. Results were presented in charts, graphs, percentages and tables attended by discussion. Conclusion and recommendations were made.

RESULTS

The overall prevalence of helminthes infestation was 6.7%. *Ascaris lumbricoides* comprised 3.1%, Hookworms 3.1% and *Schistosoma mansoni* 0.5%.Twenty seven

participants (13.8%) were anemic (HB < 10g/dl). Among the anemic participants, 51.9% had iron deficiency anemia. Majority of them (92.6%) had mild anaemia. One third of the participants (33%) reported that they had been eating soil while 12.8% had gastrointestinal complaints but none of these were associated with helminthes infestation. Hookworms or other helminthes infestation was not significantly associated with anemia during pregnancy.

CONCLUSION

The prevalence of helminthes infestation among pregnant women at Kibera Health centre is 6.7%.

RECOMMENDATION

There is no evidence to recommend routine deworming of pregnant women seeking antenatal care at Kibera Health centre.