



ABSTRACT

The study was conducted to identify the risk factors for preterm delivery at the De Soyza Hospital For Women and to determine the proportion of preterm deliveries of all deliveries during the study period.

An unmatched case control study was conducted to identify the risk factors contributing to preterm delivery. The study included 113 women as cases who delivered at preterm and 226 women as controls who delivered at term. The study was carried out between June and October 2006 at the De Soyza Hospital for Women.

Data on sociodemographic, pregnancy related and other relevant risk factors were collected by the principal investigator and a trained data collector with the aid of an interviewer administered questionnaire and a record sheet.

A univariate analysis found that none of the sociodemographic factors were associated with preterm delivery. Many "pregnancy related factors" were found to be associated with preterm delivery. Multivariate logistic regression analysis identified a prior history of miscarriage (OR – 6.7 ; 95% CI = 1.3 – 34.9) and a past history of preterm delivery (OR – 34.6 ; 95% CI = 5.6 – 212.6) as risk factors for preterm delivery. Four or more visits to the field antenatal clinic (OR – 0.02 ; 95% CI = 0.001– .167) and four or more visits to the hospital antenatal clinic (OR – 0.05 ; 95% CI = 0.018–0.15) were identified as protective factors for preterm delivery. Among the other related factors, less than 48 hours of time interval between sexual intercourse and delivery (OR – 10.9 ; 95% CI = 2.8 – 43.2) was found to be a risk

factor for preterm delivery on the multiple logistic regression model. The proportion of preterm deliveries among all deliveries was 13.8%.

Therefore it is recommended that the preterm deliveries should be included into the health information system and that steps should be taken to reduce the miscarriage rate in Sri Lanka. Furthermore regular antenatal clinic visits should be emphasized to the pregnant mothers.