

## ABSTRACT

### Introduction

Childbearing in latter part of reproductive age is a challenge. Adverse pregnancy outcomes increase with advanced (>35 years) maternal age (AMA) and most of them are preventable. Optimal utilization of antenatal care (ANC) is proven to be beneficial in minimizing negative outcomes of AMA.

### Objectives

The general objective was to describe characteristics, associated factors, and utilization of antenatal care services and pregnancy outcomes of AMA women delivering at Colombo North Teaching Hospital (CNTH). Among specific Objectives were; To describe characteristics and associated factors of AMA women, To describe utilization of ANC services, To describe pregnancy outcomes and To assess the association between the utilization of ANC services and the presence of pregnancy outcomes.

### Method

A hospital-based descriptive cross-sectional study was conducted among 216 postpartum women delivered at Colombo North Teaching Hospital. Postpartum women with a documented age 35 years and above at the booking visit were selected by non-probability consecutive sample method. Data were collected using a pretested interviewer-administered questionnaire and a data extraction form. Necessary ethical and administrative clearances were obtained. SPSS software version 26 was used for data analysis.

### Results

A total of 216 AMA postpartum women were recruited with a response rate of 100%. Age range was 35–45 years with a mean age of 37.8 (SD=2.4) years. Majority (91.7%) were multiparous. The current pregnancies were planned in 77.8% and 52.7% experienced antenatal morbidities. Adverse maternal (8.3%) and newborn (37%) outcomes were noted. Majority (75.9%) well utilized ANC services. Sinhalese (OR=2.98, 95%CI 1.29–6.87, p=0.008), Buddhist (OR=2.53, 95%CI 1.33–4.80, p=0.004) women with intended pregnancies (OR=5.67, 95%CI 2.81–11.43, p<0.001) well utilized ANC services. Women

educated below O/L (OR=0.4, 95%CI 1.33–4.80, p=0.027), had contraceptive issues (OR=0.27, 95%CI 0.10–0.74, p=0.007) and had adverse newborn outcomes (OR=0.32, 95%CI 0.16–0.61, p=0.001) reported low tendency to utilize ANC.

### **Conclusions & Recommendations**

Majority of AMA women are multiparous and with planned pregnancies. Presence of adverse maternal & newborn outcomes is substantial. Majority well utilized ANC services and it is closely related with reduction of adverse pregnancy outcomes. Effective strategies should be formulated to promote well-planned pregnancies in early reproductive ages of women.

### **Key words**

Advanced maternal age pregnancy, contributory factors of AMA, utilization of antenatal care services, adverse pregnancy outcomes of AMA