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Assessment of Risk Factors for Fetal Congenital Anomalies Among Pregnant Women at El-Manial University Hospital

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Abstract: Background, congenital anomaly is a defect that is present at birth, and can result from either genetic, environmental factors, or both. Aim, was to assess the risk factors which may lead to fetal congenital anomalies. Design, a descriptive research design was adopted. Sample, a total of 265 pregnant women were recruited according to the following criteria: pregnant in a fetus with a congenital anomaly; at any reproductive age; no specific gravidity or parity; single or multiple gestations. Setting, Fetal Medicine Unit at El-Manial University Hospital. Tools, two tools were constructed and filled in by the researcher: 1) fetal assessment sheet 2) interviewing questionnaire schedule. Results, age range of the pregnant women was 17-44 years with a mean of 26.63 ± 5.37 years. Seventeen percent of them cannot read and write while, 20% had university education. Renal anomalies, central nervous system (CNS), musculoskeletal, and cardiovascular anomalies were the most common congenital anomalies constituted 36.6%, 34.7%, 20.8%, 10.6% respectively of the total anomalies. Regarding to risk factors for congenital anomalies, 45.7% of the pregnant women had first degree consanguinity, 16.6% had a family history of a congenital anomalies, 19.2% had a previous child with a congenital anomaly, 29.1% gave a history of consuming drugs during present pregnancy, 18.5% of the pregnant women live near industrial source and 21.5% of them experienced infection during present pregnancy. Conclusion, renal, CNS and musculoskeletal anomalies were the most common type of congenital anomalies. Positive consanguinity, family history for congenital anomalies, previous child with a congenital anomaly, consuming drugs during pregnancy, living near industrial source and exposure to infections during pregnancy, were the most common risk factors associated with congenital anomalies. Recommendations, premarital examination for consanguineous marriages should be encouraged. Antenatal care is very important for suspicion and early detection of congenital anomalies.

Keywords: Risk factors; Congenital anomalies; Pregnant woman.