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## Familiarity with warning signals in pregnancy & the related factors among expectant mothers

### Abstract:

A pregnant woman who is aware of obstetric risk indicators is able to identify pregnancy-related challenges early on and take necessary steps, enabling her to seek emergency medical care. The objective of this study was to evaluate the degree and factors influencing pregnant women and awareness of the warning signs and symptoms of pregnancy complications. A multicentered cross-sectional was conducted from May to November 2023. Data was collected through non probability purposive sampling technique. A questionnaire administered by an interviewer was used to choose 200 pregnant women for participation, irrespective of their gestational week. Other known cases of systemic diseases were excluded. Pregnancy related complications were assessed. Data was analyzed by SPSS software. Mean age was  $28.01 \pm 1.89$ . Out of total, 80 (40%) were from metropolitan areas and 120 (60%) were from rural ones. Education level was intermediate 120 (60%), graduation 45(22.5%), and above 35 (17.5%). Fifty women (25%) out of the 200 women who took part in the poll knew that vomiting could be a warning indication during pregnancy, whereas the remaining 150 women (75%) did not know about this indicator. Similarly, only 60 people (30%) knew that headaches accompanied by blurred vision could be a warning indication, whereas 140 people (70%) did not know about this symptom. 40 people (20%) recognized stomach pain in the absence of labor as a warning sign, whereas 160 people (80%) were unaware of this during pregnancy. Only forty (20%) of the 200 pregnant women used tertiary hospitals, whereas 60 (30%) gave birth to their baby at home and 100 (50%) at neighboring government hospitals. On conclusion, this study enhances antenatal care (ANC) program by assessing obstetric danger signs, addressing barriers, and utilizing resources for effective communication and tracking ANC visits.

### Biography

A 2021 MBBS graduate of University Medical & Dental College Faisalabad, Pakistan. She has done her FCPS Part 1 in Obstetrics and Gynecology in 2023. Her diverse house job encompassed Gynecology & Obstetrics, General Surgery, Pediatrics, and Internal Medicine. She has crafted an academic tapestry with eight (08) papers in esteemed journals, earning four citations. Beyond ivory towers, she has graced regional, national and international conferences. Notably, (Meritorious and Tenured Dr. Muhammad Khaliq-ur- Rehman) extended appreciation through a letter, affirming her commitment to excellence. Her story skillfully combines academic sophistication with medical expertise, taking the reader on a journey of discovery and recovery while expressing thanks for the guidance given.