



Results

The results of this study are presented in the following sequences:

Part I: Description of the studied subjects by their socio-demographic characteristics. (Table 1).

Part II: Distribution of the studied subjects' in relation to their knowledge regarding pregnancy and antenatal care. (Tables 2-3).

Part III: Distribution of the studied subjects' knowledge regarding warning signs during pregnancy. (Tables 4-6).

Part IV: Distributions of studied subjects action toward danger pregnancy signs include bleeding, Nausea and vomiting and Headache. (Tables 7-9).

Part V: Distribution of studied subjects regarding the extent of following instruction guidelines and pregnancy outcome. (Tables 10-11).

Part VI: Relationship between Sociodemographic data and Utilization of instruction guidelines. (Table 12).

Part VII: Relationship between demographic data and total knowledge score. (Table 13).

Part VIII: Relationship between occurrence of danger signs and nature of daily activities. (Table 14).

Table (1): Socio-demographic characteristic of the studied subject.**(N = 150)**

Categories	Frequency	%
Age (years)		
<20	26	17.3
20-	73	48.7
25-	41	27.3
>30	10	6.7
Mean± SD=23.44±2.80		
Level of education		
Illiterate	9	6
Read and write	12	8
Secondary education	71	47.3
University education	58	38.7
Occupation		
House wife	101	64.7
Working	49	35.3
Type of working effort		
Severe	32	21.3
Moderate	103	68.7
Mild	15	10

Table (1): shows socio demo-graphic data of studied subjects. Mean age \pm SD was (23.44 \pm 2.80). Nearly half of total sample 48.7% ranged between (20-25 years). 86% of studied subject were educated while the minority 6.0% were illiterate. 64.7% of studied subjects were housewives, while 35.3% of them were workers.

Table (2) Distribution of the studied subjects' in relation to their knowledge regarding pregnancy and antenatal care.

(n=141)

Knowledge item	Yes		No	
	No	%	No	%
Physiological changes	61	43.2	80	56.8
Nutrition	131	92.9	10	7.1
Antenatal exercises	51	36.1	90	63.9
Immunization	133	94.3	8	5.7

Table (2): shows that the majority of the sample were aware of nutrition and immunization during antenatal care while they were un aware of physiological changes and antenatal exercises during pregnancy.

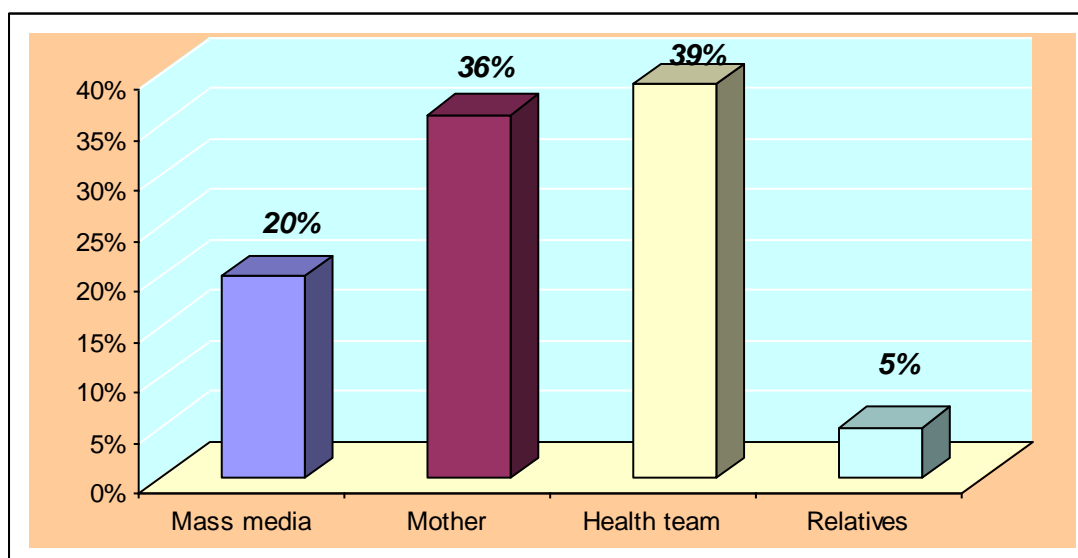


Figure (1) Percentage distribution of studied subject source of knowledge regarding pregnancy and antenatal care.

**Table (3) Distribution of the studied subject regarding antenatal care.****(N = 150)**

Categories	Frequency	%
Gestational age (weeks)		
6-	75	50
8-	66	44
10-12	9	6
Mean± SD=6.75±1.63		
Time of visit		
In case of complaint	35	32.3
One week after missed period	6	4
Two weeks after missed period	48	32
Monthly	61	40.7
Utilization of antenatal instruction		
Yes	134	89.3
No	16	10.7

Table (3): shows that half of studied subject have gestational age of ≥ 6 week, while 44% have gestational age of (6-9 week). 40.7% of cases seek antenatal care monthly while 32.3% seek it only when they have compliant. The majority of cases 89.3% utilize antenatal advice.

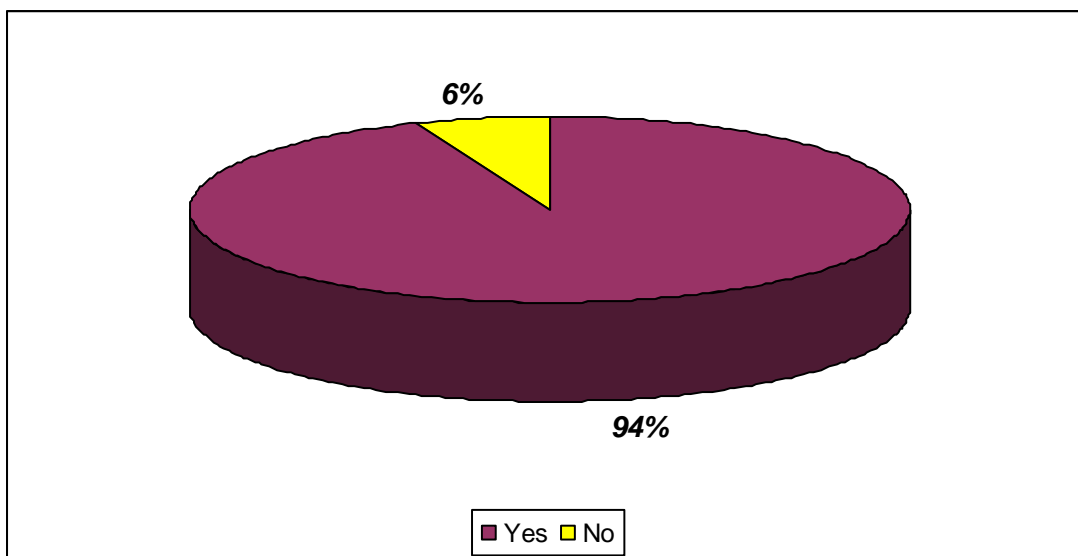


Figure (2) Percentage distribution of studied subjects that had knowledge about antenatal care.

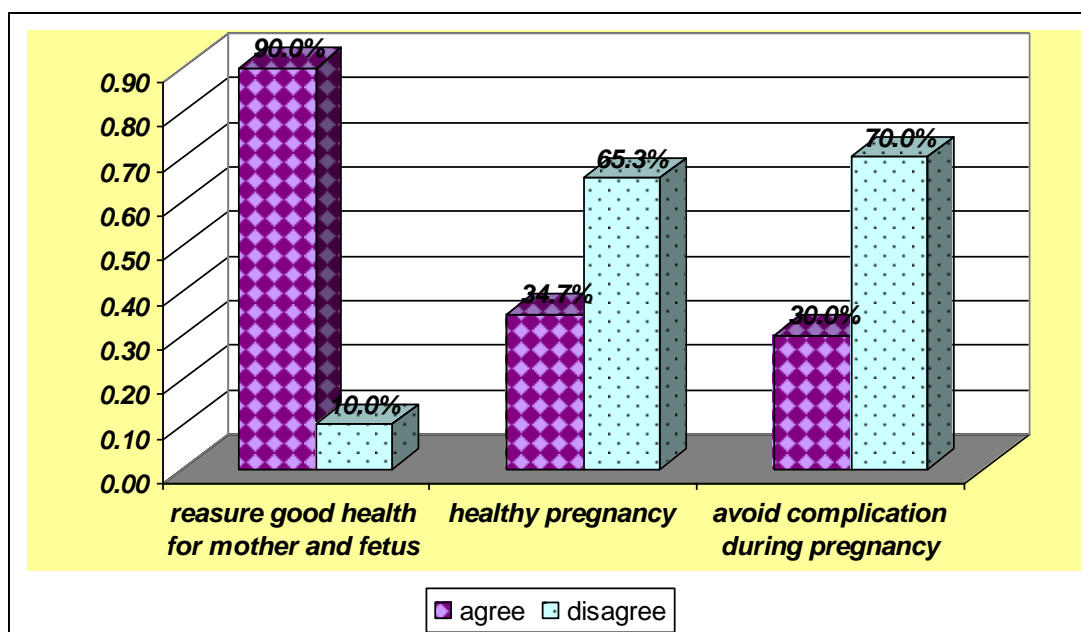


Figure (3) Percentage distribution of studied subjects opinion regarding causes of seeking antenatal care.

Table (4) Distribution of the studied subjects' knowledge regarding warning signs during pregnancy.

(N = 150)

Knowledge item	Complete answer		Incomplete answer		Don't know	
	No.	%	No.	%	No.	%
Definition of warning signs	48	32	17	11.3	85	56.5
Risk factors of warning signs	58	38.7	77	51.3	15	10
Types of warning signs	12	8	116	77.3	22	14.6
Complications of warning signs	0	0	138	92	12	8
Difference between minor discomfort and warning signs	2	1.3	136	90.6	12	8

Table (4): shows that more than half of studied subject didn't know the definition of warning signs while the majority of them had incomplete answer regarding difference between minor discomfort and warning signs and nearly one third of them had complete answer regarding risk factors of warning signs.

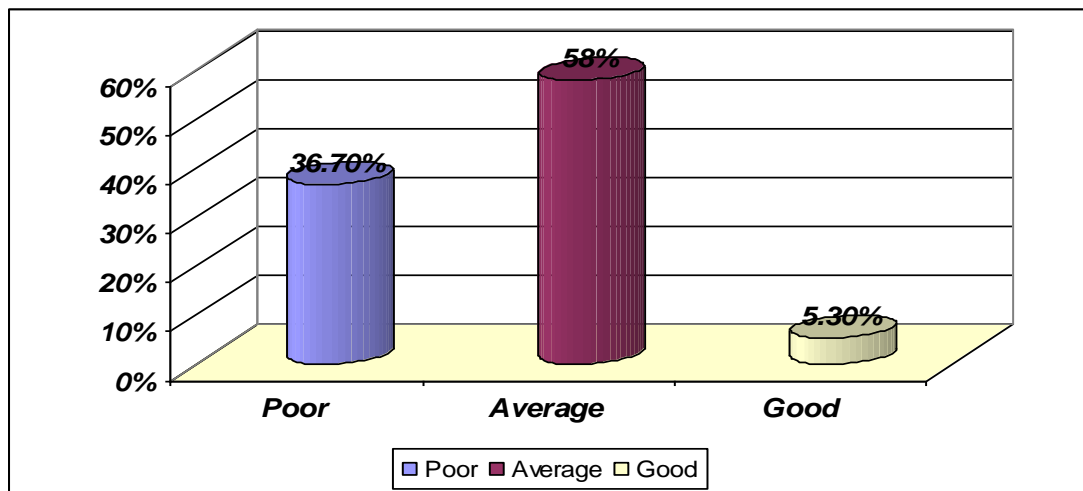


Figure (4) Percentage distribution of total knowledge score of studied women regarding pregnancy warning signs.



**Table (5) Distribution of pregnancy warning signs among studied subjects.
(N = 150)**

Type of warning sign	Yes		No	
	Frequency	%	Frequency	%
1- Vaginal bleeding	105	76.7	45	23.3
2-Abnormal vaginal discharge	53	35.3	97	64.5
3- Excessive nausea and vomiting	42	28	108	72
4-Severe headache	42	28	108	72
5-Fainting	48	32	102	68
6-Abdominal cramps	74	49.3	76	50.7

Table (5): shows that three quarters of the studied subjects 76.7% had vaginal bleeding, 49.3% had abdominal cramps, 35.3% had abnormal vaginal discharge and only 28% of studied subjects had excessive nausea and vomiting and severe headache.

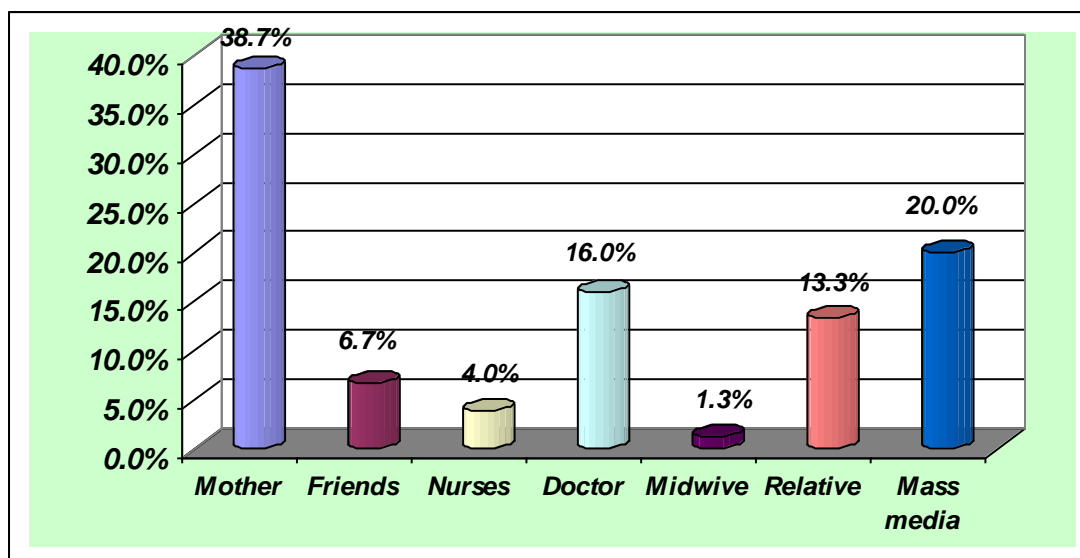


Figure (5) Source of knowledge of studied subjects regarding pregnancy danger signs.

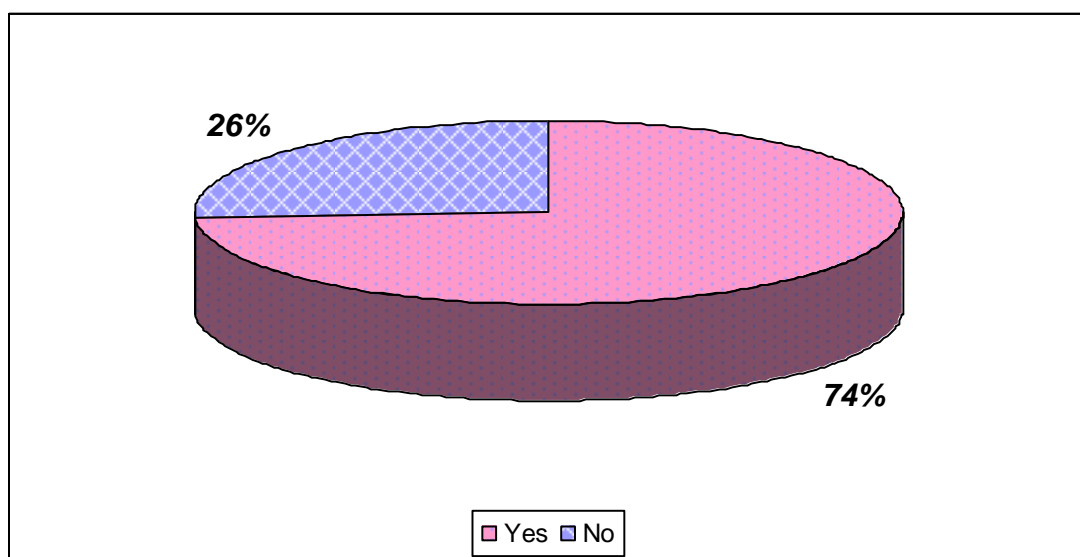


Figure (6) Distribution of studied subjects that had health instruction about pregnancy danger signs during antenatal care.

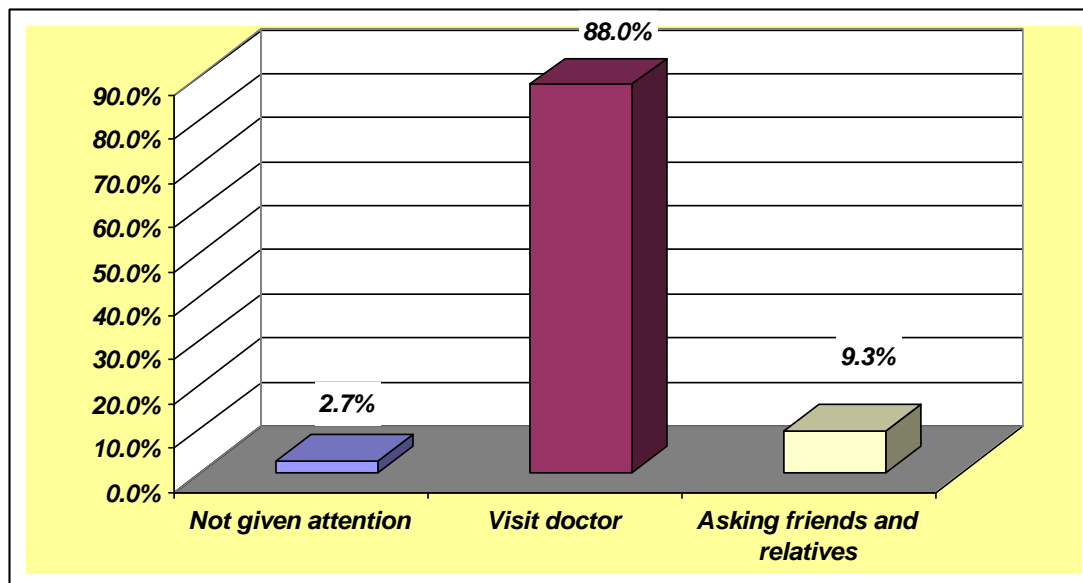


Figure (7) Distribution of studied subjects immediate reaction at the occurrence of danger signs.

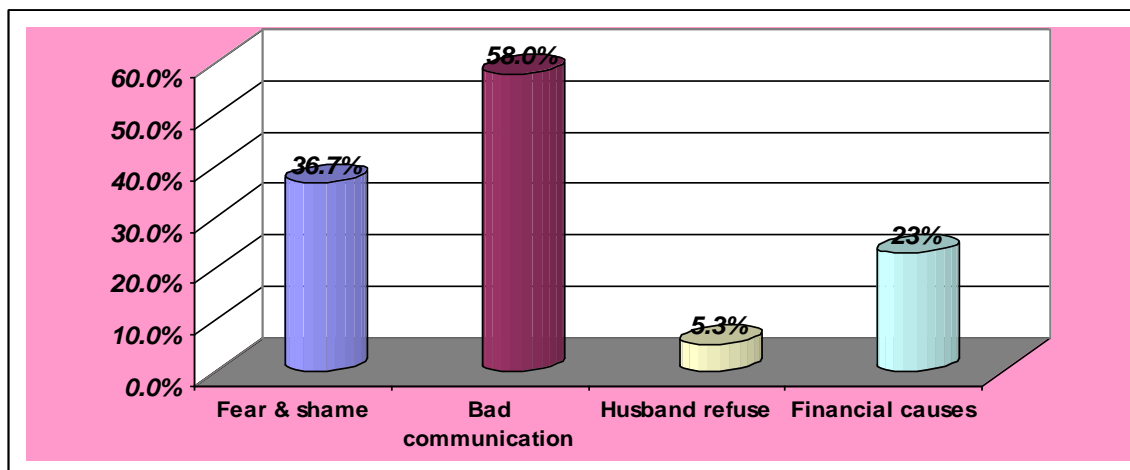


Figure (8) Distribution of studied subjects regarding causes of not seeking health services.



Table (6) Percentage distribution of studied subjects regarding contacts and time for seeking care after occurrence of warning sign.

(N = 150)

Categories	Frequency	%
First person women counsel		
Mother	48	32
Husband	23	15.3
Relatives	3	2
Friends	5	3.3
Physician	71	47.4
Time of seeking care		
Immediately	83	55.3
>one week	47	31.3
One week-two weeks	10	6.7
> two weeks	10	6.7

Table (6): shows that 47.4% of cases consult physician as the first person followed by mother 32% and more than half of them seek care immediately after occurrence of warning sign.

**Table (7) Studied subjects action towards warning pregnancy signs.****(N = 150)**

Categories	Yes		No	
	Frequency	%	Frequency	%
Vaginal bleeding				
Complete rest	81	54	69	46
Avoid intercourse	52	34.6	98	65.4
Avoid heavy activities	115	76.6	35	23.4
Consult doctor	108	72	42	38
Excessive nausea and vomiting				
Ignore it	4	2.6	146	97.4
Follow traditional habits	11	7.3	139	92.7
Eat small meals	46	30.6	104	69.4
Increase intake of fluid & soft diets	6	4	146	96
Take anti emetic drugs	45	30	105	70
Consult doctor	90	60	60	40
Severe persistent headache				
Rest and avoid exposure to light	71	47.3	79	52.7
Good nutrition	22	14.6	128	85.4
Adequate sleep during day and night	51	34	99	66
Consult doctor	59	39.3	91	60.7

Table (7): shows that two thirds of the sample 76.6% avoid heavy activities when they have vaginal bleeding followed by 72% consult doctor and 54% have complete rest while 34.6 avoid intercourse . 60% of studied sample visit doctor to overcome excessive nausea and vomiting, 47.3% take rest and avoid exposure to light to overcome headache.

**Table (8) Studied subjects action towards danger pregnancy signs.****(N = 150)**

Categories	Yes		No	
	Frequency	%	Frequency	%
Abdominal cramps				
Ask others	14	9.3	136	90.7
Wait until time of follow up	26	17.3	124	82.7
Consult doctor	114	76	36	24
Ignore	2	1.3	148	98.7
Fainting and blurred vision				
Sleep at shock position	61	40.6	89	59.4
Good nutrition	45	30	105	70
Ignore	2	1.3	148	98.7
Consult doctor	73	48.6	77	51.4
Vaginal discharge				
Keep bed rest	26	17.3	124	82.7
Visit doctor	85	56.7	65	43.3
Go to hospital	39	26	111	74

Table (8): shows that the two third of the sample 76% don't visit doctor when they have abdominal cramps while nearly half of them consult doctor when they have fainting and blurred vision and, more than half of the sample 56.7% consult doctor when they have vaginal infection.



Table (9) Distribution of studied subjects regarding the extent of following instruction guidelines.

Categories	Yes	
	Frequency	%
Following instruction guidelines as reported by woman (n=150)		
Yes	131	87.4
No	19	12.6
Pattern of Utilizing instruction guidelines (n=131)		
Completely utilized	98	74.8
Incompletely utilized	33	25.2

Table (9): shows that the majority of the sample 87.4% follow instruction guidelines and two thirds of them completely utilized instructional guidelines.



Table (10) Pregnancy outcome among the studied subjects after following instruction guidelines.

Parameter	Pregnancy outcome			
	Complete pregnancy		Pregnancy loss	
	Frequency	%	Frequency	%
1-Vaginal bleeding(n=105)	86	81.9	19	18.1
2-Vaginal infection(n=52)	48	92.3	4	7.7
3-Nausea and vomiting(n=42)	42	100	0	0.0
4-Headache(n=41)	38	92.7	3	7.3
5-Fainting(n=47)	47	100	0	0.0
6-Abdominal cramps(n=76)	71	93.4	5	6.6

Table (10): shows that 81.9% of the sample who have vaginal bleeding complete their pregnancy while 18.1% of them loss their pregnancy. The studied sample who have Nausea , vomiting or Fainting complete pregnancy without any loss.

Table (11) Distribution of studied subjects total knowledge score in relation to sociodemographic characteristics.

Sociodemographic Characteristics	Total knowledge score						X ²	P value
	Poor		Average		Good			
	No	%	No	%	No	%		
Age (years)							11.73	<0.05
< 20	11	7.3	13	8.6	2	1.3		
20-25	28	18.6	41	27.8	4	2.6		
25-30	16	10.6	25	16.6	0	0		
>30	0	0	8	5.3	2	1.3		
Educational level							2.17	>0.05
Illiterate	4	2.6	5	3.3	0	0		
Read &write	5	3.3	6	4	1	0.6		
Secondary	28	18.6	39	26	4	2.6		
University	18	12	37	24.6	3	2		
Gestational age (wks)							7.41	<0.05
3-6	26	17.3	45	30	4	2.6		
6-9	27	18	36	24	3	2		
9-12	2	1.3	6	4	1	0.6		

Table (11): show a significant relation between age and total knowledge score ($P < 0.05$). There was no significant relation between educational level and total knowledge score ($P > 0.05$) and there was a significant relation between gestational age and total knowledge score ($P < 0.05$).

Table (12) Distribution of studied subjects following guidelines patterns in relation to sociodemographic characteristics as reported by woman.

Sociodemographic Characteristics	Utilization of instruction guidelines						X ²	P value
	No utilization		Incomplete utilization		Complete utilization			
	No	%	No	%	No	%		
Age (years)							9.75	<0.05
< 20	7	4.6	5	3.33	15	10		
20-25	9	6	13	8.6	51	34		
25-30	3	2	11	7.3	27	18		
>30	0	0	4	2.6	6	3.5		
Educational level							10.94	<0.05
Illiterate	0	0	2	1.3	7	4.6		
Read &write	3	2	2	1.3	7	4.6		
Secondary	13	8.6	11	7.3	47	31.3		
University	3	2	18	12	37	24.6		
Nature of daily activities							4.31	>0.05
High	1	0.6	6	3.5	25	16.6		
Moderate	16	10.6	24	16	63	42		
Low	2	1.3	3	2	10	6.6		
Gestational age							16.96	<0.05
3-6	9	6	24	16	42	28		
6-9	8	5.3	6	3.5	52	34.6		
9-12	2	1.3	3	2	4	2.6		

Table (12): shows a significant relation between sociodemographic characteristics of studied subject (Age, Educational level, Gestational weeks) and their Utilization of instruction guidelines ($P < 0.05$). There was no significant relation between nature of daily activities and utilization of instruction guidelines.

Table (13) Distribution of danger signs of pregnancy among studied subjects in relation daily activities.

Danger signs	Nature of daily activities						X ²	P value
	High		Moderate		Low			
	No	%	No	%	No	%		
1-Vaginal bleeding							6.27	<0.05
Yes	13	8.6	20	13.3	10	6.6		
No	13	8.6	53	35.3	31	20.6		
2-Vaginal infection							7.02	<0.05
Yes	7	4.6	21	14	19	12.6		
No	19	12.6	52	34.6	22	14.6		
3-Nausea and vomiting							3.58	>0.05
Yes	4	2.6	20	13.3	15	10		
No	22	14.6	53	35.3	26	17.3		
4-Headache							8.49	<0.05
Yes	6	4	16	10.6	15	10		
No	20	13.3	57	38	25	16.6		
5-Fainting							6.09	<0.05
Yes	4	2.6	29	19.3	11	7.3		
No	22	14.6	44	29.3	30	20		
6-Abdominal cramps							11.35	<0.05
Yes	7	4.6	35	23.3	27	18		
No	19	12.6	38	25.3	14	9.3		

Table (13): shows a significant relation regarding occurrence of danger signs and nature of daily activities. ($P < 0.05$). There was no significant relation between occurrence of nausea and vomiting and nature of daily activities.