Is Teenage Pregnancy a High Risk Group under the Care of Comprehensive Child Development Service?

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Introduction
Many studies have shown that teenage pregnancy will increase the risk of adverse birth outcome, such as incidence of Caesarean Section, preterm delivery, low birth weight, and birth asphyxia. As such, pregnant teenagers will be under the care of Comprehensive Child Development Service Team in our hospital. Teenage group will be defined as maternal age is \( \leq 18 \) years at Expected Day of Confinement (EDC).

Objectives
One way of evaluating the quality and effectiveness of service provided to these teenage mothers is to examine their maternal and neonatal outcomes over at least 5 years. Therefore, a five-year review is performed from 2010 to 2014 to obtain the necessary data to gear the direction of our CCDS service.

Methodology
This was a retrospective study, data was collected from the initial assessment form and the postnatal assessment form which were used during the first interview and completed after delivery respectively. The maternal and neonatal outcomes of the teenage mothers under the care of CCDS team were compared with the obstetric population in the same hospital in 2014.

Result
Eighty-eight teenage pregnancies were recruited in the final cohort. The mean maternal age was 16.75±1.18 years, the mean parity was 0.13±0.48, and 92% (81/88) was their first pregnancy. The incidence of Caesarean Section rate was lower in teenage mothers (8.0% vs 21.3%), when we compared with the obstetric population in the same hospital in 2014. In addition, the teenagers would have higher incidence of normal deliveries (81.8% vs 65.5%). Although there was slightly increased in the incidence of preterm birth (14.1% vs 8.3%) and low birth weight (12.5% vs 10.33%).
the mean birthweight of their newborn was 2988.69±603.93, the APGAR scores were 8.59±1.22 and 9.9±1.55 at first and fifth minutes respectively. The results indicated that the major risk associated with teenage pregnancies is preterm labour, but the APGAR scores at deliveries are satisfactory. Therefore, these data is useful for future remodeling of service for CCDS.