

Prevalence of Hypothyroidism in Pregnancy and Its Associations with Adverse Pregnancy Outcomes Among Pregnant Women in A General Hospital: A Cross Sectional Study

Kidus Kebede Abadi

Daruxannan General Hospital, Burao, Somaliland, Somalia

Background: Hypothyroidism affects 3–5% of all pregnant mothers, making it the most common thyroid disorder associated with pregnancy. Furthermore, it is associated with adverse outcomes of pregnancy and newborn. Therefore, this research is aimed at determining the magnitude and pregnancy adverse outcomes associated with hypothyroidism among pregnant women having maternity services in a general hospital in Somalia. **Methods:** A cross-sectional study was conducted on pregnant women who delivered in the hospital between December 2022 and May 2023. Subjects were selected through systematic sampling and data collected through an interviewer-based questionnaire. Adjusted odds ratios (AORs) of P values and 95% confidence intervals (CIs) were used to assess the correlation between variables. **Results:** The prevalence of hypothyroidism was 23.6% (95% CI: [19.4–27.8]). Overt DM (AOR=9.125, CI (3.106–26.812)), History of Recurrent pregnancy loss (AOR=12.938, CI (4.958–33.763)), hypertension during pregnancy (AOR=6.718, CI (2.326–19.994)) and preterm delivery (AOR=7.015, CI (3.234–13.958)) were variables associated with hypothyroidism in pregnancy. **Conclusion:** The study has shown a high prevalence of hypothyroidism during pregnancy at Daruxannan Hospital compared to previous studies around the world. This finding highlights the need for national and regional surveys to identify the prevalence and associated factors that contribute to hypothyroidism in pregnancy to set up interventions and determine policy directions.

Biography

Kidus Kebede Abadi is a dedicated healthcare professional at Daruxannan General Hospital in Burao, Somaliland, Somalia. With a strong commitment to improving patient care, Kidus contributes significantly to the medical community by providing essential healthcare services and supporting the well-being of the local population. Through his work, he plays a key role in enhancing medical practices and promoting health in the region.