



Pregnancy-Induced Hypertension and Its Related Factors Among Female Patients

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Abstract

Pregnancy-induced hypertension (PIH) is a significant maternal health condition characterized by elevated blood pressure developing during pregnancy and is associated with increased risks for both mothers and newborns. This study examines the prevalence of pregnancy-induced hypertension and identifies factors associated with its occurrence among pregnant female patients. Particular attention is given to demographic, obstetric, medical, and lifestyle-related factors that may contribute to the development of hypertension during pregnancy. Variables such as maternal age, parity, gestational age, body mass index, family history of hypertension, previous history of pregnancy-induced hypertension, anaemia, diabetes, multiple pregnancy, and antenatal care practices are considered in assessing potential associations. The study emphasizes the importance of early identification and regular monitoring of pregnant women, particularly those with recognized risk factors. Timely blood-pressure assessment, appropriate antenatal care, health education, nutritional guidance, and close clinical observation can support early detection and management of hypertensive complications. The condition may have serious consequences, including pre-eclampsia, eclampsia, premature delivery, restricted fetal growth, and other adverse maternal and neonatal outcomes. Understanding the factors related to PIH can assist healthcare professionals in developing appropriate preventive and management strategies and improving maternal healthcare services. The study highlights the need for comprehensive antenatal screening and increased awareness among pregnant women regarding warning signs and the importance of regular prenatal visits. Overall, identifying modifiable and non-modifiable risk factors is essential for reducing complications associated with pregnancy-induced hypertension and promoting safer pregnancy outcomes.

Keywords: Pregnancy-Induced Hypertension, Pregnancy, Hypertension, Pregnant Women, Pre-eclampsia, Maternal Health, Risk Factors, Antenatal Care, Maternal Outcomes, Neonatal Outcomes.