

## A Study on the Prevalence of Various Systemic Congenital Malformations and their Association with Maternal Factors in Nizwa Hospital

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**Introduction:** Children come into the world heralding the good news and brings happiness to the family, there are some unfortunate parents of one out of every 28 babies (WHO Report 2010) receive the frightening news that their baby has congenital anomaly that manifests either immediately after birth or later. Congenital malformations often cause mental trauma to the parents since it puts the entire life of child with congenital malformations into jeopardy.

**Aim:** This is a pilot study planned for PhD main thesis by the scholar (author 1) and the study focused on the prevalence of various systemic congenital anomalies and the associated maternal factors.

**Methods:** Using convenient sampling technique the study was conducted among 80 mothers (10%) of the main study population (800) in the Delivery suite and Maternity Wards of Nizwa Hospital for a period of two weeks. Complete physical examination was conducted by the investigator soon after the delivery to rule out any obvious structural congenital anomaly in the newborn

**Results:** Out of 80 children, 8 children had congenital anomaly; type of congenital anomaly 3 children with hypospadias, 2 with polydactyl and 1 child with syndactyl; 2 children with cleft lip and cleft palate. The associated factors revealed age of the mothers has no significance, multiparity and bad obstetric history among 2 mothers respectively; surprisingly consanguinity has come down, GDM, PIH, Anemia (Mild) are common among the mothers having children with hypospadias, cleft lip and cleft palate; none of the mothers were exposed to any kind of radiation or taking any drugs without prescription. (All GDM and PIH mothers are taking Metformin and Atenolol as prescribed); 1 mother had family history running through the families for polydactyl and 1 mother with GDM. No associated factor for syndactyl.

**Conclusion:** The study reveals there are 8 children with congenital anomaly the most common associated factors among the mothers were with history of GDM, PIH treated with Metformin and Atenolol and anemia.

### Biography:

Mrs. Vijayalakshmi Gopalan Nair is a registered nurse and midwife with masters in Community Health Nursing Specialty in 2000 completed a post graduate diploma in Computer Application. Pursuing Ph D and currently working as Lecturer in College of Pharmacy & Nursing, University of Nizwa, Sultanate of Oman.