

THE FACTORS THAT INFLUENCE ANTENATAL CARE (ANC) VISIT ON PREGNANT WOMEN: SYSTEMATIC LITERATURE REVIEW

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Abstract.

Around 515,000 women died because of pregnancy are related to complications every year globally. According to WHO, around 90-95% of mothers and infant deaths are still become large public health problems in a developing country. One of the strategies to minimize the risks of both maternal and infant mortality is access and utilization of antenatal care (ANC) services. The World Health Organization (WHO) recommends antenatal care (ANC) as an important approach to take care of pregnant women. Method: This appraisal study used the Critical Appraisal Skills Program (CASP) program, and the synthesis method used PEOS modification with data source that was obtained from PubMed, Sinedirect, and ProQuest. Results: The results and discussion of the journal find the influencing factors of ANC visits on pregnant women which involve family support, socio-cultural, accessibility such as: transportation, distance, cost and service quality, Conclusion: Pregnant women are expected to check as routine as possible related to their pregnancy at least 4 times according to standard visits of (K4) during pregnancy.

Keywords : influence antenatal care (ANC), pregnant women

1.INTRODUCTION

Sustainable Development Goals (SDGs) is a development effort that becomes a reference in the development framework and negotiation in world's countries as a substitute for the global development of the Millennium Development Goals (MDGs) which has ended in 2015. SDGs have several objectives such as ensuring a healthy life and encouraging prosperity for people of all ages, includes its outputs of reducing the Maternal Mortality Rate (MMR) to 70 per 100,000 live births (LB) in 2030. This output certainly decreases compared to the 2015 MDGs target of reducing MMR to 102 per 100,000 LB in the period of 1990-2015. Around 515,000 women die of pregnancy related complications every year globally [1].

According to WHO, around 90-95% of mothers and infant deaths are still become large public health problem in a developing country. 80% of maternal deaths are caused by complications during pregnancy, childbirth or in the early *postpartum* period (bleeding, sepsis, unsafe or pre / eclampsia abortion), and 20% of them are caused by diseases such as malaria and AIDS. One of the strategies to minimize the risks of both maternal and infant mortality is access and utilization of antenatal care (ANC) services [2]. The World Health Organization (WHO) recommends antenatal care (ANC) as an important approach for to take care of pregnant women. The focus of antenatal care (FANC) is an antenatal care service model which is recommended by the WHO to suggest pregnant women to visit up to four minimum visits. The main objective is to facilitate early detection and treatment to complications related to pregnancy. Every visit is done as a whole treatment from the stage of pregnancy, birth preparation and the newborn care. The benefits of ANC visits to health facility includes overall physical, social and mental well-being, disease prevention and disability, health conditions detection, death prevention, and increasing

expectations of life quality [2]. According to Andrew et al (2014) research, respondents who are unable to meet WHO recommendations for ANC visits are mostly caused by distance and costs, in the other hand for those who live close to health facilities could easily carry out ANC but usually shows incomplete visits. Attitudes are shaped by the previous ANC experiences, such as waiting time, service quality, and preventive care perception and medical intervention during pregnancy. It also includes the relation with health care providers, disclosure of pregnancy, and family conflicts. There is also a willingness to avoid visit repetition, ideas about fetal strength and parity that are relevant to the first time of ANC visit.

2.MATERIALS AND METHODS

In accordance with the objectives and research questions, the literature which was used in this study obtained through Systematic Literature Search. The influencing factors of ANC visits on pregnant women would be reviewed including the way to take samples, variables contained in journals taken, and research results. The literature search method in this study began in the period of 2013 to 2018, which was identified using electronic databases from PubMed, Proquest, and Sincdirect,. Database searching, scanning, and article screening were done independently by researchers following the conditions in fulfilling inclusion criteria. Literature search strategy used the PEOS method and making research questions.

Criteria	Inclusion	Exclusion
Population/ Problem	Pregnant women	Women who does not do ANC
Exposure/ Event	The factors which influence ANC visits on pregnant women	
Outcomes	ANC visits on pregnant women	
Study Design	Qualitative study	

In the search for articles it was identified 2,137 articles, after filtering the title, abstract, the research method, it was found 152 articles to be taken and reviewed independently based on inclusion and exclusion criteria. Then, the filtering out further articles to find the right and complete reference on quality related to the factors that influence ANC visits for pregnant women were found 8 articles for critical appraisal to be done and 8 articles for final review. The researcher conducted a study by looking at the factors that influence ANC visits on pregnant women through research, critical appraisal on the eliminated literature from inclusion criteria. The study on quality used the Critical Appraisal Skills Program (CASP) with 10 Questions to help in making sense of a Qualitative Research

3.RESULTS AND DISCUSSIONS

The finding result of systematic search is obtained article which was published in 2013-2018, the authors and the taken data source is from Nepal (n=1) South Sudan (n=1), Kenya (n=2), Africa (n=3), and Indonesia (n=1). This grouping is the result of 8 articles in the developing

countries (Kenya, Nepal, South Sudan, Africa and Papua New Guinea) which are taken in *systematic literature review*. All article uses qualitative research method with the quality of Q1 as many as 6 journals and the quality of Q2 as many as 2 journals. The study results of *systemtic literature review* are obtained the influencing factors of ANC visit on pregnant women which includes:

a. Accessibility

1) Transportation

Transportation is a very influencing factor on ANC quality service. Bad path condition, expensive transportation cost, long distance to the health facility slows the ANC service utilization. Most of pregnant women face the difficulty of transportation access due to one and only public transportation and do not come regularly. This transportation rareness becomes a serious problem which makes pregnant women complaint in facing this transportation problem. This matter makes some of pregnant women do not do the ANC visit². Less transportation is an obstacle of ANC visit due to the most women must walk more than an hour to the health facility in Papua New Guinea [3].

2) Costs

From Mason *et al* (2015) research result, it is said that cost is an obstacle for pregnant women for doing ANC visit, even once or continuous. Some factors are the cost for ANC service, medicine shop, HIV test, and high transportation costs. These matters make women do not do the visit or maybe only once just to make sure there is no problem with the baby condition.

The research by Nyathi *et al* (2016) explained that transportation cost which concluded expensive makes pregnant women do not check their pregnancy due to the most women are not working. It is almost the same as Andrew *et al* (2014) research which said that the ANC service was paid by the money they got from selling betel nuts. The ANC check cost is still affordable but for the care facility such as rent a room, KIA book shop and transportation is still uncovered, which means pregnant women in this place is still met the difficulty for paying. This matter becomes the cause of pregnant women absence on the visit [3].

3) Distance

The distance factor is a problem for pregnant women on ANC visit. Public transportation only come once and and the distance can reach 40 km. The health facility location is not strategic because it is not in the main road that bus and any other public transportation can pass through². This long distance influences respondents to repeat the visit. There is a perception that pregnant women do 4-time-visit are difficult. The limited access becomes a challenge for pregnant women to reach the nearest health service due to the far distance to health post raises the risks for pregnant women. Pregnant women can give birth at home in the emergency [4].

4) Service Quality

Health facility is the most secure place for conducting pregnancy check up. But, if the equipment is not complete, there is no obstretic tools, medical workers that are less trained and not giving the best services will influence pregnant women in doing ANC visit 4 times according to WHO recommendartion⁵. The results of research by⁴ states that low service quality given to pregnant women such as there is no trained medical workers causes respondent failed to do re-visit. Some of the pregnant women have complained about their unconformity of medical workers attitude towards pregnant women by giving check up as needed and not giving clear information and the long waiting time for check up makes the respondents are not coming and do checking again². The negative experience has prevented mother to do ANC visit as they have to wait for so long (after long undergo long trip), no

available medicine needed, unclear service place regulations (close the clinic without notice) [3].

b. Family Support

Family support is a complex thing that becomes a basis for pregnant women will to do ANC visit. The support of husband also has role in carrying out ANC visit caus positive energy for pregnant women with affection given and making the mother happy. Husband is also need to know about health of wife like symptoms experiences by mother (nausea, vomiting, headache, cramps, back pain) so that can help in reducing mind burden of pregnant women. Support of husband is also given in the form of cost for ACN visit, the willingness of parent-in-law to give company when doing ANC visit³. Family support becomes important factor for pregannt women especially from husband, mother-in-law and medical workers. The involvement of husbands on giving treatment and support to their wives can be done by giving suggestion like suggest to rest, be careful, avoid heavy tasks,, eat, nutritious meals, drink iron tablets, and do ANC visit. During pregnancy and postpartum period, husbands are giving supports by cooking, cleaning, taking care of the older children, obtaining nutritious foods and doing other household tasks. Accompany the wives to the health facilities when pregnant such as giving advises, managing the finance, managing transportation for health facilities visit⁶. From the result of this research shows that family support is an important resource for women during pregnancy, childbirth, abd postpartum period. Husbands are expected to accompany the wife in doing ANC visit by giving affection and emotional support. Family can improve supervision to pregnant women and support to check the pregnancy to the medical workers also follow the information referring to development of mother and fetus regularly.

c. Socio-cultural

In journal of Wilunda *et al* (2017) said that socio-cultural is a factor that have complex influence for pregnant women especially in domestic work matter. In North Rumbek, Sudan, women endure heavy expense of household activities, such are responsible for caring the children, take care of house, produce and prepare meals for family [7]. The most heavy duty is to produce meals where women have to do plantation, weeding and harvesting in the field. When women are in pregnant condition, they still working on those things and then there are obstacles when wanted to checking their pregnancy but o tale care of the children at home. The result of research by Hagey *et al* (2014) gives other illustration that is in culture of Rwanda, said that a pregannt women is only do check up for their fetus in 3 months years old [8]. The lateness in deciding to search for good treatment for the health of pregnant women in Kwazulu-Natal is influenced by socio-cultural problem such as traditional norms that pregnancy must be concealed until it is seen clearly. This has caused pregnant women postpone ANC visit because they considered this as not important [9].

4. CONCLUSION

Result and discussion of journal that has been conducted about the factors that influence ANC visit in pregnant women, then it can be concluded that factor taht most influenced ANC visit is some studies show that accessibility factors consist of distance to health facilities, high transportation cost for ANC visit, lack of transportation, postponement in receiver treatment, type and quality of given services, family support, socio-cultural that most influenced the ANC visit to pregnant women.

5. RECOMMENDATION

- a. Providing render clinic mobile for giving ANC service in far village areas, to strengthen mother health program so that can conduct pregnancy examination until k4.
- b. Scheduling times for ANC visit because the ideal times to conduct examination.
- c. Improvement of ANC visit quality, supports of husband, family, and midwife, women empowerment in decision taking, continuous care that centered on women needs to be implemented so that it supports normal childbirth that will contribute towards the success of Exclusive mother's milk. Midwives nneed to give information and relevant based on evidence about the condition of women and fetus.

Improving knowledge about services provided in the health facilities, benefits of ANC visits for health, the importance of medicines can prevent is there is a complaint.

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