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IMPROVING MATERNAL HEALTH - MDG 5: THE ROAD MAP

Proceedings of the 7th International Scientific Conference and 40th Annual General Meeting of the Society of Gynaecology and Obstetrics of Nigeria (SOGON) - "ABUJA SOGON 2006"

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Theme: Improving Maternal Health - MDG 5: The Road Map

Sub-Themes: 1) Adolescent Reproductive Health

2.) Gynaecological Endoscopy

3.) Fetal Monitoring

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Improving Maternal Health - MDG 5: The Road Map
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PATTERN OF SEXUAL ACTIVITY AMONGST PREGNANT WOMEN IN IBADAN

Kolade CO*, Adesina OA*, Morhason-Bello IO*; Adeyanju AO**; Adekanmbi AA**;
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INTRODUCTION

- Mutual sexual satisfaction among couples is believed to be a prerequisite for marital harmony
- However, pregnancy, infertility, chronic medical illness etc have been reported to reduce coital frequency
 - WHO 2005
- **Challenges in Pregnancy**
 - Early symptoms (nausea & vomiting)
 - Heartburn
 - Fear of unknown by the woman & cultural taboos
 - Post-coital bleeding
 - Injury to the fetus
 - Physiological changes in pregnancy
 - Increased vaginal secretion discourages oral sex (Masters et al 1966)
- Studies have shown that emesis, fatigue, and emotional disturbances may prevent the much desired sexual satisfaction and frequency (Bultler 2004)
- Sexual activity issues are rarely discussed routinely during antenatal care except when problem arose

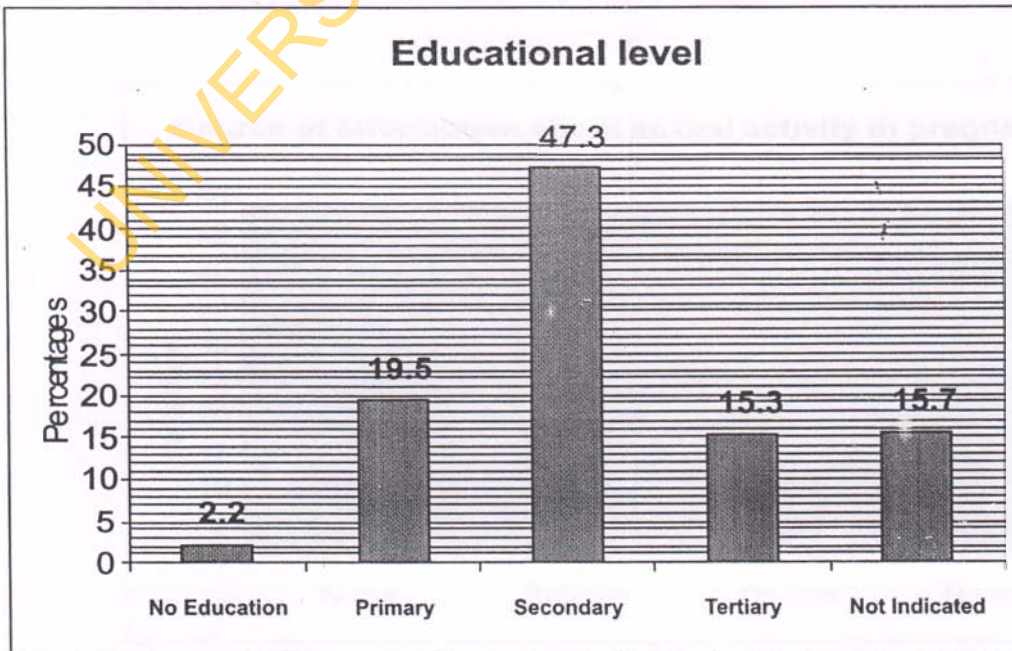
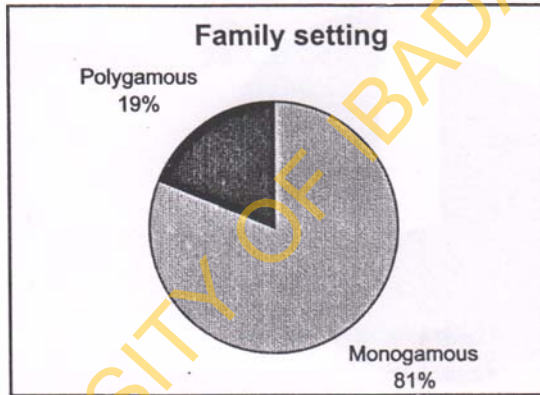
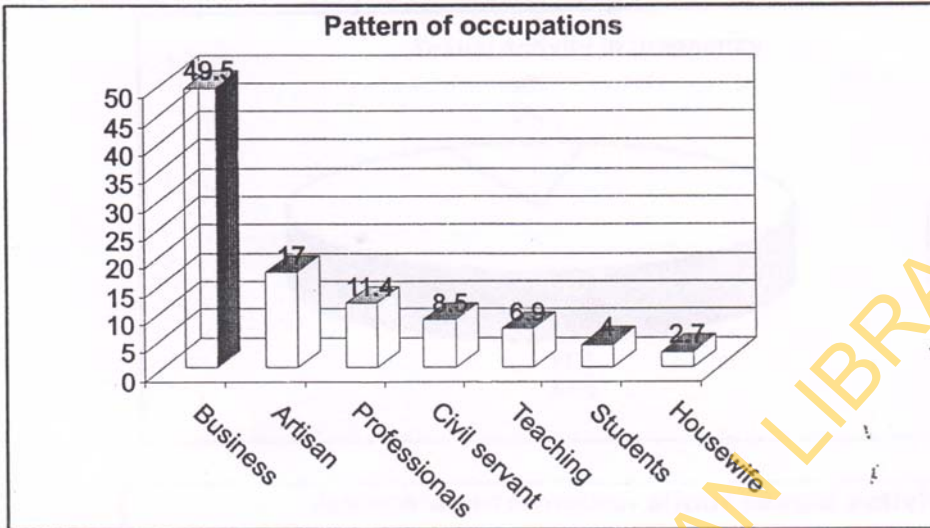
OBJECTIVE

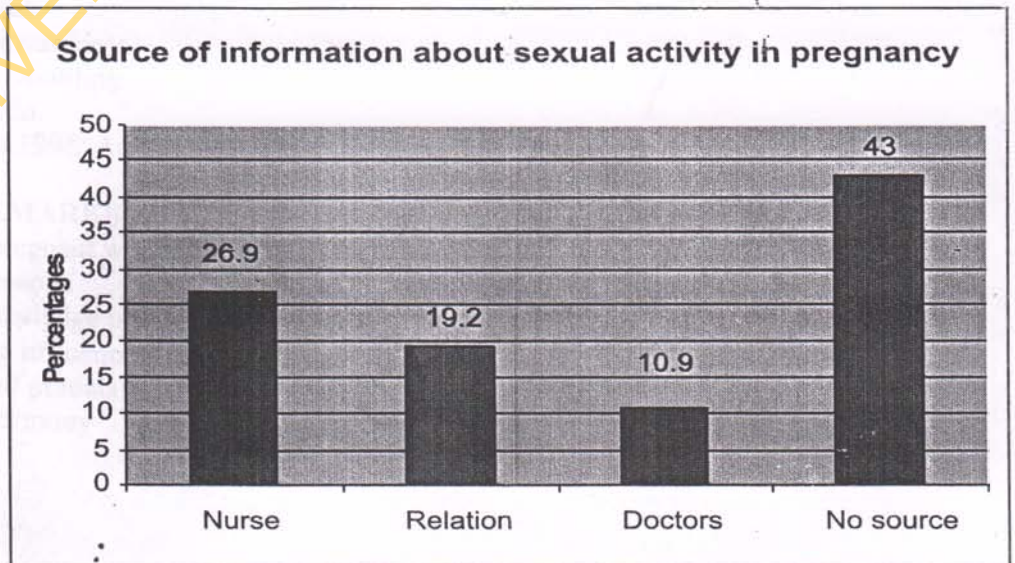
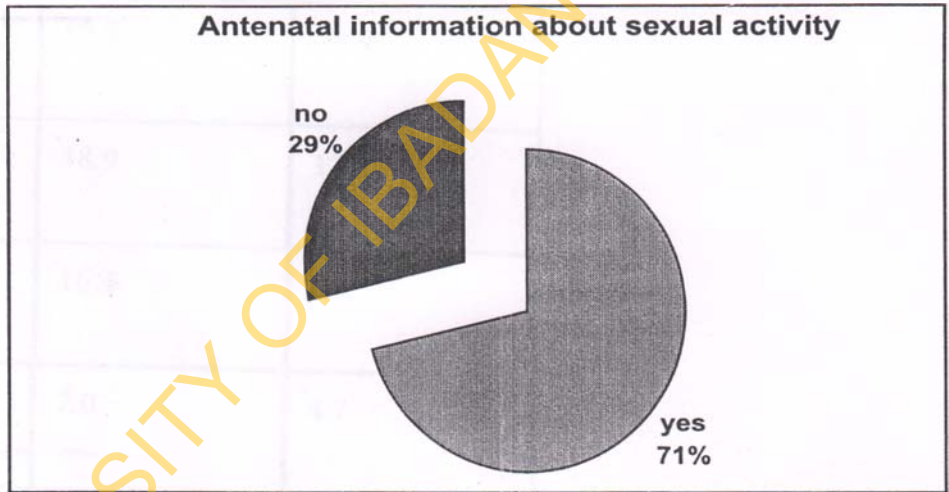
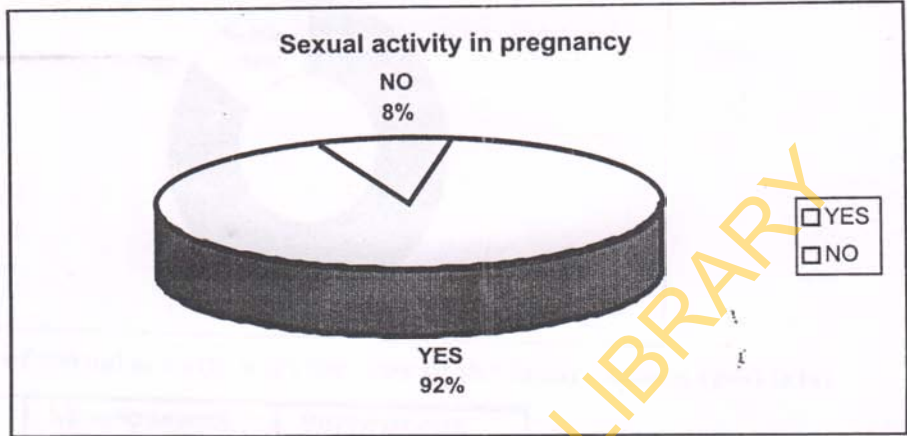
- To describe the factors influencing the pattern of sexual activity among pregnant women

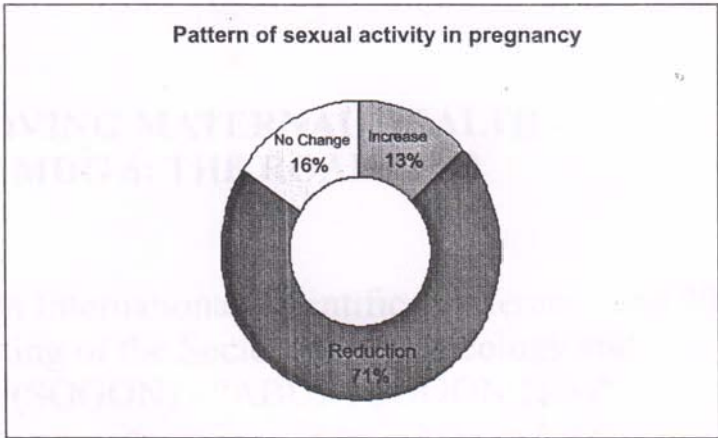
METHODOLOGY

- ❖ Multicentered cross-sectional study from January to March 2006
- ❖ Study sites:
 - ❖ University College Hospital, Ibadan
 - ❖ Adeoyo Maternity Hospital, Ibadan
- ❖ Research tool
 - ❖ Structured questionnaire
 - ❖ Initial pretest
- ❖ Recruitment
 - ❖ 400 consenting postpartum mothers
- ❖ Criteria
 - ❖ No bleeding
 - ❖ No coital restriction
 - ❖ Stays with her husband
- ❖ Data was analyzed using SPSS 11 software

RESULTS







Cross tabulation of sexual activity with the type of the family setting (p=0.004)

Coital frequency/week	Monogamous %	Polygamous %
0	57.8	78.9
1	18.9	12.5
2	16.3	3.1
=3	7.0	4.7

- Reasons for reduction
 - Chronic fatigue
 - Physical awkwardness
 - Nausea with vomiting
 - Reduced libido
- Pepe et al 1996; Adinma 1995

CONCLUDING REMARKS

- ❖ Majority of pregnant women disengage from sexual intercourse with their spouse for various reasons
- ❖ Most has knowledge prior to pregnancy
- ❖ Family setting influenced sexual activity
- ❖ Introduction of prenatal sexuality education to prevent these misconceptions and eventual disharmony