

**RISK FACTORS FOR HYPERTENSIVE DISORDERS IN  
MYANMAR PREGNANT WOMEN**



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NITTAYA SINSUKSAI, Ph.D.**ABSTRACT**

Hypertensive disorders were responsible for 21% of all maternal death in Myanmar. This predictive study aimed to identify the significant risk factors that contribute to hypertensive disorders in Myanmar pregnant women depending on extreme age, nulliparity, body mass index  $\geq 23\text{kg/m}^2$ , family history of hypertension and gestational diabetes mellitus. The sample was composed of 388 pregnant women with 36 to 42 weeks of gestation who visited the antenatal clinic of Central Women's Hospital and North Okkalapa General Hospital, Yangon. Data were collected using a questionnaire and were analyzed using binary logistic regression analysis.

The results show that these risk factors except age could explain 56.1% of the variance in the development of hypertensive disorders with 92.5% overall rate of correct classification. The risk of hypertensive disorders was 2.6 times higher in nulliparous women, 14.8 times higher in women who had BMI  $\geq 23\text{ kg/m}^2$ , 3.3 times higher in women who had family history of hypertension, and 24.6 times higher in women diagnosed with gestational diabetes mellitus.

This study is useful for nursing and midwifery practice in screening and monitoring risks of hypertensive disorders in nulliparous women, women who had body mass index  $\geq 23\text{ kg/m}^2$ , women with family history of hypertension, and women diagnosed with gestational diabetes mellitus. Pregnant women who are at risk of hypertensive disorders should be advised to adjust their lifestyle and to control their body weight with diet and physical activity.

**KEY WORDS: HYPERTENSIVE DISORDERS / RISK FACTORS / PREGNANT WOMEN**

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