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Missed appointments at maternal healthcare centres in Riyadh city: Reasons and associated factors

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Background: Pregnancy and childbirth related complications are a critical issue. The World Health Organisation estimates that complications during this time contribute to over 300,000 deaths of women and adolescent girls worldwide each year. Ninety nine per cent of these deaths occur in women with low income in developing countries. In Saudi Arabia, the mortality rate due to variations in attendance of antenatal care clinics is credited to account for twenty-four maternal deaths in every 100,000 births while the lifetime hazard is one in every 1200 (Titaley, Hunter, Heywood & Dibley, 2010). The primary factors attributed to the significant number of maternal and infant mortality rates in Saudi Arabia is linked to pregnancy complications and the barriers that hinder women from accessing antenatal care clinics. According to Almalki, (2014) the irregular coverage of antenatal care has driven a large population of pregnant women in Saudi Arabia to deliver at home without the assistance of skilled personnel. Only forty-four percent of Saudi Arabian births are managed by a qualified medical professional (Almalki, 2014). Between 2008 and 2015, the mortality rate due to pregnancy and new-born complications, and maternal problems represented a 12% of the Saudi total mortality

Aims: The main aims of this research were to explore and understand the reasons and barriers behind missing appointment and not attending antenatal care among Saudi women.

Methods: Semi structured interviews were conducted with 21 Saudi Women and 9 doctors at three tertiary hospitals in Riyadh. For women, questions explored their attitudes towards antenatal care and any barriers they faced. For health care providers, questions explored their perceptions of why women do not attend antenatal care.

Results: Although ANC is generally reported to be important for maternal health, the findings highlighted integration of social and cultural influences. several factors that affected the rate of antenatal attendance among the Saudi women. These factors were classified into three themes of physical barriers such as

lack of transport, low level of education and healthcare facility inadequacies. The desire to avoid ANC clinics was motivated by individual and family perception as well as staff attitude towards the patients.

Professionals highlighted that the level of education and awareness regarded the important of antenatal care, transportation accessibility and women's believes were the barriers affecting women to take advantage from antenatal care.

Conclusion: Based on the finding of study, a number of recommendations will be made to help women around the world to overcome the barriers that were identified to them accessing antenatal care. There is no 'magic belt' to overcoming constrains, instead, a comprehensive package of social and public health care approach is required.

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Biography

Wdad Alanazy has three qualification degree, Bachelor degree from King Saud University in Saudi Arabia, then postgraduate midwifery diploma from Prince Sultan Medical City in Riyadh .Also she has completed her mater degree at the age of 30 years from King Saud University in Saudi Arabia and in the second year of PhD study in Swansea University in United Kingdom in nursing department. She is a lecturer in Majmaah University in Saudi Arabia. She was clinical director of maternity building in Prince Sultan Medical City in Riyadh.

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