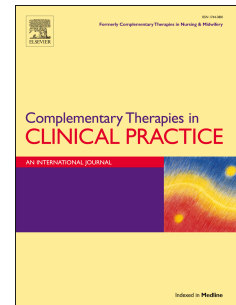


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Use of complementary and alternative medicine in pregnancy and its impact on obstetric outcome

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Abstract

Objective: To evaluate the prevalence of use of complementary and alternative medicine (CAM) in a Malaysian antenatal population and its impact on obstetric outcome.

Design: Cross sectional study.

Setting: Obstetric Unit, Hospital Sultanah Bahiyah, Alor Setar, Kedah.

Material and Method: Women attending antenatal clinic and Patient Admission Centre (PAC) above 30 weeks gestation were given structured questionnaires to fill. Pregnancy outcome measures were documented and analysed in relation to the information gathered through the questionnaire. SPSS Version 21 was used to analyse all data obtained.

Results : Out of 447 women, the overall prevalence of CAM usage in pregnancy was 85.2 %. It was popular among pregnant mothers aged between 26-35 years old and most commonly used in the third trimester ($p=0.010$) to facilitate labour. Other sociodemographic factors such as race, parity, education, occupation and residence were not significantly important. Traditional herbs was the commonest type of CAM used in pregnancy (58.3%) followed by *selusuh* (24.3%). About 78.5% of the CAM users delivered vaginally ($p=0.020$) but a significant proportion (14.3%) had fetal distress ($p=0.035$) compared to non CAM users. The most common type of herbs used was *akar kayu bunga Fatimah* (37.7%) and *gamat* (13.4%). In our study, usage of *selusuh* product and *akar kayu bunga Fatimah* had a significant impact in achieving vaginal delivery and shortened the duration of labour particularly in multiparae. The usage of *Kacip Fatimah* and *Salindah* was associated with preterm labour ($p=0.04$) *Tongkat Ali* herbal coffee had a significant association with hypertensive disorders in pregnancy ($p=0.011$) and fetal distress ($p=0.04$) Meanwhile, the usage of *Jamu Mustika Ratu* was significantly associated with low birth weight in grandmultiparae ($p=0.026$) and spirulina was significantly associated with oligohydramnios ($p=0.04$)

Conclusion:

Usage of CAM in pregnancy in the Malaysian population is of high prevalence CAM in pregnancy has beneficial and adverse obstetric outcomes. More research is needed to establish the safety of usage of various forms of CAM in pregnancy.

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