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THE ASSOCIATION OF FAMILY HISTORY OF HYPERTENSION WITH PREGNANCY-INDUCED HYPERTENSION: A PRELIMINARY STUDY AT TEACHING HOSPITAL, JAFFNA

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Introduction and Objectives:
Pregnancy-Induced Hypertension (PIH) is one of the major health concerns affecting maternal and fetal outcomes. A family history of hypertension may be a risk factor. It was aimed to determine the association between the family history of hypertension and pregnancy-induced hypertension (PIH).

Methods:
Data was collected among pregnant women, who have been in the second and third trimester with and without PIH attending Antenatal Clinic, Teaching Hospital, Jaffna. An interviewer administered questionnaire was used to gather information on age, family history of hypertension, gravidity and POA from all participants. Chi-square test was conducted to assess the association between the family history of hypertension and the occurrence of PIH.

Results:
Mean age and POA of the two subgroups, namely normotensive (n=34) vs. PIH (n= 34) were 29.24 (±5.47) vs. 30.76 (±4.96) years and 26.88 (±2.95) vs. 32.97 (±4.11) weeks respectively. Majority of the pregnant women of both the subgroups were multigravida (normal; 58.8%, PIH; 61.8%). Among the PIH group, 73.5% had a family history of hypertension vs. 32.4% normotensive women ($\chi^2 = 11.569$, $p<0.05$). Among the women with PIH who reported a positive family history of hypertension, had 47.1%, 23.5% and 2.9% of mothers, fathers and siblings with hypertension respectively.

Conclusions:
These findings suggest a strong correlation between familial hypertension and the risk of PIH with maternal hypertension history being commoner in the PIH group. This preliminary study underscores the importance of instituting preventive strategies among pregnant women with a familial predisposition to hypertension.