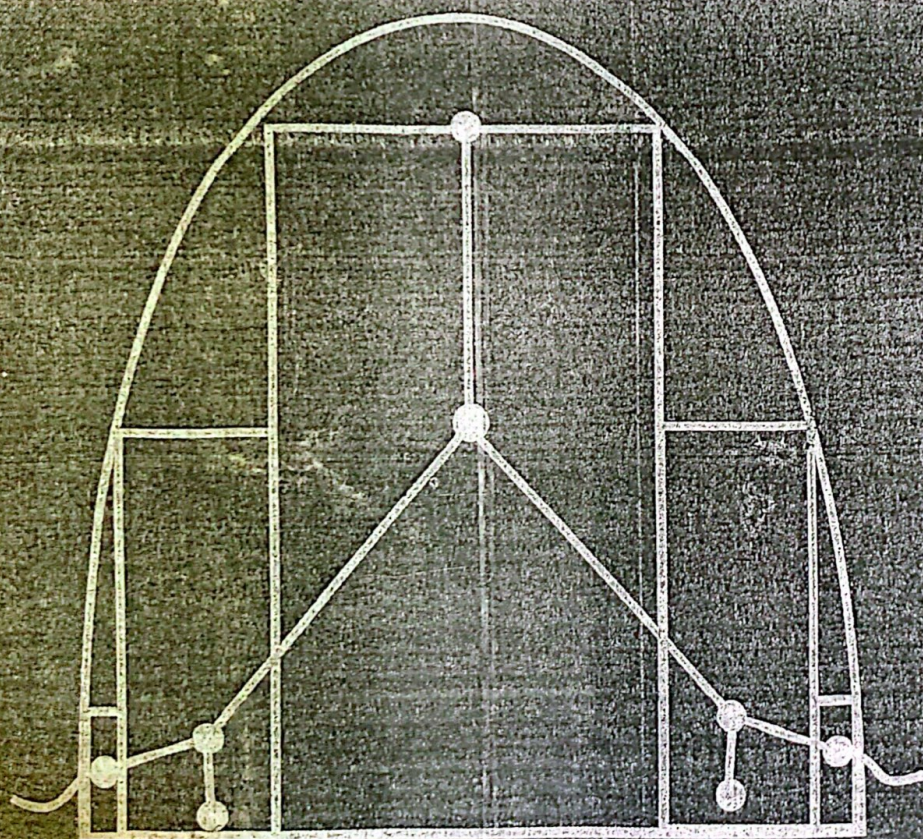


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Perceived Influence of Drug Abuse on Pregnancy Outcomes and Lactating Babies in Ilorin East Local Government Area, Kwara State

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Abstract

The study examined the perceived influence of drug abuse on pregnancy outcomes and lactating babies in Ilorin East Local Government Area of Kwara State. A descriptive research design of survey type was adopted for the study. The population for the study consisted of all pregnant women and lactating mothers in Ilorin East Local Government Area, while the target population comprised the pregnant women and lactating mothers attending ante-natal and post-natal clinics at selected traditional delivery homes in Ilorin East Local Government Area of Kwara State. A sample of two hundred and seventy nine respondents was randomly selected using multistage sampling procedure. The sample consisted of one hundred and seventy one pregnant women and one hundred and eight lactating mothers who were selected from Traditional Delivery Homes (TDH,) in Ilorin East Local Government area of Kwara State. The instrument used was a researcher structured and developed questionnaire which was validated by experts in related fields and tested for reliability using the split- half method. A reliability coefficient of .83r was obtained from the reliability test. Chi-square

statistics was used to test the hypotheses formulated for the study at 0.05 alpha level of significance. The result revealed that drug abuse has a significant influence on the increase in number of stillbirths, malformation of the foetus and intelligence quotient of children as perceived by pregnant women and lactating mothers in the area under study. The researchers concluded that drug abuse during pregnancy and lactation have significant influence on the increase in number of stillbirths, malformation of foetus and intelligence quotient of children as perceived by pregnant women and lactating mothers. The researchers therefore recommended that there should be a thorough scrutiny of the contents of herbal products given to pregnant women and lactating mothers; it was also recommended that all traditional birth attendants in Ilorin East Local Government Area should be properly trained by the government and follow up actions should be taken to ensure alcohol free herbal mixtures at the traditional delivery homes in Ilorin East Local Government Area of Kwara State.

Introduction

Substance abuse or drug abuse has crossed social, economic and geographical borders and remains one of the major problems that modern society faces globally. The prevalence of substance abuse in young adults of both genders has increased markedly over the past 20 years. Nearly 90% of women that abuse drugs are of childbearing age (Institute of Medicine, 2004). However, the exact number of drug-dependent women is unknown because, the statistics rely heavily on voluntary disclosure (Institute of Medicine, 2004).

Drug abuse is the use of illicit drugs or the abuse of prescription or over the counter drugs. The abuse of legitimate drugs can occur when people use the drugs in a manner or in quantities that are not legitimate (Flemming, 2006). Drug abuse is an increasing problem in our affluent society and carries great social and economic costs through its impact on crime and health. Official policy in western world for the past 50 years has been to treat addicts as criminals and punish them, but this has manifestly failed to prevent the increase in drug abuse.

Drug addiction is increasingly seen as an organic disorder of the brain. Exposure to substances of abuse can affect individuals across the lifespan, starting in the uterus. While most pregnant women do not abuse illicit drugs, data from the National Survey on Drug Use and Health, (2010) found that among pregnant women within the age of 15-44 years, the youngest reported the highest rate of substance abuse. Also, pregnant women between the ages of 15 and 17 years had similar rates of illicit drug use as women of the same age who were not pregnant (National Survey on Drug Use and Health, 2010).

Prenatal drug abuse has been associated with potentially long-term effects on exposed children. However, estimating the full extent of the consequences of maternal drug abuse is difficult for many reasons. According to National Institute of Health, (2010) not just street drugs but also many over the counter drugs or prescription drugs as well as even caffeine, vitamins, herbal teas and remedies can adversely affect the development of the foetus.

During pregnancy, at least 25 percent of women use nicotine, and 5 to 8 percent are at risk for alcohol related prenatal problems. The prevalence of illicit drug use in pregnant women is unclear, but it appears to be lower than that of nicotine and alcohol use (Elster & Kuznets, 2007). Women who use drugs during pregnancy have increased risk of meconium staining, foetal monitor abnormalities, abruption of placenta and premature delivery (Behnke, Eyler, & Szaba, 2003).

Some of the commonly abused prescription drugs according to Jessup, (2005) include opioids, central nervous system depressants and stimulants. According to Zweben and Payte, (2005) morphine, Tylenol, Xanax, Valium, Ritalin and Oxytocin are popular drugs that can be harmful to babies.

The effects of substance abuse during pregnancy may be classified into three categories: effects on mother, effects on the course of pregnancy and delivery, and effects on the foetus, newborn and developing child, (Marx, Hockberger & Wall, 2002). Some of the major effects of drug abuse on pregnancy outcomes and lactating babies include the following:

Stillbirth is the delivery of a baby who has died after 20th week of pregnancy. Loss of a foetus before 20th week of pregnancy is called miscarriage (Mikio & Nihira, 2012). Roxanne, (2010) reported that women who abuse drugs during pregnancy face increased risk for different problems including stillbirths or miscarriage. Both miscarriage and stillbirth occur at an increased rate in pregnancies exposed to many different substances including alcohol, cigarette, amphetamines, cocaine and other illicit drugs.

Drug abuse during pregnancy is responsible for a surprising amount of birth defects and other adverse outcomes for the baby. The types of birth defects that can occur depend on which drug is used (National Institute of drug Abuse, 2012). Princeton, (2008) opined that alcohol drinking may also increase the risk for birth defects and growth delay. The physical anomalies associated with alcohol abuse are most common with exposure occurring before 12 weeks while the growth delay and developmental delay generally occur with exposure after 24 weeks.

Barry, Lynne and Lindsey, (2004) opined that drug abuse during pregnancy and lactation is a major public health issue and a social policy concern because of the possible adverse effects or harms to the developing child caused by the chemical effect of the drug. Robert, (2012) reported that even moderate alcohol consumption during pregnancy and lactation can harm a child's intelligent quotient. While some guidelines recommend non consumption of alcohol during pregnancy and lactation, some others suggest that moderate drinking might be safe.

From the foregoing, there is obvious need to enlighten pregnant women and lactating mothers especially those who attend traditional delivery homes on the need to avoid drug abuse during pregnancy and lactation.

Statement of the Problem

Drug abuse has become a health problem, most especially among youths and adults of child bearing age. Pregnant women and lactating mothers are not left out of this risky lifestyle. According to Zweben and Payte, (2005) use of alcohol, tobacco and other drugs among pregnant women is one of the leading preventable causes of birth defects including mental retardation, neuro-development disorders and other poor birth outcomes.

Some pregnant women in Ilorin East Local Government Area do not enrol for ante-natal clinic, instead, they patronise quack nurses, untrained traditional birth attendants, patent medicine vendors, faith homes and unregistered road side drug hawkers who give them wrong prescriptions, herbs and other substances which may be very hazardous to their health and that of the foetus. In addition, the increase in number of stillbirths, malformed children, children with low IQ and other birth defects which may have resulted from drug abuse during pregnancy and lactation prompted the researcher to carry out this study.

Research Questions

The followings research questions were formulated to guide this study:

1. Does drug abuse during pregnancy influence the increase in number of stillbirths as perceived by pregnant women and lactating mothers in Ilorin East Local Government of Kwara State?
2. Does drug abuse during pregnancy influence the malformation of the foetus as perceived by pregnant women and lactating mothers in Ilorin East Local Government of Kwara State?

3. Does drug abuse during lactation influence intelligence quotient of children as perceived by Pregnant women and lactating mothers in Ilorin East Local Government of Kwara State?

Research Hypotheses

1. Drug abuse during pregnancy will not significantly influence the increase in number of stillbirths as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.
2. Drug abuse during pregnancy will not significantly influence the malformation of foetus as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.
3. Drug abuse during lactation will not significantly influence the intelligence quotient of children as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.

Purpose of the Study

This study examined the perceived influence of drug abuse on pregnancy outcomes and lactating babies among the traditional delivery homes attendees in Ilorin East Local Government Area of Kwara State. The study specifically investigated the influence of drug abuse on stillbirths, malformation of the foetus and intelligence quotient on pregnancy and newborn babies with a view to reducing the increasing in rate of birth defects and complications during pregnancy.

Methodology

The study investigated the perceived influence of drug abuse on pregnancy outcomes and lactating babies among traditional delivery homes attendees in Ilorin East Local Government of Kwara State. The descriptive research of survey type was used for the study. The population for the study comprised all pregnant women and lactating mothers in Ilorin East Local Government area, while the target population comprised all pregnant women and lactating mothers who attend ante-natal and post-natal trado-medical clinics at the selected traditional delivery homes in Ilorin East Local Government Area of Kwara State.

A sample of two hundred and seventy nine (279) respondents was used for the study. The sample comprised one hundred and seventy one (171) pregnant women and one hundred and eight (108) lactating mothers. A multistage sampling procedure was adopted in selecting the respondents for the study. The

stratified random sampling was used to select the traditional delivery homes while proportionate sampling technique was used to select the respondents in selected traditional delivery homes across the twelve wards in Ilorin East Local Government Area of Kwara State. The selection was based on twenty percent (20%) of the total population of the respondents.

A researcher structured and developed questionnaire was used for the study. The validity of the instrument was ascertained by subjecting it to thorough scrutiny by experts in the field of study. The reliability of the instrument ascertained using a split-half method on twenty respondents outside the area of study and a Spearman Rank Order statistical tool was used to compare the results. A reliability coefficient of .83r obtained clearly showed that the instrument was very reliable.

The data for the study was personally collected by the researcher with the help of six research assistants. The data collected was collated, coded and analyzed using a descriptive statistical analysis of frequency counts and percentages for the personal data of respondents while an inferential statistics of Chi-Square was used to analyze the hypotheses set for the study at 0.05 alpha level of significance.

Test of Hypotheses

Results:

H₀₁: Drug abuse during pregnancy will not significantly influence the increase in number of stillbirths as perceived by pregnant women and lactating mothers in Ilorin-East Local Government Area of Kwara State.

Table 1: Chi-square Analysis on the influence of drug abuse during pregnancy on the increase in number of stillbirths as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.

S/N	ITEMS	RESPONSES				TOTAL	DF	CAL.VALUE	TABLE VALUE	REMARK
		SA	A	D	SD					
1.	Use of street drugs (especially cocaine) during pregnancy Could lead to still birth delivery.	29 (10.4%)	190 (68.1%)	41 (14.7%)	19 (6.8%)	279 (100%)				
2.	Use of over the counter drug can make a woman deliver still birth or Prematurely	35 (12.5%)	210 (75.2%)	34 (12.2%)	279 (100%)					
3.	Self medication can Also lead to still birth delivery.	42 (15.1%)	191 (68.5%)	24 (8.6%)	279 (7.9%)	279 (100%)	12	129.84	21.03	Ho Not Accepted
4.	The use herbs (agbo) made of alcohol during Pregnancy can make Child to die in the womb before delivery	16 (5.7%)	226 (81.0%)	18 (6.5%)	19 (6.8%)	279 (100%)				
5.	Use of some herbs (agbo) that are certified by NAFDAC can course Still birth delivery	26 (9.3%)	233 (83.5%)	12 (4.3%)	8 (2.9%)	279 (100%)				

Significant at ≥ 0.05 alpha level

Source: Fieldwork

Table 1 show that calculated chi-square value is 129.84 and the table value is 21.03 with degree of freedom 12 at 0.05 alpha level of significance. The calculated value of 129.84 was found to be greater than the table value of 21.03. Therefore the null hypothesis was not accepted. This implies that drug abuse during pregnancy has a significant influence on the increase in number of stillbirths as perceived by pregnant women and lactating mothers in Ilorin East Local Government area of Kwara state.

H₀₂: Drug abuse during pregnancy will not significantly influence the malformation of foetus as perceived by pregnant women and lactating mothers in Ilorin-East Local Government Area of Kwara State.

Table 2: Chi-square Analysis on the influence of drug abuse during pregnancy on malformation of foetus as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.

Ilorin East Local Government Area of Kwara State.

S/N	ITEMS	RESPONSES			TOTAL	Df	CAL.VALUE	TABLE VALUE	REMARK
		SA	A	D	SD				
6.	Drug abuse during Pregnancy is responsible For a surprising amount Of birth defects and other Adverse outcomes for the Baby.	41 (14.7%)	165 (59.8%)	33 (11.8%)	40 (14.3%)		279 (100%)		
7.	Alcohol drinking during Pregnancy may also Increase the risk for birth Defects and growth delay Of the foetus.	7 (2.5)	231 (82.8%)	34 (12.1%)	7 (2.5%)		279 (100%)		
8.	Alcohol abuse during Pregnancy increases the risk For heart defects and facial Malformation	27 (9.68%)	217 (77.7%)	24 (8.6%)	11 (3.9%)		279 (100%)	12 223.97 21.03	H ₀ Not Accepted
9.	Taking of herbs whose Contents are not known may be responsible for some birth defects and limb malformations.	25 (8.9%)	217 (77.7%)	19 (6.8%)	17 (6.1%)		279 (100%)		
10.	Cocaine use during pregnancy Can lead to brain malformation And reduction defects of the Limbs. Arm, leg, or hand may Fail to develop.	27 (9.6%)	225 (80.6%)	22 (7.8%)	5 (1.7%)		279 (100%)		

Significant at ≥ 0.05 alpha level

Source: Fieldwork

Table 2 shows that calculated chi-square value is 223.97 and the table value is 21.03 with degree of freedom 12 at 0.05 alpha level of significance. The calculated value of 223.97 was found to be greater than the table value of 21.03. Therefore the null hypothesis was not accepted. This implies that drug abuse during pregnancy has a significant influence on malformation of foetus as perceived by pregnant women and lactating mothers in Ilorin East Local Government area of Kwara state.

H₀₃: Drug abuse during lactation will not significantly influence the intelligence quotient as perceived by pregnant women and lactating mothers in Ilorin-East Local Government Area of Kwara State.

Table 3: Chi-square Analysis on the influence of drug abuse during lactation on the intelligence quotient of children as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.

S/N	ITEMS	RESPONSES				TOTAL	Df	CAL.VALUE
TABLE VALUE	REMARK	SA	A	D	SD			
11.	Use of alcohol during Lactation can make The child to have low Intelligence quotient.	17 (6.0%)	222 (79.5%)	40 (14.3%)	279 (100%)			
12.	Children of mothers who abuse drugs during lactation usually exhibit difficulty in school.	9 (3.2%)	231 (82.8%)	21 (7.5%)	18 (6.4%)	279 (100%)		
13.	Children of mothers who abuse drugs during pregnancy are usually slow learners when it comes to learning practical skills.	41 (14.7%)	171 (61.2%)	50 (17.9%)	17 (6.0%)	279 (100%)	12	283.72
14.	Children of mothers who abuse drugs during lactation may not be able make life changing decisions in the future.	24 (8.6%)	223 (79.9%)	24 (8.6%)	8 (2.8%)	279 (100%)		
15.	Children of mothers who Abuse drugs during lactation may Score lower on school achievement test.	19 (6.8%)	222 (79.5%)	24 (8.6%)	14 (5.0%)	279 (100%)		

H₀
Not Accepted

Significant at ≥ 0.05 alpha level

Source: Fieldwork

Table 3 shows that calculated chi-square value is 283.27 and the table value is 21.03 with degree of freedom 12 at 0.05 alpha level of significance. The calculated value of 283.27 was found to be greater than the table value of 21.03. Therefore the null hypothesis was not accepted. This implies that drug abuse during pregnancy has a significant influence on malformation of foetus as perceived by pregnant women and lactating mothers in Ilorin East Local Government area of Kwara state.

Discussion of Findings

There existed a significant influence of drug abuse on the increase in number of stillbirths as perceived by pregnant women and lactating mothers in Ilorin East local Government of Kwara State. This implies that pregnant women and lactating mothers in Ilorin East Local Government Area believed that drug abuse during pregnancy could make a woman deliver stillbirth or prematurely. This finding is line with the submission of Marx, Hockberger & Wall, (2002) who

stated that Obstetrics and foetal complications associated with maternal substance abuse include premature rupture of membranes, spontaneous abortion, stillbirths and premature delivery. Roxanne, (2010) also reported that women who abuse drugs during pregnancy face increased risk for different problems including stillbirths or miscarriage. Both miscarriage and stillbirth occur at an increased rate in pregnancies exposed to many different substances including alcohol, cigarette, amphetamines, cocaine and other illicit drugs.

The findings of Hypothesis two revealed that a significant influence of drug abuse existed on malformation of foetus as perceived by pregnant woman and lactating mothers in Ilorin East Local government Area of Kwara State. This implies that pregnant women and lactating mothers in Ilorin east Local Government Area believed that drug abuse during pregnancy is responsible for a surprising amount of birth defects and adverse outcomes for the baby and that cocaine use during pregnancy can lead to brain malformation and reduction defects of the limbs where an arm, leg or hand may fail to develop completely. This finding is in accordance with the work of Princeton, (2008) who opined that alcohol drinking may also increase the risk for birth defects and growth delay. The physical anomalies associated with alcohol abuse are most common with exposure occurring before 12 weeks while the growth delay and developmental delay generally occur with exposure after 24 weeks.

The findings also revealed that there existed a significant influence of drug abuse during lactation on the intelligence quotient of children as perceived by pregnant women and lactating mothers in Ilorin East Local Government of Kwara State. This implies that pregnant women and lactating mothers in Ilorin Local east Local Government Area believed that use of alcohol during lactation can make a child to have low intelligence quotient and that children of mothers who abuse drugs during lactation score lower on school achievement tests. This finding is in line with Barry, Lynne & Lindsey, (2004) who stated that one of the most widely chronicled problems attributed to alcohol use is Foetal alcohol Syndrome (FAS) which slows growth, damage the nervous system and causes mental retardation. It is also in line with the work of Robert, (2012) who reported that even moderate consumption of alcohol during pregnancy and lactation can harm a child's intelligence quotient.

Conclusion

Based on the findings of this study, the following conclusions were drawn:

1. Drug abuse during pregnancy has a significant influence on the increase in numbers of stillbirths as perceived by pregnant women and lactating mothers in Ilorin East Local Government of Kwara State.
2. Drug abuse during pregnancy has a significant influence on malformation of foetus as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.
3. Drug abuse during lactation has a significant influence on the intelligence quotient of children as perceived by pregnant women and lactating mothers in Ilorin East Local Government Area of Kwara State.

Recommendation

Based on the conclusion drawn from this study, the researcher recommended that:

1. There should be a thorough scrutiny of the herbal products been used at the traditional delivery homes by the National Agency for Food Drugs Administration and Control (NAFDAC) in order to prevent the traditional birth attendants from giving herbs which may harm the foetus to their attendees during pregnancy.
2. All traditional birth attendants should be properly trained by the government and follow up actions should be taken to ensure that they give alcohol free herbal mixtures and in right dosage to pregnant women in order to prevent or reduce malformation of foetus among pregnant women in Ilorin east Local Government Area of Kwara State.
3. Lactating mothers should try as much as possible to avoid the use of alcohol. Tobacco and other drugs which may affect the intelligence quotient development of their children during lactation.

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