CHAPTER VIII

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Majority of the risk factors identified in this study are modifiable or preventable. If action is taken to modify or prevent these factors through appropriate interventions or modification programs, the risk of spontaneous abortion can be minimized.

Based on the findings of the present study, following recommendations are hereby offered.

1. Abuse during pregnancy should be discouraged through IEC (Information, Education, and Communication) interventions and proper counseling of mothers as well as other family members.

2. Pregnant mothers should be asked to desist from performing rigorous physical activities, household work for longer duration (>12 hours) and carrying heavy loads during pregnancy.

3. Health education to mothers during antenatal period should emphasize on seeking early medical care for, and proper attention to gynaecological problems and other systemic diseases.

4. The obvious advantages of the prediction models in this study and the risk scoring system based on these models were its simplicity and high predictive accuracy. Moreover, it was based on a few hypothesized risk factors. But, whether these results can be readily generalized depends mainly on the demographic characteristics of the population under consideration and thus, future studies need to undertake validation of these models and the risk scoring system by using longitudinal population based heterogeneous epidemiological studies in other settings, or in other sub-groups of the population.