

Vaginal Bleeding as a Pregnancy Problem during First Trimester at Polokwane Municipality, Limpopo Province

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ABSTRACT Pregnancy problems such as spontaneous rupture of membranes, sudden vaginal bleeding, poor or no foetal movements are regarded as top causes of maternal and neonatal deaths. The study focused on determining the knowledge and practices of pregnant women with regard to vaginal bleeding during first trimester at Polokwane Municipality of Capricorn District Limpopo Province, South Africa. A qualitative, exploratory and descriptive design was used. The study population included pregnant women who were admitted in high risk units at Tertiary hospital in Polokwane Municipality. A non-probability, purposive and convenient sample was used to select 20 participants until data saturation was reached. Data were collected by the researchers through semi-structured individual interviews before the discharge of patients. Data were analysed qualitatively by means of the open-coding method. Findings revealed two themes namely: knowledge on sudden vaginal bleeding and practices with regard to health seeking behavior during vaginal bleeding. The paper proposed the provision of woman centered counseling programmes for women present with pregnancy related bleeding.