



A Meta-Analysis of Key Issues in Maternal and Reproductive Healthcare in Cape Verde,

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Abstract

Maternal and reproductive healthcare in Cape Verde is shaped by its island geography and socioeconomic context. A consolidated evidence base is needed to clarify the prevailing challenges within this unique healthcare system. This meta-analysis aimed to systematically identify and synthesise empirical evidence on the key issues affecting maternal and reproductive healthcare provision and outcomes in Cape Verde. Its objective was to map the thematic landscape of challenges to inform policy and research. A systematic search was conducted across multiple electronic databases for peer-reviewed studies and relevant grey literature. Studies were screened against pre-defined inclusion criteria. Data were extracted thematically, and a qualitative synthesis was performed due to heterogeneity in study designs and outcomes. The quality of included studies was appraised using appropriate tools. The synthesis identified several predominant themes. A prominent finding was persistent geographical inequity in access to skilled birth attendance, with poorer outcomes and service availability in more remote islands compared to urban centres. Other key issues included adolescent sexual health, variable quality of antenatal care, and health system resource constraints. Significant disparities in maternal and reproductive healthcare access and quality persist in Cape Verde. The findings underscore the necessity for targeted, equity-focused interventions to achieve universal coverage of essential services across all regions. Health policy should prioritise decentralising and strengthening healthcare infrastructure in underserved regions. Further research is required to evaluate specific interventions addressing adolescent reproductive health and the integration of community-based care models. maternal health, reproductive health, healthcare access, systematic review, Cabo Verde, sub-Saharan Africa This meta-analysis provides a consolidated evidence base on maternal and reproductive healthcare challenges in Cape Verde, offering a structured overview for policymakers and researchers.

Keywords: *Meta-Analysis, Maternal Health, Reproductive Health, Sub-Saharan Africa, Healthcare Systems, Evidence-Based Medicine, Island Health*



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