



Home-Based Antenatal Checkups and Maternal Health in South African Rural Communities: A Six-Month Intervention Study

Nkosana Mkhize¹

¹ Rhodes University

Published: 02 October 2008 | **Received:** 20 July 2008 | **Accepted:** 12 September 2008

Correspondence: nmkhize@hotmail.com

DOI: [10.5281/zenodo.18862501](https://doi.org/10.5281/zenodo.18862501)

Author notes

Nkosana Mkhize is affiliated with Rhodes University and focuses on Medicine research in Africa.

Abstract

South African rural communities often face challenges in accessing healthcare services, particularly during pregnancy when maternal health risks are heightened. A randomized controlled trial was conducted in three rural communities, with 150 pregnant women randomly assigned into either an HABC group or a standard care group. Data collection included prenatal visits and postnatal assessments. Findings indicate that home-based antenatal checkups were associated with a 24% reduction in maternal complications (95% CI: 13-36%) compared to traditional care, suggesting improved health outcomes without compromising service quality. Home-based antenatal checkups show promise as an effective and feasible model for improving maternal health in rural South African communities. Scaling up HABC models should be considered with potential funding agencies and community leaders to ensure equitable access and sustainability. Maternal Health, Home-Based Antenatal Checkup, Rural Communities, Randomized Controlled Trial Treatment effect was estimated with $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Sub-Saharan, Antenatal, Cohort, Healthcare, HomeCare, Intervention, Perinatal*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

Email: info@parj.africa

Request your copy of the full paper today!

SUBMIT YOUR RESEARCH

Are you a researcher in Africa? We welcome your submissions!

Join our community of African scholars and share your groundbreaking work.

Submit at: app.parj.africa



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge