

Incidence of rickets of prematurity at Kenyatta National Hospital, Nairobi

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Date: 1999

Abstract:

Reports of osteopaenia/rickets of prematurity are on the increase due to improved survival rates of low birthweight infants. **OBJECTIVE:** To establish the incidence of rickets of prematurity by the age of six months in premature infants born at Kenyatta National Hospital, Nairobi.

DESIGN: Prospective cohort study. **SETTING:** Newborn unit and paediatric outpatient follow up clinic of Kenyatta National Hospital. **SUBJECTS:** Successive surviving infants of birthweight less than 2000 g residents in Nairobi. **RESULTS:** Incidence of rickets of prematurity by six months of age was 58.8%. Rickets appeared more commonly in male infants compared to female infants. **CONCLUSION:** Rickets of prematurity is a common problem in the premature infants seen at Kenyatta National Hospital. Routine vitamin D supplements to premature infants in adequate doses of at least 400iu per day should be adopted in our centre.