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A Cross Sectional Study on Prevalence of Knowledge about Anaemia among Pregnant Mothers in a Urban Health Centre Chennai, Tamil Nadu, India.

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ABSTRACT

This is a cross sectional study done in an urban health centre on pregnant mothers who attend their antenatal clinic. To estimate the prevalence of knowledge on anaemia among pregnant mothers .A predesigned pretested profoma was used and data collected through a face to face interview method. Data's were analysed through SPSS version 17 software. The prevalence of knowledge about anaemia is 19.3% (52). The study participant had a very poor level of knowledge about anaemia. Improvement in the knowledge level among the most vulnerable group is very important to decrease the prevalence of anaemia among the community.

Keywords: anaemia, knowledge, prevalence

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INTRODUCTION

Anaemia in pregnancy, the most common micro nutritional deficiency (disorder) in the world [1], is one of the risk factors (in pregnancy) that is identified and confirmed during antenatal visits by means of simple haemoglobin estimation [2]. It is estimated that more than 50% of pregnant women are anaemic and majority (90%) [3] belongs to iron deficiency [4]. Women often become anaemic during pregnancy because the demand for iron increases due to physiological burden of pregnancy. The major health consequences are poor pregnancy outcome (premature birth, low birth weight,) and (20%) maternal death [3,7].

Various literature review revealed that poor knowledge about anaemia have a major effect on anaemic status among pregnant mothers ,which also rule out the failure of national anaemia control programme which was started some 30 years before.

Objectives

To estimate the prevalence of knowledge on anaemia among pregnant mothers.

MATERIALS AND METHODELOGY

This is a cross sectional study conducted for a period of 3 month from June 2014 to august 2014. A face to face interview was conducted to the mothers who came for their antenatal visit. Informed consent in their native language was given. Only those who were willing to participate for the study were interviewed with a pre designed pre tested profoma. It took 15 minutes to complete the survey per individual. Pregnant mother with risk factors complicating pregnancy other than anaemia were excluded. Ethical clearance was obtained.

The collected data was edited coded and then entered in SPSS version 16. The data were presented in descriptive statistic, the data were presented in different tables. Prevalence of knowledge among the participant is estimated.

RESULTS

Table shows the background charestetric of the participant

Table 1 illustrates the demographic information of the respondent. The study participants were between the age group of 14 to 35 years. 48.5% (131) of the respondent belonged to the age group of 15 to 24 years and about 89.9% of them belonged to Hind religion. 40.4% (109) have completed their middle school with only 15.6% (42) of the participant have completed their graduation. About 98.9% of the study participant is home maker. 56.7% of them were from nuclear family. 67% of them were primigravide and 90%of them were on mixed diet.

Table 1: Demographic characteristics' of the respondent

s.no	Characteristics	frequency	percentage
1	Age		
	15-24	131	48.5
	25-29	108	40.0
	>=30	31	11.5
2	Religion		
	Hindu	242	89.9
	Muslim	8	3.0
	Christian	20	7.4
3	Education		
	Graduate/pg	42	15.6
	Intermediate/post high school diploma	12	4.4

	HSC	85	31.5
	Middle school	109	40.4
	Primary	21	7.8
	Illiterate	1	0.4
4	Occupation		
	Professional	1	0.4
	Semiprofessional	1	0.4
	Unskilled worker	1	0.4
	Unemployed	267	98.9
5	Family		
	Nuclear	153	56.7
	Joint	116	43.0
	Three generation	1	0.4
	No facility	8	3.0
6	MARRIAGE AGE		
	<21 yrs	95	35.2
	>=21 yrs	175	64.8
7	Gravid		
	Primi	181	67.0
	Multi	89	33.0
8	No: live children		
	No children	185	68.5
	One child	84	31.1
	Two child	1	0.4
9	Diet history		
	Vegetarian	11	4.1
	Mixed diet	243	90.0
	Eggeterian	16	5.9
10	Awareness of food		
	Present	266	98.5
	Absent	4	1.5

Table 2: illustrates the level of knowledge among the participants(270)It is revealed that only 52(19.3%) o the respondent knew what is anaemia , the major participant (218) 80.7% did not know about anaemia.

Table 2: Distribution of respondent according to level of knowledge (n=270)

Level of knowledge	Number	Percent
Know what is anaemia	218	80.7%
Don't know what is anaemia	52	19.3%

Table 3 illustrates the score of knowledge among the 52 participant. Only 30.8% (16) had a very good knowledge about anaemia , 30(57.7%) of them had a moderate level of knowledge and 11.5% (6) had a poor knowledge of anaemia.

Table3: scoring of knowledge among the respondent

Level of knowledge score	Frequency	Percent
Poor knowledge	6	11.5
Moderate knowledge	30	57.7
Very good knowledge	16	30.8
Total	52	100



DISCUSSION

The aim of the study is to assess the prevalence of knowledge of anaemia among pregnant mothers during their antenatal visit in an urban health centre. Out of 270 study participant about 80.7% had no knowledge about anaemia. The prevalence of knowledge about anaemia is 19.3% (52). In a study done by Mamta et al, 52.5% of them had a moderate knowledge. A study on “knowledge, attitude and practice of pregnant women, conducted in India revealed that there was lower knowledge about anemia in pregnant women. The author also related that the potential risk factors that indicated to increase anaemia were knowledge and practices about anaemia in pregnant mothers [6, 7].

CONCLUSION

Anaemia in pregnancy leads to high morbidity and mortality to both pregnant mothers and their foetus. Most of the participant had a very poor level of knowledge about anaemia. The current study is an attempt to assess the knowledge level among the most vulnerable group.

RECOMENDATION

More grassroot workers should be trained to health educate the community regarding anaemia. Further more and more research should be enhanced to determine the unique approach to educate the community.

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