



ASSESSMENT ON KNOWLEDGE REGARDING ANAEMIA AMONG ANTENATAL MOTHERS

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ABSTRACT

Aim: To assess the knowledge regarding anaemia among antenatal mothers.

Methods: Women attending the antenatal OPD were asked to fill a questionnaire regarding anemia so as to test their knowledge, attitudes and practices pertaining to anemia and role of their diet.

Results: In Pretest, more than half, 27 (60%) antenatal mothers had extremely poor knowledge, post test shows that, more than half 26 (57.78%) antenatal mothers had an adequate knowledge on anemia, 15 (33.33%) antenatal mothers had moderate knowledge and 4 (8.89%) antenatal mothers had inadequate level of knowledge on anemia. and none of them were in extremely poor knowledge.

Conclusion: Educating antenatal women about the importance of diet and implementing this into practice will help in the prevention of anemia.

KEYWORDS : Anemia, Knowledge, antenatal mothers

INTRODUCTION

Anemia, also spelled anemia, is usually defined as a decrease in the total amount of red blood cells (RBCs) or hemoglobin in the blood. It can also be defined as a lowered ability of the blood to carry oxygen. When anemia comes on slowly, the symptoms are often vague and may include feeling tired, weakness, shortness of breath or a poor ability to exercise. Anemia that comes on quickly often has greater symptoms, which may include confusion, feeling like one is going to pass out, loss of consciousness, or increased thirst. Anemia must be significant before a person becomes noticeably pale. Anaemia in pregnancy is one of the leading causes responsible for maternal and perinatal morbidity and mortality. WHO has estimated that prevalence of anaemia among pregnant women is 14% in developed and 51% in developing countries. 65-75% of population in India is affected with anaemia. In India; anaemia is directly or indirectly responsible for 40 per cent of maternal deaths. There is 8 to 10 fold increase in MMR when the Hb falls below 5 g/dl. Early detection and effective management of anaemia in pregnancy can contribute substantially to reduction in maternal mortality. Maternal anaemia is associated with poor intrauterine growth and increased risk of preterm births and low birth weight rates.

AIM

To assess the knowledge regarding anaemia among antenatal mothers.

MATERIALS AND METHODS

Knowledge and practice was assessed using structured interview schedule which included questionnaire on knowledge and self-reported rating scale to assess the practice regarding prevention of anaemia. Descriptive and inferential statistics was used to analyze the data. All the primigravida attending the antenatal OPD will be asked to fill a questionnaire regarding anemia so as to test their knowledge, attitudes and practices pertaining to (a) Dietary sources of iron (b) Consumption of iron rich food (c) Consequences of low hemoglobin count in mother (maternal complications of anemia) (d) Effects of anemia on fetus and pregnancy outcome (e) Assessing their drug compliance (f) Importance of high protein diet in the correction of anemia (g) Sources of knowledge.

RESULTS

Age of the antenatal mother: Out of 45 samples 18(40%) antenatal mothers belong to 30 - 35 years of age, 15(33%) antenatal mothers belong to 21-24 years of age and 12(27%) antenatal mothers belong to 25-29 years of age. Educational status reveals that, out of 45 antenatal mothers, the majority of antenatal mothers 23(51%) had higher secondary education, 12(27%) antenatal mothers were

graduates, 6(13%) antenatal mothers had primary education, 4(9%) antenatal mothers were post graduates and none of them were illiterate. Occupational status results shows that, the majority 27(60%) of antenatal mothers are homemakers, 6(13%) antenatal mothers are doing business, 4(9%) antenatal mothers are working as clerks, 3(7%) antenatal mothers are teachers and tailors respectively and one antenatal mother was a bank accountant and pharmacist respectively. Monthly income of families results shows that, the majority of 19(42%) antenatal mothers family income was above Rs.15000/-, 16(36%) antenatal mothers family income ranged between Rs.10000-15000/-, 8(18%) antenatal mothers family income ranged between Rs.5000-10000/-, and 2(4%) antenatal mothers family income was below Rs.5000/-. Number of children results depicts that, more than half of the antenatal mothers 25(56%) have one children, 15(33%) have single child, 3(7%) have 2 children and 2(4%) have 3 children. The comparison of the level of knowledge regarding anaemia before and after administration of questionnaires. Result shows that, during the pretest the majority of 27 (60%) antenatal mothers scored extremely poor knowledge, 15 antenatal mothers (33%) scored inadequate knowledge and 3 (7%) antenatal mothers scored moderate knowledge regarding anaemia. During the post test the majority of antenatal mothers 26 (57.78%) had shown improved to adequate knowledge, 15 (33.33%) antenatal mothers had moderate knowledge and 4 (8.89%) children scored inadequate knowledge regarding anemia.

Table 1 Comparison on the level of Knowledge regarding anaemia

Level of Knowledge regarding anaemia	Pre test		Post test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Extremely poor	27	60	0	0
Inadequate	15	33	4	8.89
Moderate	3	7	15	33.33
Adequate	0	0	26	57.78

CONCLUSION

Our study supports the conclusion that educating antenatal women about the importance of diet and implementing this into practice will help in the prevention of anemia. There should be mandatory preconception and antenatal counselling sessions for the women to identify the risk factors in pregnancy and structured teachings to reduce the enormous burden of anemia in pregnancy. Continuous reinforcement of knowledge to women by health workers may bring about a change in their nutritional habits, adopting contraceptive methods, and ensuring early registration and regular

follow up which will go a long way to help in reducing the incidence of anemia.

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