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Nursing

A STUDY TO ASSESS THE EFFECTIVENESS OF STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING IRON DEFICIENCY ANEMIA AMONG ANC MOTHERS RESIDING IN RURAL AREA OF NASIK DISTRICT.

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ABSTRACT **INTRODUCTION:** Iron deficiency, and specifically iron deficiency anemia, remains one of the most severe and important nutritional deficiencies in the world today. Every age group is vulnerable. Iron deficiency impairs the cognitive development of children from infancy through to adolescence. It damages immune mechanisms, and is associated with increased morbidity rates. During pregnancy, iron deficiency is associated with multiple adverse outcomes for both mother and infant, including an increased risk of hemorrhage, sepsis, maternal mortality, prenatal mortality, and low birth weight. It is estimated that nearly all women are to some degree iron deficient, and that more than half of the pregnant women in developing countries suffer from anemia. The objective of the study were assess to the effectiveness of structured teaching programme on 'Iron Deficiency anemia' among Ante-natal (ANC) mother residing at rural area.

Materials and Methods: Quasi experimental one group pre-test and post-test design was used. The sample for the study was n=100 ANC mother from rural area selected by using simple random sampling technique. The pre-test was introduced to assess the knowledge among the group of samples in view with pre-test result STP was formulated and introduce to the samples after that post-test was conducted and the result were evaluated through structure questionnaire. The data was analyzed using paired t-test and chi-square.

Results: The average pre-test knowledge score among ANC mothers found 16.53,.After the STP, the mean post-test knowledge score was 40.77. Thus the difference in the ,level of knowledge in pre-test and post-test was confirm by obtained paired t-test value (7.79),16.53 respectively. This was statistically significant (P<0.001)

Conclusion: The structured teaching program was effective in improving knowledge of ANC Mother regarding iron deficiency anemia.

KEYWORDS : Effectiveness, Structured Teaching Programme, Knowledge, Iron Deficiency Anemia, ANC Mothers.

INTRODUCTION: Anemia is a common nutritional deficiency disease especially prevalent among women of childbearing age, particularly during pregnancy, and is often a contributory cause of maternal death. Anemia is a condition associated with a decrease in the quantity of red blood, cells, which reduces the ability to transport oxygen to peripheral tissues.

World, wide the leading causes of anemia is iron deficiency anemia. It is estimated that approximately 1.3 billion individuals in the world. Suffer from anemia making it one of the most important public health issues on the international agenda. In developing countries. Iron deficiency afflicts approximately two billion people and is the principal causes of anemia. In India its prevalence varies from 20% to 97% in different sets of population, mainly pregnant women and women of child bearing age.

A pregnant woman should take more frequently, foods rich in iron like meat products, pulses, legumes and green leafy vegetables. The World Health Organization (WHO) recommends an extra diet amounting to 150 kcal/ day in the first trimester and 350 kcal/day during rest of the pregnancy. According to WHO (1991) the maternal death due to anemia is 17.6% in India. Anemia is often a contributory cause of maternal death and is notoriously responsible for intrauterine growth.

Study conducted in the University Hospital, Varanasi in the year 2000 on 2001 anemic pregnant women showed that reduced gestation, higher incidence of premature labour, pre-term, low birth weight, still birth deliveries.

Seetharam et al. (1997) conducted a study on prevalence of nutritional anemia in selected girls of Mysore city. In this study 510 girls in the age group of 16-22 years from Maharani's science college were selected. 68% of them had a family income of Rs 2001 – 5000 per month and majority (82 %) of them had college education. A significant percentage of the girls (60%) were anemic. Among the anemic girls, 32%, 36%, and 2 % of them were moderately, mildly and severely anemic respectively.

Iron deficiency anemia is a shared responsibility. Reducing the risk of premature labour, pre-term labor, low-birth weight, still birth deliveries requires commitment as well as group activities from health care deliveries system.

The present study was developed to assess the knowledge on iron deficiency anemia among ANC mother after a structured teaching programme.

OBJECTIVE:
1. To assess the knowledge regarding iron deficiency anemia among antenatal mothers.
2. To make antenatal mothers aware regarding iron deficiency anemia by imparting structured teaching programme on iron deficiency anemia.
3. To establish the effectiveness of structured teaching programme related to iron deficiency anemia among antenatal mothers residing in rural areas of Nasik District.

Materials and Method:
Research design, quasi experimental one group pre-test and post-test design was used. Sample was 100 ANC mother were selected from area of Nasik district by using simple randome sampling method. Development of the data collection instrument. A structured questionnaire (Pre-test & post-test) was used during data collection and this was developed based on the objectives of the study and through review of literature. Structure questionnaire tool was used which consist of 3 sections. Section-I Demographic profile of ANC mother, Section-II Knowledge related to iron deficiency

anemia. Assessment of knowledge score considered as Excellent >20, very good 15-20, Satisfactory 10-15, Poor 0-14.

Result:

Profile of student, Majority 29% of mothers were from age group of below 20 years, 41% of mothers were from age group of 21-25 years, 22% of mothers were from age group of 26-30 years, and 8% of mothers were from age group of 31 and above years of age regarding qualification 47% are Primary school, 33% are High school, 20% Regarding occupation of antenatal mothers of samples, 15% are employed, 16% are Farming, 42% are Housewife 27% are any other occupation.

Table No.1 Assessment of knowledge score regarding iron deficiency anemia among ANC mother.

Sr. No	Grads of knowledge	Score	Frequency (*f*)	Percentage (%)
1.	Excellent	>20	10	10%
2.	Very Good	15-20	48	48%
3.	Satisfactory	10-15	39	39%
4	Poor	0-14	03	03%

Hypothesis tested

The mean post test knowledge score regarding iron deficiency anemia was significantly higher than the mean pre test knowledge score of ANC mother who had structured teaching program on iron deficiency anemia. That means structured teaching programme regarding prevention of road traffic accident is effective.

Table No-2 Effectiveness of Structured Teaching Programme on knowledge regarding iron deficiency anemia.

	Group	*f*	Mean	SD	t value	P value
Knowledge	Pre-Test	100	16.53	5.74	7.79	0.50
	Post-Test	100	40.77			

Conclusion:

The study concluded that the structured teaching program was effective in improving knowledge of ANC mother on iron deficiency anemia.

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