



EFFICACY OF STRUCTURED TEACHING PROGRAM ON KNOWLEDGE REGARDING IRON DEFICIENCY ANEMIA AMONG PREGNANT MOTHER AT SELECTED COMMUNITY HEALTH CENTER.

Mr. Yash Sharma

Nursing Tutor, Renaissance University, School of Nursing Indore MP

ABSTRACT

Anaemia in pregnancy has detrimental effects on maternal and child health, further on, prevalence of anaemia during pregnancy is alarmingly high. In spite of the implementation of the national nutritional anaemia prophylaxis programme which provides iron and folic acid, still essential nutrients were lacking in their diet. The aim of the present study is to determine the knowledge regarding iron deficiency anemia among pregnant mother residing in the selected community health center. In this study, the researcher adopted quantitative research approach where one group pre test and post test research design was undertaken. After administration of teaching programme at day seven the result showed that the average (Mean \pm Standard Deviation) score found to be 17.43 ± 2.73 points among pregnant mothers which found to be significantly greater and improved as compared to average score of knowledge (7.20 ± 3.04 points) at baseline stage. However, difference of 10.23 points in mean score of knowledge of pregnant mothers were statistically strongly ($p < 0.001$) significant between pre and post administration. Thus, it was recommended that there is a need to improve knowledge among pregnant mothers regarding importance of iron in diet.

KEYWORDS : Anemia / pregnant women / CHC / pamphlet.

BACKGROUND OF STUDY

Iron deficiency is the most prevalent nutrient deficiency and the most common cause of anemia worldwide. Because of the increased iron requirement during pregnancy iron deficiency can lead to maternal anemia and reduced newborn iron stores.

Need of the Study

In India anemia during pregnancy is a significant public health problem women in urban areas and 52.1% in rural areas. Thus, the researcher examines the proportion & risk factor of iron deficiency among pregnant women with a development of structured teaching programme.

Problem Statement

A study to assess the effectiveness of structured teaching program on knowledge regarding iron deficiency anemia among pregnant mother at selected community health center.

Objectives Of The Study

- To assess pre test knowledge regarding iron deficiency anemia among pregnant mother.
- To administer a structured teaching program regarding iron deficiency among pregnant mother.
- To evaluate the effectiveness of structured teaching program regarding iron deficiency anemia among pregnant mother.
- To find out the association between the pre-existing knowledge with selected demographic variable.

HYPOTHESIS

- RH₀ - There will be no significant difference between pre and post-test knowledge score regarding iron deficiency anemia among pregnant mother
- RH₁ - There will be significant difference between pre and post-test knowledge score regarding iron deficiency anemia among pregnant mother.
- RH₀₂ - There will be no significant association between pre-existing knowledge score regarding iron deficiency anemia with their selected demographic variable
- RH₂ - There will be significant association between pre-existing knowledge score regarding iron deficiency anemia with their selected demographic variable

METHODOLOGY

The researcher chosen quantitative research approach where one group pre-test and post research design was adopted. A total of 30 sample who visited selected community health

center Indore, MP were chosen through non-probability purposive sampling technique. The pregnant mother underwent inclusion and exclusion criteria. Investigator prepared two sets of questionnaires one is demographic variable and second is structured questionnaire. The data analysis was done through inferential and deferential statistics.

RESULTS

The study reveals that out of 30 samples, 15(50%) were in the age group of 25-29 years, followed by majority of 12(40%) had completed higher secondary education, 18(60%) resides in the nuclear family, 17(56.6%) were housewife. It was also observed that 16(53.3%) were vegetarian. Additionally, it was estimated that among 30 samples, in the pre test level, 18(60%) were in poor score, 07(23.3%) in average category and only 05(16.6%) were in good category. But after the administration of STP, it was seen that most of the samples, 19(63.3%) were in good category and rest 11(36.7%) were in average score. Thus, it can be stated that the STP was effective in imparting knowledge regarding iron deficiency anemia among pregnant mother.

INTERPRETATION AND CONCLUSION

After administration at day seven the average (Mean \pm Standard Deviation) score to judge the knowledge (17.43 ± 2.73 points) among pregnant mothers found to be significantly greater and improved as compared to average score of knowledge (7.20 ± 3.04 points) at baseline stage. However, difference of 10.23 points in mean score of knowledge of pregnant mothers were statistically strongly ($p < 0.001$) significant between pre and post administration. Also, t test value found to be 13.7176 which shows improvement in knowledge.

REFERENCES

- Allen LH. Anemia and iron deficiency: effects on pregnancy outcome. *Am J Clin Nutr.* 2000;71:1280-1284. [PubMed] [Google Scholar]
- Zimmerman MB, Hurrell RF. Nutritional iron deficiency. *Lancet.* 2007;370:511-520. [PubMed]
- Lu ZM, Goldenberg RL, Cliver SP, et al. The relationship between maternal hematocrit and pregnancy outcome. *Obstet Gynecol.* 1991;77(2):190-4. [PubMed]
- Fong YF, Arulkumaran S. Anaemia in pregnancy—a cross-sectional study in Singapore. *Eur J Clin Nutr.* 1998;52(1):65-70. [PubMed]
- Scholl TO, Hediger ML. Anemia and iron-deficiency anemia: compilation of data on pregnancy outcome. *Am J Clin Nutr.* 1994;59(2 Suppl):492S-500S. [PubMed]
- Peña-Rosas JP, De-Regil LM, Dowswell T, Viteri FE. Intermittent oral iron supplementation during pregnancy. *Cochrane Database Syst Rev.* 2012;(7) CD009997. [PMC free article] [PubMed].
- Peña-Rosas JP, Viteri FE. Effects and safety of preventive oral iron or iron + folic acid supplementation for women during pregnancy. *Cochrane Database*

- Syst Rev. 2009;(4) CD004736. [PubMed]
8. Reveiz L, Gyte GM, Cuervo LG, Casasbuenas A. Treatments for iron-deficiency anaemia in pregnancy. Cochrane Database Syst Rev. 2011;(10) CD003094. [PubMed]
 9. Cuervo LG, Mahomed K. Treatments for iron deficiency anaemia in pregnancy. Cochrane Database Syst Rev. 2001;(2) CD003094. [PubMed].