



## A STUDY TO ASSESS THE KNOWLEDGE ON NUTRITIONAL SUPPLEMENTS AMONG ANTENATAL MOTHERS ATTENDING OPD IN A SELECTED HOSPITAL AT KELAMBAKKAM, KANCHIPURAM DISTRICT, TAMILNADU, INDIA.

<b>Ms.Divya.J</b>	III year B.Sc(N) student, Chettinad College Of Nursing, Rajiv Gandhi Salai, Kelambakkam, Kanchipuram District Tamil Nadu, India.
<b>Mr.Naveen kumar.V</b>	III year B.Sc(N) student, Chettinad College Of Nursing, Rajiv Gandhi Salai, Kelambakkam, Kanchipuram District Tamil Nadu, India.
<b>Ms.Vijayalakshmi. N</b>	III year B.Sc(N) student, Chettinad College Of Nursing, Rajiv Gandhi Salai, Kelambakkam, Kanchipuram District Tamil Nadu, India.
<b>Mrs. Joanie Priya.D</b>	Assistant Professor and Guide Chettinad College Of Nursing, Rajiv Gandhi Salai, Kelambakkam, Kanchipuram District Tamil Nadu, India.

**ABSTRACT** A study to assess the knowledge on nutritional supplements among antenatal mothers attending OPD in a selected Hospital at kelambakkam, Kancheepuram District Tamil Nadu, India. The objectives are to assess the existing knowledge regarding nutritional supplement among antenatal mothers. To find out the association between the level of knowledge on nutritional supplement among antenatal mothers with selected demographic variables. The level of significance selected was  $p < 0.05$ . The mean value is 10.7 and the standard deviation is 0.3252. The study shows 46.66% of the antenatal mothers are having inadequate knowledge. 42.5% of antenatal mothers are having moderate knowledge and 10.83% of antenatal mothers are having adequate knowledge. So this study that the antenatal mothers are having poor knowledge regarding nutritional supplements. There is Significant difference between knowledge aspects with Type of family, Sources of knowledge, Number of babies.

**KEYWORDS :** Knowledge, Nutritional Supplements, Antenatal Mothers

### INTRODUCTION

Every year more than 20 million infants are born with low birth weight worldwide. About 3.6 million infants die during the neonatal period. Two thirds of these deaths occur in southern Asia and sub-Saharan Africa. (Journal of medical and biological science research-2014).

Than one third of child deaths are thought to be attributed to maternal and child under nutrition (Kawai et al., 2015).

Deficiencies in nutrients such as folate, iron and calcium are highly prevalent and may occur concurrently among pregnant women (Zerfu and Ayele, 2015).

In most populations, iron deficiency is by far the most common cause of anemia before 24 weeks of gestation. It seems plausible, therefore, that iron deficiency could account for the higher risk to the fetus among the anemic pregnant women in the studies described above. However, a cause-and-effect relationship has not been established. Iron deficiency and anemia are more common in blacks and in those of low socioeconomic status, those with multiple gestations, and those with limited education. Any of these confounding factors could be related to a poor pregnancy outcome independently of iron deficiency. (Puolakka et al., 2013).

Severe calcium restriction in rats increase maternal PTH synthesis, plasma 1,25-dihydroxycholecalciferol, and intestinal calcium absorption and reduces urinary calcium excretion. Consequently, the fetal mineralization process remains normal. There are few data on the effect of maternal calcium intake on bone mineralization in human fetuses. In malnourished women in India, either 300 or 600 mg of supplemental calcium administered daily from week 20 of gestation significantly increased the density of fetal bones. The clinical importance of this is not clear, however, because there was no evidence of skeletal abnormalities in infants born to the placebo group. Usual calcium intakes of the women were reported as low but were not quantified. Verhaeghe et al., (2014).

Neural tube defects represent one of the most common congenital malformations in neonates worldwide. They constitute a heterogeneous group of disorders that occur during the first weeks of gestation. Involving specific elements of the neural tube and its derivatives the incidence of neural tube defects in the general population varies from 1 per 1000 pregnancies in the USA to 12 per 1000 in parts of Ireland and Wales and among Indian Sikhs and

ethnic groups in Egypt. [WHO-2012]

### RESEARCH METHODOLOGY

A Quantitative approach with descriptive design was used in the study. The study was conducted for antenatal mothers attending OPD in a selected hospital. A purposive sampling technique was used to select 120 samples with the following inclusion criteria viz. Antenatal mothers who are willing to participate in the study and the mothers who all are attending Antenatal OPD.

### TOOL FOR THE STUDY

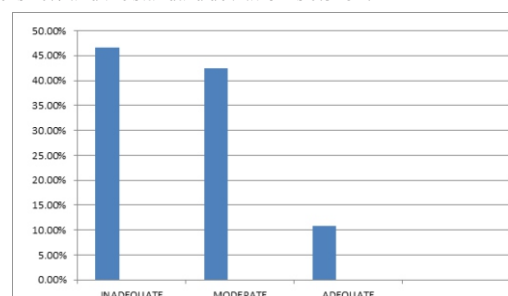
Self-structured administered questionnaire used to elicit the demographic variables and to assess the knowledge on maternal abuse among antenatal mothers.

### SCORING AND INTERPRETATION

LEVEL OF KNOWLEDGE ON ANTENATAL MOTHERS.	SCORE	PERCENTAGE
INADQUATE KNOWLEDGE	0-10	0-50%
MODERATE KNOWLEDGE	11-15	55-75%
ADEQUATE KNOWLEDGE	16-20	80-100%

### STUDY FINDINGS:

The majority (53.33%) sample belonged to the age of the mother 21-30 years. (26.66%) sample their educational status is literate (degree). (69.16) samples occupation was house wife. (50.83%) of sample belongs to nuclear family. (53.33%) of sample were residing in rural area. (60.83%) sample belongs to middle socio-economic data. (61.66%) samples belongs to sources of knowledge was television. (44.16%) of samples belongs to present pregnant. The mean value is 10.7 and the standard deviation is 0.3252.



Bar diagram showing the level of knowledge of antenatal mothers. 46.66% of the antenatal mothers are having inadequate knowledge. 42.5% of the antenatal mothers are having moderate knowledge and 10.83% of the antenatal mothers are having adequate knowledge. The level of significance selected was  $p < 0.05$ . So this study that the antenatal mothers are having a poor knowledge regarding nutritional supplements.

The Chi-square association revealed there was significant association between demographic variables in related with the knowledge aspects of antenatal mothers with aspects of knowledge on nutritional supplements. It is showed there is significant association between knowledge aspects with Type of family ( $X^2 = 23.630$ ), Sources of knowledge ( $X^2 = 19.385$ ), Number of babies ( $X^2 = 15.531$ ). There is No Significant Association Between like Age of the mothers ( $X^2 = 7.018$ ), Educational status ( $X^2 = 10.037$ ), Occupation of the mothers ( $X^2 = 9.354$ ), Area of residence ( $X^2 = 0.365$ ), Socio economic background ( $X^2 = 4.124$ ), Already having child with any abnormalities ( $X^2 = 0.0$ ).

#### CONCLUSION:

The finding of the present study reveals that **46.66%** of the antenatal mothers are having inadequate knowledge, **42.5%** of the antenatal mothers are having moderate knowledge and **10.83%** of the antenatal mothers are having adequate knowledge. The demographic shows that there is no significant association. age of the mother, educational status, occupation, types of family, area of residence, socio-economic data, sources of knowledge, number of children, and history of having baby with any abnormalities

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