



AWARENESS AND PREVALENCE OF ANEMIA AMONG WOMEN: A NARRATIVE REVIEW

Nursing

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ABSTRACT

Introduction: Anemia is a serious public health issue throughout the world is widely recognized. In India, up to 88% of pregnant and 74% of non pregnant women are affected.

Methods: A comprehensive systematic search of published literature from PubMed, EBSCO was conducted on assessment of awareness and prevalence of anemia among women in selected villages at Moradabad. That is focusing from 1995 to 2017. Search strategy specific to each database was used.

Results During initial search 1242 titles were retrieved and after screening 6 articles were selected for full text screening. Finally 6 research articles were selected based on the inclusion criteria.

Conclusion: Present day every person should be self sufficient and self reliant in health for all demands. Assessment of awareness, practice and educational programme regarding anemia are important steps to prevention of anemia in women.

KEYWORDS

Awareness, Prevalence, Anemia, Women, Knowledge.

Introduction:

Anemia is a serious health problem to preschool children, pregnant women and adolescent girls in developing and developed countries, National rural health mission (2013) states that 69.7% adolescent girls between the age 15 -17 years suffering with anemia and its prevalence in India is high in rural community. India has the world's highest prevalence of Iron deficiency anemia among women, with a 60-70% of the adolescence girl being anemic. World Health Organization define that anemia is a condition in which the Hemoglobin level in blood is less than normal as a result of lack of one or more essential nutrients, regardless of the cause of such deficiencies.

Objective

To find the prevalence and awareness regarding anemia among women.

Methodology:

Search strategy method- A data base search of articles published in Various journals from 1995 to 2017 were carried out. Search strategies were restrict English language only. The online data base searched in Pub Med, EBSCO, key search terms of following article were retrieved.

Type of intervention : hemoglobin estimation using the talliquist method, blood test, sahlis method

Type of studies: cross sectional study, descriptive exploratory Non experimental cross sectional descriptive research design. Quantitative approach, true experimental design..

Type of participants: women, pregnant women, children, adolescent girls.

Settings: Hospital, schools, rural area.

Outcome: Outcome of this narrative review prevalence and awareness of anemia in women, and adolescent girls.

Study guidelines

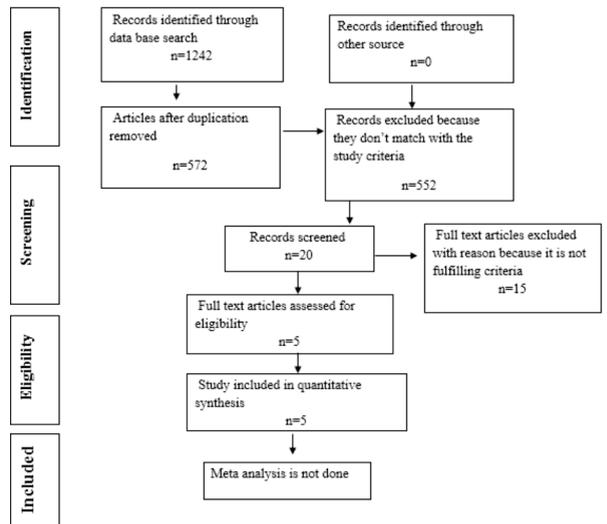
PRISMA guidelines

3.0 RESULT

PRISMA CHART:

The systematic search was conducted by framing the terms individually and in combination with all and synonyms, also according to the database. In addition to this, a manual Pub Med search was undertaken using the keywords and search synonyms from already found articles. An addition of 5 articles were found. Initial search

retrieved 1242 articles over which 572 articles were selected manually. Duplicates were removed and reviewed 20 articles for eligibility. 670 articles were excluded because of duplications in two databases. Hence 6 articles were screened which includes quantitative study



RESULT:

Table: 1 A detailed description of studies

Author & year	Research design	Finding of the study
1-Raghuram V, Manjula Anil, Jayaram S . 2007	Cross sectional study.	Highest level of prevalence of anemia identified among women aged 26-40 years. Especially with parity index.
2. Suchitra. A. Rati , Shashikumar Jawadagi 2012	Descriptive exploratory research design.	The study reveals that the prevalence of anemia among adolescent girls was 80%, in that 48.75% were mild anemic, 42.5% were moderate anemic and 8, 75% had severe anemic.
3. Maj Sivapriya S1 , Lt Col Laxmipriya Parida2 Clinical Instructor, 2013	Non experimental cross sectional descriptive research design.	The study shows that 69% of antenatal women had very well awareness and followed by 59.5% were implementing practice to prevent the anemia in pregnancy.

4. Marwan Shehda Salama Mosleh	cross-sectional study Survey.	The studies demonstrate that Recent studies have shown that the prevalence of anemia is very high among pregnant women. This increase might be associated with several factors such as, malnutrition, low socio economical status or might be due to lack of knowledge and awareness about anemia among pregnant women.
5. Gretchen A Stevens, Mariel M Finucane, etal 1995-2011	Data source from household survey	The study identified that non pregnant women 496, pregnant women 32 million, and children 273 million with anemia in 2011. Anemia prevalence was highest in south Asia and central and west Africa.

1.7: Summary of findings:

The available literature refines to get 5 quantitative.

In this review 4 studies are showing that prevalence of anemia highest in women, children and adolescent girls and another 1 study reflected that, knowledge of anemia among women was poor, and those women still have lack of specific information or had slight awareness on some issues related anemia, it may be that maybe contribute to promote the prevalence of anemia among women.

1.8: Discussion-

Knowledge regarding anemia and its importance for health of women and children has risen in past few decades. In 2012, 65th world health assembly given permission to take action on plan and aim to achieve the maternal infant and child nutrition with responsibility to decreased the prevalence of anemia in women at reproductive age by 2025. Women and pregnant women firstly measure the hemoglobin level concentration screening helps to determine the prevalence of anemia in a population. It may be support to get baseline data on prevalence and severity of anemia among women and assess the effects of supplementation with iron tablets, antimalarial prophylactics oral anthelmintics treatment. Estimation of hemoglobin level in blood can help to decide whether need for referral to other investigation and treatment at primary care level.

Conflict of interest-

The author of this study was entirely supported by the university and there was no any financial concern between the researchers during the study period. Hence there was no any kind of conflict were existing among the researchers while, peer review and editorial decision making.

Source of funding

It was not a funded research study

Ethical clearance

Ethical clearance has been obtained from the authority.

Acknowledgment

I want to convey my heartfelt gratitude to my respected principal sir Dr. N V Munninarayanappa, Principal, Teerthanker Mahaveer College Of Nursing, who gave me this golden opportunity to do the permission for narrative review .Secondly I would like to convey my gratitude to my respected teacher Mrs. K.Chithra who guided me a lot for making this review, without her it would have not been possible. At last, I want to convey my sincere gratitude to my respected sir Dr. Nageshwer V. Reddy who teach me lot of things regarding narrative review.