



A STUDY OF ANEMIA IN PREGNANT WOMEN:

Community Medicine

Dr Ravindra Y M Assistant Professor, Department of Community Medicine, Shridevi Institute of Medical Sciences and Research Hospital.

Dr Avin Alva* Assistant Professor, Department of Community Medicine, K.S.Hegde Medical Academy, Mangalore *Corresponding Author

ABSTRACT

India is one of the countries with very high prevalence of anaemia in the world. In India, almost 59% of pregnant women are anaemic and it accounts for 20-40% of total maternal deaths. Anaemia in pregnancy is one of the major risks and associated with abortions, premature births, postpartum haemorrhage and low birth weight. In view of the above, the present study was carried out to find out the prevalence of anaemia amongst pregnant women and sociodemographic factors associated with anaemia in pregnancy. Anemia is a medical condition in which the hemoglobin (Hb) concentration and red blood cells (RBCs) count are lower than the normal range. The normal range of Hb and RBCs in general vary between males and females. A sincere effort has been put in this study to understand the anemia in pregnancy.

KEYWORDS

Introduction:

According to WHO anemia is the qualitative and or quantitative diminution of haemoglobin or RBC or both in respect to the age and sex of the individual and as per Robbins[1] anemia is defined as a reduction of the total circulating red cell mass below normal limits. Though anaemia is less common among male but they also suffer from anaemia in a considerable extent to their counterpart in developed countries. Adverse effects of anaemia are various as for example on nervous system on physical response to diseases physiological stressed condition like pregnancies and the like Iron, vit B12 and folate deficiencies are the common causes of anaemia . Anaemia is wide spread in India but it varies in severity from state to state and zone to zone. Poor diet, lack of sense of hygiene which leads to worm infestations, lack of health consciousness, chronic infections, social taboos and poor economic status all contributes to overwhelming prevalence of anaemia .Our objective is to show the prevalence of anaemia even in a tertiary health care centre. Most common is nutritional anemia but other causes have been highlighted which are even more common than former ruled but most often undiagnosed. So treating anemia while evaluating its cause with careful history, examination and relevant investigations will help to control the growing menace of anemia and its associated mortality and morbidity. Anaemia in pregnancy continues to be one of the important public health problems in India. Among the developing countries, the prevalence of anaemia in pregnancy is one of the highest in India. According to National Family Health Survey-3 (NFHS-3), prevalence of anaemia in pregnancy is around 59% and 50.3% according to NFHS 4.1,2 Anaemia in pregnancy is defined by WHO as a condition where haemoglobin concentration in blood is below 11 g/dL and is said to be mild when haemoglobin level is between 10 to 10.9 g/dL, moderate when it is between 7 to 9.9 g/dL and severe when it is less than 7 g/dL.3 In India, anaemia is the second most common cause of maternal deaths accounting for 20% of total maternal deaths.4 Anaemia in pregnancy is a major factor responsible for low birth weight. Anaemia affects mainly the women in child bearing age group, young children and adolescent girls. The main causes of anaemia in the developing countries include deficiency of iron intakes and poor absorption, hook worms infestation, infections such as malaria, blood loss during delivery and heavy menstrual blood loss.5,6,7. A sincere effort has been put in this study to understand the anemia in pregnancy.

Aims and Objectives:

To study and understand the anemia in pregnancy.

Materials and Methods:

This study was done in Shridevi institute of Medical Sciences and Research Hospital.

This was done from May 2017 to May 2018

The sample size was calculated to be 1000.

Pregnant women with gestational period 12-20 weeks residing in tea garden area under Dholai BPHC and attending ANC clinics were interviewed using a predesigned and pretested proforma. Number of pregnant women included from each tea garden was determined by using proportional allocation. In each of the tea garden, the pregnant women attending ANC clinics were included consecutively until the required number of study subjects was obtained. Exclusion Criteria Pregnant women not willing to respond even after requesting and severely ill were excluded from the study.

Results:

Table 1: Mean age of the Patients

Patients	Mean age	Standard Deviation
1000	21.13	8.33

Table 2: Total Number of Patients who developed complications

Patients	Incidence	Percentage
621	62.1 per 100	62.1%

Table 3: Table of Significance

Patients	X-Value	P-Value (<0.05)
621	0.817	0.01

This is significant.

Table 4: Anemia

Anemia	Frequency
Iron Deficiency	511
Vit B-12 and Folic Acid	89
Others	31

Discussion:

In light of the above observations, we conclude that prevalence of anaemia in pregnant women was found to be high among tea garden pregnant women, especially among low income group and multiparous women indicating inadequate maternal and child healthcare services in the study areas. This may be due to underutilisation of healthcare services by tea garden women, poor dietary intake and poor personal hygiene. So, there is a need to intensify IEC activities and strengthen IPC activities by grass root level workers like ASHA, ANM to promote early antenatal care, increase compliance of intake of iron and folic acid tablets, dietary modification and utilisation of family planning services and also holding focus group discussion for antenatal mothers in VHND sessions in tea garden area to all pregnant women of tea garden areas with special focus to the pregnant women belonging to low income group and multiparous women. Efforts should be aimed towards the early detection and treatment of anaemia before delivery. Medical staff managing the antenatal women should attempt to investigate anaemic pregnant women, so that the aetiology can be investigated whenever possible. All these efforts would help to ensure safe motherhood.

Prevention of anaemia in pregnancy will go a long way to help in preventing maternal complications in postpartum state like mortality and also will ensure a healthy baby and a healthy mother as an outcome. Though hookworm infestation has a significant role in anaemia especially in tea garden areas where habits of working with barefoot and open air defecation are still prevailing, but in our study, we could not collect information regarding worm infestation.

Conclusion:

The anemia is still rampant in this part of the world.

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