



KNOWLEDGE REGARDING IRON AND FOLIC ACID DEFICIENCY ANEMIA AND ITS PREVENTION AMONG ANTENATAL MOTHERS

Nursing

Mr. Shivagouda Patil

Associate Professor, M.sc Nursing, Department of Community Health Nursing, D.Y. Patil college of Nursing, Kolhapur.

Mrs. Sheetal Kamble

Associate Professor, M.sc Nursing, HOD of Community Health Nursing, D.Y. Patil college of Nursing, Kolhapur.

ABSTRACT

Iron and folic acid deficiency anaemia is a global public health problem affecting both developing and developed countries with major consequences for human health as well as social and economic development. It occurs at all stages of the life cycle, but is more prevalent in pregnant women. Iron deficiency iron and folic acid deficiency anaemia was considered to be among the most important contributing factors to the global burden of disease. Iron and folic acid deficiency anaemia is defined as a hemoglobin level below 11 gm/dl in pregnant women constitutes iron and folic acid deficiency anaemia and hemoglobin below 7 gm/dl is severe anemia. The centre for disease control and prevention defined anemia as less than 11gm/dl in the first and third trimester and less than 10.5gm/dl in second trimester. **Statement of the Problem** "A descriptive study to assess the knowledge regarding iron and folic acid deficiency anaemia and its prevention among antenatal mothers at Shirol (Pulachi) PHC, Kolhapur." **Objectives of the Study** To find out the knowledge regarding iron and folic acid deficiency anaemia and its prevention among antenatal mothers. **Methods** Research design for the present study is descriptive, to assess the knowledge regarding iron deficiency iron and folic acid deficiency anaemia and its prevention among antenatal mothers. A total 100 antenatal mothers who were selected by Non probability, purposive sampling technique. Data was collected by using selected socio-demographic data and knowledge questionnaire. Research investigator introduced them and explained the purpose of study to the subjects. The informed written consent was obtained from the subjects. The structured knowledge questionnaire regarding iron deficiency iron and folic acid deficiency anaemia and its prevention is administered to the subjects of PHC of Kolhapur, total 30-45 minutes were allotted to mark the responses and data collection was tabulated and analyzed. **Results:** For the present study subjects were 100 antenatal mothers attending antenatal clinics at Shirol (Pulachi) PHC of Kolhapur. The finding shows that, majority of the subjects 42 (42%) belonged to age group of 23-27 years and 4 (4%) belonged to 32 and above age group. In terms of religion 69 (69%) of subjects belonged to Hindu religion and minimum 7 (7%) subjects belong to Christian religion. Regarding education 35 (35%) subjects were with secondary education and 5 (5%) had done post-graduation. In terms of occupation majority of subject 60 (60%) were housewife and 2 (2%) subjects were doing business. Majority of subjects 32 (32%) were having income Rs.15, 000/- and above and 8 (8%) subjects were having income less than Rs. 5000/-. About diet majority of subject 88 (88%) were consuming mixed diet and 12 (12%) consuming vegetarian diet. Majority of subject 91 (91%) don't have any bad habit and (1%) subject had bad habit (Alcohol consumption). Majority of subjects 40 (40%) were primi para and 1 (1%) was fifth para. 35 (35%) subjects were having one child and 3 (3%) subjects were having 3 children. In this present study findings showed that, the majority of subject 44 (44%) had a good knowledge and 53 (53%) had average knowledge and 3 (3%) had poor knowledge regarding iron deficiency iron and folic acid deficiency anaemia and its prevention. The mean is 18.4, mode is 18, median is 50.5 and Standard deviation is 5.11. **Conclusion:** The overall experience of conducting this study was satisfying and enriching. The study was a new learning experience for the investigators. The result highlights the need of improvement of knowledge on iron deficiency anaemia and its prevention. Pregnancy is a period of significant increase in iron requirement; the demand for iron is higher due to physiological changes in maternal red blood cell mass and increasing needs of development, placenta and fetus. Iron is needed in significant amount to support maternal and fetal growth. Despite increased iron requirements, pregnancy is also a period of increased risk for care (ANC) on prevention of Iron deficiency iron and folic acid deficiency anaemia. This study will give baseline evidence on the level of maternal awareness and need to improve their knowledge regarding iron deficiency anaemia and its prevention.

KEYWORDS

Knowledge, Iron deficiency iron and folic acid deficiency anaemia, Prevention of iron and folic acid deficiency anaemia, Antenatal mothers.

1) INTRODUCTION:

Pregnancy is a unique, exciting, and often joyous time in a woman's life as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. The lack of nutritional and other factors may cause many of the problems during the antenatal period. One of the major problems that can be detected in antenatal mothers in developing country such as India is anemia during pregnancy.¹

Anaemia is the most common hematological disorder that may occur in pregnancy. It is reduction in the oxygen carrying capacity of the blood, which may be due to, a reduced number of red blood cells, low concentration hemoglobin and a combination of both. According to the standard laid by world health organization (WHO), anaemia in pregnancy is present when the hemoglobin concentration in the peripheral blood is 11g/100ml. However because of prevailing socioeconomic deprivation in the developing countries, the level is brought down to 10g/100ml.

The incidences of anemia in pregnancy ranges from 40%-80% in the tropics compared to 10%-20% in the developed countries.

Pregnant women are usually screened at their first antenatal visit and thereafter at monthly intervals from the 28th week. Some physicians prescribe iron supplements for all pregnant women, while others give it to those at risk of anemia or are anemic already. Many physicians avoid giving iron during the first trimester of pregnancy owing to the gastrointestinal side effects. It may be more appropriate to administer prophylactic iron therapy in the third trimester of pregnancy. During

this time the maternal iron store become depleted due to increasing fetal demand.²

Anemia is one of the most common nutritional deficiency disorders affecting the pregnant women; the prevalence in developed countries is 14%, in developing countries 51% and in India, it varies from 65% to 75%.

Anaemia is the second most common cause of maternal death in India and contributing to about 80% of the maternal deaths caused by anemia in South East Asia. Anaemia is also an established risk factor for intrauterine growth retardation leading to poor neonatal health and perinatal death.³

A low level of hemoglobin during pregnancy leads to anemia. This is very common during pregnancy and is present in almost 80% of the pregnant women. During pregnancy, there is an increase in blood volume and a moderate decrease in the concentration of red blood cells and a normal hemoglobin level. If anemia is due to insufficient iron content, then the condition is treated with iron tablets. If the doctor prescribes iron capsules to antenatal mothers, then give it to them with food to prevent nausea. But, don't give iron capsules along with calcium tablets or milk because calcium prevents iron from being used by baby. If antenatal mothers take iron along with orange juice, then it helps to absorb the iron more easily. Iron supplements are an easy way to boost the body's iron stores, especially for women who may not get adequate iron from their diets. Vegetarians or women who avoid red meat are particularly prone to iron and folic acid deficiency and may

require higher doses of iron. Discuss mother's diet with her doctor to determine if iron tablets will be beneficial. Due to iron intake, mother's bowel movements become dark colored or even black. This is due to the excess iron that is not absorbed by mother's body. There is no need to worry, as it does not cause any damage.⁴

II. Methods And Data Collection

1. Research investigator introduced themselves and explained the purpose of study to the subjects.
2. The informed written consent was obtained from the subjects.
3. The structured knowledge questionnaire regarding iron and folic acid deficiency anaemia and its prevention was administered and Data was collected on 18th of March and 19th March 2022 from Pulachi Shirolu PHC Kolhapur from the subjects
4. Total 30-45 minutes are allotted to mark the responses.
5. Data collection was tabulated and analysed.

III. DISCUSSION

The present study had been undertaken to assess the knowledge regarding iron deficiency anemia and its prevention among antenatal mothers at Shirolu (Pulachi) PHC Kolhapur.

1) Findings Related To Selected Socio-Demographic Variables.

In the present study, out of 100 subjects, majority of the subjects 42 (42%) belonged to age group of 23-27 years and 4 (4%) belonged to 32 and above age group. In terms of religion 69 (69%) of subjects belonged to Hindu religion and minimum 7(7%) subjects belong to Christian region. Regarding education 35 (35%) subjects were with secondary education and 5(5%) had done post-graduation. In terms of occupation majority of subject 60(60%) were housewife and 2 (2%) subjects were doing business. Majority of subjects 32 (32%) were having income Rs.15, 000/- and above and 8 (8%) subjects were having income less than Rs. 5000/- .About diet majority of subject 88 (88%) were consuming mixed diet and 12(12%) consuming vegetarian diet. Majority of subject 91(91%) don't have any bad habit and (1%) subject had bad habit (Alcohol consumption). Majority of subjects 40(40%) were primi para and 1(1%) was fifth para.35(35%) subjects were having one child and 3(3%) subjects were having 3 children.

2) Findings on knowledge scores of an antenatal mothers regarding prevention of iron deficiency anemia.

In this present study the majority of subjects 44(44%) had a good knowledge and 53(53%) had average knowledge and 03(03%) had poor knowledge regarding iron deficiency anemia and its prevention.

IV CONCLUSION

Based on the finding of the study the following conclusions were drawn. Majority of subjects 44(44%) had average knowledge and 53(53%) had good knowledge and 3 (3%) had poor knowledge regarding iron deficiency anemia and its prevention. The finding of the study can help nurse to understand and prepare health plans for antenatal mothers. Nurses can also provide guidance and counseling to antenatal mothers in age group 20-35 years with help of charts, flash cards, models, Community Health Nurse can educate the antenatal mothers about iron deficiency and its prevention in Shirolu (Pulachi) PHC Kolhapur.

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