



DESCRIPTIVE STUDY TO ASSESS THE KNOWLEDGE AND REPORTED PRACTICES REGARDING PREVENTION OF ANEMIA AMONG PREGNANT WOMEN ATTENDING ANTENATAL OPD OF A ZONAL HOSPITAL.

Nursing

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ABSTRACT

Objectives: The study was conducted to assess the knowledge regarding prevention of anaemia among pregnant women and to determine the reported practice regarding prevention of anaemia among pregnant women. **Materials and methods:** A quantitative approach using a cross sectional design was adopted where the research setting was a 250 bedded zonal hospital in Jodhpur. The target population was pregnant women attending the antenatal OPD of a zonal hospital. A non-probability purposive sampling was used and data analysis was done using descriptive statistics. **Results:** Majority of the samples i.e., 28 (56%) possessed excellent knowledge regarding prevention of anemia whereas only 10 (20%) depicted average knowledge and 2(4%) had poor knowledge. Majority of the samples i.e., 30 (60%) followed good practices regarding prevention of anemia whereas 18(36%) had poor practices. **Conclusion:** Well women clinics can be established in Gynae OPD to provide information regarding prevention of anaemia among pregnant women. Frequent health education programs can be organized to sensitize the health care workers regarding the importance of prevention of anaemia.

KEYWORDS

Knowledge, Reported practices, Anaemia prevention

1. INTRODUCTION:

According to World Health Organization the prevalence of anaemia in developing countries among pregnant women averages 56% ranging between 35-100%. In the year 2009 among different regions of the world various studies from different regions of the world have reported the prevalence of iron deficiency anaemia is perhaps the highest in the world i.e., 80% among pregnant women are affected¹.

Anaemia is the most common condition and major cause of morbidity and mortality of pregnant women. Anaemia is one of the most widespread nutritional deficiency diseases and a major public health concern all over the world affecting all the ages and both gender. It is one of the most prevalent health issues among women within reproductive age group. WHO has estimated that prevalence of anaemia among reproductive age women is 14% in developed and 31% in developing countries while it is 65.75% in India².

2. Review of Literature:

T Kunaiya et al in the year, 2015 conducted a study in a maternity hospital in Mangalore among antenatal mothers to assess the knowledge related to anaemia prevention revealed that only 8% the women displayed good knowledge where as 54% displayed satisfactory knowledge and 38% had poor knowledge respectively. The overall knowledge of the study population was concluded to be 29.9% mothers and 53.5% of the women know about its complications and role of iron therapy

3. MATERIALS & METHODS:

A cross sectional descriptive study was conducted among 50 antenatal women attending the Gynae OPD of a government hospital. Samples were recruited using non probability convenient technique. A self-administered questionnaire was prepared which consists of three sections to assess demographic profile, knowledge & reported practices for data collection. Data analysis was done by descriptive statistics.

RESULTS: - Key findings of the study are as follows

- Majority were between the age group of 20-25 years. And 20-25 years is considered appropriate for pregnancy and child birth & Majority of samples that is 58% were graduate and above.
- Most of the respondents' i.e. Out of 50 respondents 58% were pure veg and 22% were non vegetarian.
- Out of 50 respondents 74% were not having any menstrual abnormality, while 12% were having abnormal bleeding.
- Study shows that 80% of women have knowledge about anemia and 66% of respondents having knowledge about normal Hb level whereas 18% thinks that less than 10gm/dl is the normal Hb level.
- Majority of the respondents that is 50 respondents 72% of them assumes that green leafy vegetables are the richest source of iron.
- 76% of respondents said that folic acid and iron tablets should be taken along with balanced diet during pregnancy.
- Present study findings show that 93% of respondents think that

anemia during pregnancy can be prevented.

- Study shows that 83% of respondents think that prevention during pregnancy can lead to the development of a healthy child.
- Most of the respondents that is 50 respondents 53% of them think that by avoiding frequent child birth anemia can be prevented in pregnancy

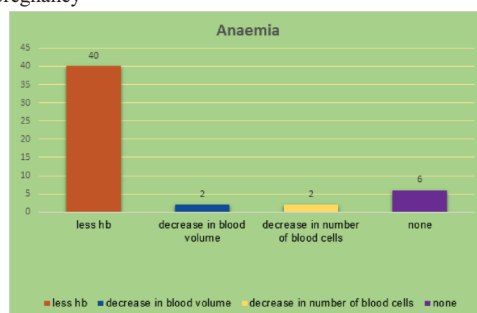


Fig 1: Distribution of samples as per their knowledge regarding definition of anaemia n=50

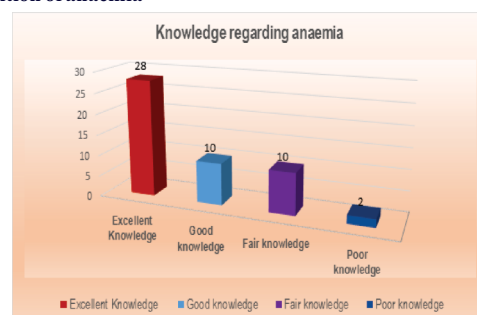


Fig 2: Distribution of samples as per their knowledge regarding anaemia in pregnancy

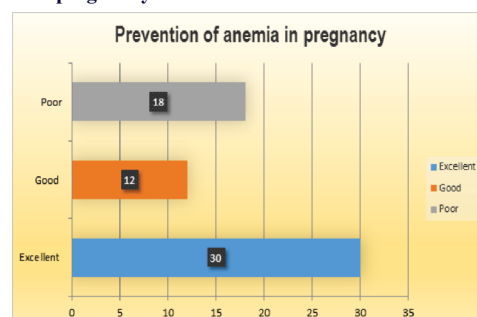


Fig.3: Distribution of samples as per their Reported Practices adopted for prevention of anaemia in pregnancy n=50

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