



Assessment of anemia knowledge among pregnant Women

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ABSTRACT

Everyone having some food and diet but the question arises about healthy and nutritive food and diet. These malnutrition condition leads to the anemia means lack of hemoglobin. Anemia is common in pregnant women because they need more and more nutrition to develop baby in her body. Both developed and developing countries are affected by anemia. This study was done to assess the knowledge and practice among the pregnant women about the anemia.

Key-words: Anemia, Pregnant women, Food, Diet, OPD

INTRODUCTION

Anemia is mainly defined as the decrease in hemoglobin level. That is common in pregnant women because they need more and more nutrition to develop baby in her body. Anemia in pregnancy is defined by World Health Organization (WHO) as a hemoglobin concentration below 11g/dl [1]. Iron-deficiency anemia is the most common form of malnutrition in the world and is the eighth leading cause of disease in girls and pregnant women in developing countries. Women's health is central to the survival of the society as they give beginning to the new life on the earth and cares for all the family members [2]. Both developed and developing countries are affected by anemia.

Developing countries are major areas where anemic peoples are found and surviving due to the lack of proper food and diet. Beside pregnancy in women, hook worm infestation is major cause of anemia in many developing countries due to tropical climate. This problem can be faced by the healthy food and diet with rich in iron [3]. WHO estimates that the prevalence of anemia ranges from 40-60% in the developing countries. Half of those who are suffering from anemia are supposed to be suffering from iron deficiency anemia (IDA). The WHO has estimated that the prevalence of anemia in developed and developing countries in pregnant women is 14% in developed and 51% in

developing countries. For example in India, anemia was estimated at 65-75% [2]. Pregnancy anemia is one of the important public health problems not only in India but also in most of the South East Asian countries [4,5]. This study was done to assess the knowledge and practice among the pregnant women about the anemia.

MATERIAL AND METHODS

A cross-sectional study was conducted in the Gynecological Out Patient Department of Uttar Pradesh Medical colleges for June 2015 to Dec 2015. Total 200 pregnant women were enrolled for the study.

A structured interview schedule was used to collect the required information. Ethical clearance was obtained from Institutional Ethics Committee (IEC). A formal permission to conduct the study was obtained from the authorities of the hospital and consent was taken from study participants. The data was analyzed.

RESULTS AND DISCUSSION

Majority of the women were in the age group 20-35 years. Out of 200 respondents, 30% studied up to secondary level, 20% studied up to primary level, 15% studied up to higher secondary, 15% studied up to graduate level and 20% women were

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illiterate. Majority i.e. 86.50% were housewife, 4.0% were labor. 62.70% were registered their pregnancy in first trimester, 31.30% had registered in second trimester and 6.0% had registered their pregnancy in third trimester.

Out of 200 respondents, majority of women were not aware about the anemia due to lack of educations. Only 30% women were aware about the anemia while the other 70% were giving other information but not exactly about the anemia. Anemia is being very sensitive in pregnant women, because it is affecting both the mother and child.

None of the women who were illiterate gave any correct answer regarding cause of anemia. Majority of correct answers regarding cause of anemia was given by women who were educated up to graduate. The study found that there was significant association between cause of anemia

and women's education [6-8]. Few of women had knowledge regarding prevention and treatment of anemia but majority of correct answer was given by women who were educated up to higher secondary level. The study found that there was significant association regarding prevention and treatment of anemia and women's education.

CONCLUSION

The study result showed that knowledge regarding cause of anemia. The pregnant women coming OPD were very poor in knowledge about anemia, diet, prevention and treatment of anemia. The result clearly showed association between women's education and knowledge regarding cause of anemia, sign & symptoms of anemia, proper diet to prevent anemia, prevention and treatment of anemia, preventive practice regarding anemia.

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