KNOWLEDGE, ATTITUDE AND PRACTICE STUDY OF PREGNANT WOMEN REGARDING ANEMIA

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Abstract:

Anemia in pregnancy is one of the leading cause of morbidity and mortality for both antenatal mothers and the newborns. However early diagnosis, effective treatment and proper counseling can reduce the morbidity of anemia in both. Hence, this study was carried out o study the knowledge, attitude and practices of pregnant women regarding anemia in Amravati (M.S). About 187 primigravida age more than 19 years visiting the OBGY OPD (Antenatal OPD) in a tertiary hospital over a period of 4 months from January 2016 to April 2016 were selected by systematic random sample method and were asked to fill a questionnaire regarding anemia to test their knowledge, attitudes and practices related to anemia such as information about iron rich dietary sources, maternal and fetal complications of anemia, source of knowledge, implementation of iron rich diet, drug compliance etc and data was collected accordingly. 104 (55.61 %) mothers out of 187 were aware of the dietary sources of iron however only 66 (63.46%) women actually implemented this in their diet practice. About 79 (42.24 %) mothers were aware of some of the maternal complications of anemia in pregnancy. 33 (41.77%) of them knew about fetal complications like low birth weight. Source of this knowledge was TV and radio for majority of women. Only 11 mothers were showing poor compliance to iron medication. The study reflects the ignorance, poverty and illiteracy among majority of the antenatal women coming to the Hospital. Assessments of knowledge and practice and implication of health education are necessary for prevention of Anemia in pregnancy. Educating antenatal women about the importance of diet and implementing this into practice will definitely help in the prevention of anemia and its consequences on health.

Key words: Anemia, Primigravida, Antenatal, Knowledge, Attitude, Practice.

Introduction:

Anemia in pregnancy is one of the leading cause of maternal and perinatal morbidity and mortality. WHO has estimated that the prevalence of anemia among pregnant women is 14 % in developed countries and 51 % in developing countries. In India, about 64 % pregnant women are affected with anemia. Inspite of improved awareness among the community and improved health care services, anemia continues to kill the mothers every year. Thus, early detection and prompt treatment of anemia in Pregnancy is a mandatory step to be followed strictly at all levels of health care services in order to prevent maternal and perinatal morbidity and mortality.

Objective : To study the knowledge, attitude and practices of pregnant women regarding anemia in a tertiary hospital, Amravati (M.S).

Method :

Study type: Cross sectional

Study area: Tertiary care Hospital, Amravati (M.S)

Study period: 4 months (January 2016 to April 2016)

The study was carried out on 187 primigravida visiting the tertiary hospital over a period of 4 months from January 2016 to April 2016. First, permission of Hospital Ethical Committee was taken and then women attending the OBGY OPD (Antenatal OPD) at a tertiary hospital were selected by systematic random sample method and were asked to fill a questionnaire regarding anemia to test their knowledge, attitudes and practices related to anemia such as information about iron rich dietary sources, maternal and fetal complications of anemia, source of knowledge, implementation of iron rich diet, drug compliance etc and data was collected accordingly. Descriptive and inferential statistics was used to analyze the data.

Inclusion criteria: Primigravida, age > 19years

Results :

The following data was obtained from the present study:

Majority of the women, 103 out of 187 (55.08%) belonged to 19 to 25 years age group. 57 (30.48%) women belonged to the 26 to 30 years age group and 27 (14.43%) women belonged to > 30years age group (Figure 1).

Out of the 187 women included in the study, 92 (49.19%) belonged to lower socio economic status, 59 (31.55%) belonged to the upper lower class, 29 (15.50%) belonged to the lower middle class and 7 (3.74%) to upper middle class (Table 1).

Table 1: The socio economic status of the antenatal women.

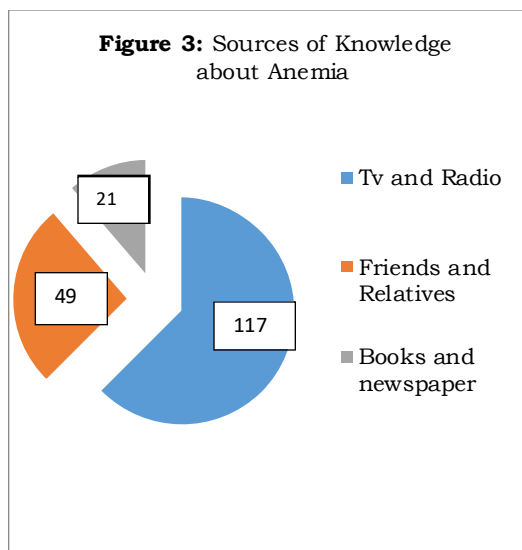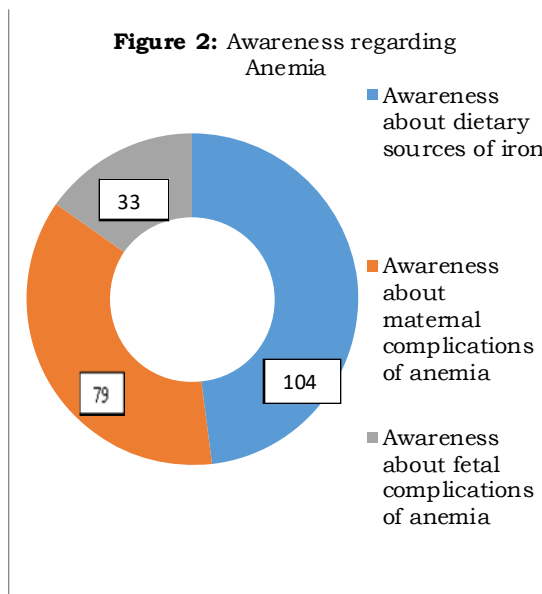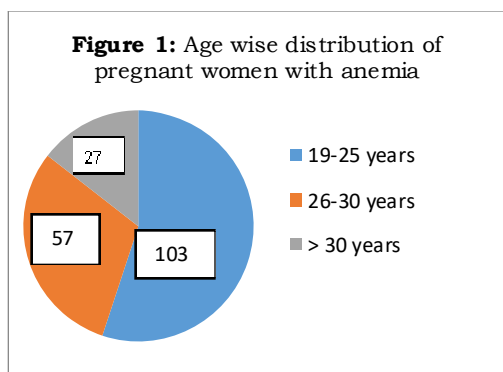| Socioeconomic status	No. of antenatal women
Lower	**92**
Upper lower	**59**
Lower middle	**29**
Upper middle	**7**

Table 2: The number of antenatal women and the trimester in which they first reported to the hospital.

Trimester of Pregnancy	No. of antenatal women
First	**55**
Second	**101**
Third	**31**

About 55 (29.41%) patients registered in the first trimester, 101 (54.01%) patients registered in the second trimester and 31 (16.57%) patients registered in the third trimester (Table 2).

104 (55.61%) women were aware of the food items which were a rich source of iron, however only 66 (63.46%) of them implemented these food items in their daily diet. Only 79 (42.24%) women were aware of a few maternal complications of anemia like PPH, failing lactation, recurrent infections etc and only 33 (41.77%) of them were aware of fetal complications like IUGR, infections leading to preterm labour. Only 11 (5.88%) women were not compliant to the iron medication. (Fig 2)

Out of 187 women, About 117 (62.56%) women said that all the knowledge they had, was imparted to them by TV or Radio, 49 (26.20%) attributed it to friends and relatives while the remaining 21 (11.22%) got it via books and newspaper. (Fig 3)

Figure 2: Awareness regarding Anemia

- Awareness about dietary sources of iron
- Awareness about maternal complications of anemia
- Awareness about fetal complications of anemia

Figure 3: Sources of Knowledge about Anemia

- Tv and Radio
- Friends and Relatives
- Books and newspaper

Figure 1: Age wise distribution of pregnant women with anemia

- 19-25 years
- 26-30 years
- > 30 years

Discussion :

Anemia is a major & significant public health problem throughout the world, particularly for women of reproductive age in developing countries. In India anemia is a leading cause of maternal morbidity and mortality & it has serious consequences on fetal health also. A significant association of anemia with socioeconomic status & educational status indicates a strong need to develop strategies for effective adult education and to improve the socio economic status of the population. A study by Raksha M and others (2016) drew the same conclusion.

The present study highlighted the importance of providing information to all the antenatal women in the clinics regarding prevention of anemia in pregnancy . The study also reflects the ignorance about implementation / addition of iron rich food in the diet inspite of having knowledge about the source of iron rich food. This is similar to the findings of Maj Sivapriya S and others (2015).

There should be effective mandatory preconception and antenatal counselling of the antenatal women to identify the risk factors in pregnancy & to reduce the enormous burden of anemia in pregnancy. This is in line with the findings of Dorairajan Gowari and others (2017).

Conclusion :

Present study supports the conclusion that educating antenatal women about the importance of diet and implementing this into practice will help in the prevention of anemia. There should be mandatory preconception and antenatal counselling sessions for the women to identify the risk factors in pregnancy and to reduce the enormous burden of anemia in pregnancy. Doctors, Nurses and other health workers may bring about a significant change in these women in their nutritional habits, ensuring early registration and regular follow up which will ultimately help in reducing the incidence of anemia.

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