



KAP STUDY OF MOTHERS WITH ANEMIA IN PREGNANCY

Gynaecology

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ABSTRACT

Background: In developing countries anemia during pregnancy is a major cause of maternal morbidity and mortality. Knowledge, attitude and perception of pregnant women pertaining to anemia during pregnancy have a significant impact on overall pregnancy outcome.

Material and Methods: One hundred anemic mothers were enrolled for the study and were assessed for their knowledge, perception and attitude pertaining to anemia in pregnancy and was recorded in a predesigned proforma.

Observations and Results: Out of 100 mothers, only 1/5th (20%) of the mothers were aware of the normal level of hemoglobin during pregnancy and 1/4th (25%) were aware about the causes of anemia during pregnancy. Nearly half of the mothers were aware about the adverse effects of anemia on mother's health and pregnancy outcome. As many as 3/4th of the women were aware of the treatment options available. Only 70% of the mothers were attending antenatal clinics regularly. Just 15% of the women were taking iron folic acid supplementation adequately, 55% inadequately and as many as 30% women not on any supplementation. Although 60% of the women were aware of the importance dietary supplementation, half of them were actually taking diet rich in iron and proteins.

Conclusions: Pregnant women in our setup do not have sufficient knowledge related to anemia during pregnancy. Their perception of complication of anemia in pregnancy is also poor and attitude towards preventing and treating anemia is also not satisfactory.

KEYWORDS

anemia, pregnancy, KAP

INTRODUCTION:

Anemia affects nearly half (41.8%) of the pregnant women globally with the highest prevalence in developing countries (57.1%). Anemia in pregnant women has severe consequences on maternal health and fetal wellbeing and on social and economic development of any society. Anemic pregnant women will be at risk of low physical activity, increased maternal morbidity and mortality, especially those with severe anemia.^{1, 2, 3} Knowledge, attitude and perception of pregnant women related to anemia has a significant impact on overall pregnancy outcome.

Aim:

The aim of this study was to assess the knowledge, attitude, and practices of antenatal women attending antenatal clinic at AIMS Bathinda, Punjab

MATERIAL AND METHODS:

The study was carried at AIMS Bathinda Punjab which is a tertiary care centre for women in Punjab, India. Study was commenced after taking informed consent from the pregnant women. Study was conducted between Jan 2017 to September 2017. Only those women who were in their 3rd trimester and were anemic (Hb < 11gms %) were enrolled in the study. Their knowledge, attitude, and practices pertaining to anemia in pregnancy were recorded in a predesigned proforma.

Observations and results

Demographic characteristic of antenatal mothers are depicted in table 1. Knowledge, attitude and perception of women pertaining to anemia in pregnancy are depicted in table 2.

Table 1 Demographic characteristic of antenatal mothers (n=100)

Demographic characteristic		No. of subjects/ %age (n=100)
Age (years)	19 – 25	37
	25-35	50
	>35	13
Residence	Rural	72
	Urban	28
Family type	Nuclear	25
	Joint	75
Educational status		

	Illiterate	26
	< 8th standard	34
	8th to 10th standard	16
	Undergraduate	14
	Graduate and above	10
Socioeconomic status		
	Lower	36
	Middle class	50
	Upper class	14

DISCUSSION:

We enrolled a total of 100 anemic pregnant women, who were in the third trimester of pregnancy. Majority of our study population was in the age group of 25 to 35 years (50%) followed by 19 to 25 years (37%). This may be for the fact that most of the multi-gravida women (who are more prone to develop anemia) are relatively higher in age and most of the child births take place before 35 years. Seventy two percent of the women were from the rural background and almost as many were from joint families. This may be for the fact that majority of the Indian population is rural and rural people still prefer to live in joint families. As per Indian demographic data the female literacy rate India is below 70%. Of the study population, 34% of women had education status of below 8th standard and as many as 26% were illiterate. Only 10% women were graduate or having higher level of educational qualification. Majority of the women (50%) were from middle class socioeconomic background followed by lower class (36%) (Table 1).

Out of 100 mothers, only 1/5th (20%) of the mothers were aware of the normal level of hemoglobin during pregnancy and 1/4th (25%) were aware about the causes of anemia during pregnancy. Nearly half of the mothers were aware about the adverse effects of anemia on mother's health and pregnancy outcome. As many as 3/4th of the women were aware of the treatment options available. Only 70% of the mothers were attending antenatal clinics regularly. Just 15% of the women were taking iron folic acid supplementation adequately, 55% inadequately and as many as 30% women not on any supplementation. Although 60% of women were aware about the importance of dietary supplementation to prevent anemia, only 30% of women were taking diet sufficiently that is known to be rich in proteins and iron (Table 2). This may be related to their low literacy rate, lack of awareness and low socioeconomic status. Our findings are in conformity with the studies conducted by Kulkarni K K⁴, Alam AY et al⁵.

Table 2 Knowledge, attitude and perception of expectant mothers regarding anemia in pregnancy (n=100)

Attribute		No. of cases/ %age

Mothers know the normal Hb level during the pregnancy (> 11 gm %)	Yes	20
Mothers aware about the causes of anemia during pregnancy (2 or more)	Yes	25
Mothers aware about the harmful effects of anemia on their own health	Yes	54
Mother aware about the harmful effects of anemia on the fetus	Yes	45
Mothers aware about the treatment optional available	Yes	72
Mothers on regular antenatal care	Yes	60
Mothers on adequate iron folic acid supplementation	Yes	15
Mothers on inadequate iron folic acid supplementation	Yes	55
Mother not on iron folic acid supplementation	Yes	30
Mothers aware about the importance of dietary supplementation	yes	60
Mothers on diet rich in iron and proteins	yes	30

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