



CODEN [USA]: IAJPBB

ISSN : 2349-7750

INDO AMERICAN JOURNAL OF PHARMACEUTICAL SCIENCES

SJIF Impact Factor: 7.187

<https://doi.org/10.5281/zenodo.5541558>
Available online at: <http://www.iajps.com>

Research Article

AWARENESS OF ANEMIA AMONG PRIMIGRAVIDA IN WORKING AND NON-WORKING WOMEN IN LAHORE

¹Shahnaz Kausar, ²Tahira Perveen, ³Tahira Shaheen

¹Charge Nurse, DHQ Hospital Hafizabad, Email ID: pakistanmairahy@gmail.com, ²Charge Nurse, DHQ Hospital South City, Okara, Email ID: tahirasharif17@gmail.com, ³Nursing Instructor, Post Graduate of College of Nursing Punjab, Lahore, Email ID: ushnahamna@gmail.com.

Article Received: July 2021

Accepted: August 2021

Published: September 2021

Abstract:

Objective: Body iron requirement is increased in the pregnant women for maintaining the health and development of the fetus and the mother. This study is aimed to assess to awareness of anemia among primigravida in working and non-working women in Lahore.

Materials and Methods: A cross sectional study was conducted among the women attending the out-patient department of gynecology and obstetrics, to assess the level of awareness about anemia among pregnant women. A total 100 pregnant women were interviewed and information were collected by self-drafted questionnaire using associated variables. Interviews conducted by direct questionnaire; blood samples were drawn to document the hemoglobin levels.

Results: The mean age was 26.28 ± 0.72 .

62% of the participants were below 25 year of age, 36% had attained primary level of education, 36% were doing private jobs as a source of income, 46 % had a monthly family income of less than 25,000 PKR and 54 % belonged to the urban population of Lahore. Only 72% had heard the term anemia in their lives. However, 100 % stated that pallor is a sign of anemia.

Conclusion: In this cross-sectional study it was found that poor knowledge about anemia and less iron intake is the main cause for anemia during pregnancy.

Keywords: Anemia, pregnancy, iron deficiency.

Corresponding author:**Shahnaz Kausar,**

Charge Nurse, DHQ Hospital Hafizabad,

Email ID: pakistanmairahy@gmail.com

QR code



Please cite this article in press Shahnaz Kausar et al, Awareness Of Anemia Among Primigravida In Working And Non-Working Women In Lahore., Indo Am. J. P. Sci, 2021; 08(9).

INTRODUCTION:

Anemia is an issue of public health concern for both the developing and developed countries across the globe. According to World Health Organization the incidence of anemia is on the rise, with a prevalence of 24.8% of the world population, [1] and 51% cases occurring in the pregnancy, [2] Sub-Saharan Africa is the bitterly affected region and a potential cause of the developmental and socioeconomic backwardness. Iron deficiency is the leading cause of anemia presenting in half of the pregnant population. [3]

Association of anemia with pregnancy is due to increased physiological needs of the mother and fetus. [4] Hemoglobin (Hb) less than 11g/dl is the cut off value for labeling anemia in pregnant woman, hampering the supply demand mismatch of the body [1] The optimum levels of hemoglobin are essential for the metabolic needs of the pregnant women. [5]

Being the major causes of nutritional deficiency anemia in pregnancy in developing countries is associated with the malnutrition, mal absorption, parasitic infestations, HIV infection, hemorrhage, and some chronic medical disorders such as renal and hepatic diseases. [6] Infectious diseases are linked to a

steep prevalence of anemia in sub-Saharan Africa. [7] Iron is required for the formation of red blood cells with an average of 0.8 mg/day during 1st month to approximately 10 mg/day in the last trimester of pregnancy. [8] Anemia results from the unmet physiological or pathological demands during pregnancy. [9] Women of child-bearing age are at increased risk of developing anemia worldwide. [10]

METHODS:

A cross sectional study was conducted among the women attending the out-patient department of gynecology and obstetrics, to assess the level of awareness about anemia among pregnant women. After formal approval from the ethical review committee of the Mayo Hospital Lahore/ King Edward Medical College Lahore. A total 100 pregnant women were interviewed and information were collected by self-drafted questionnaire using associated variables. Informed consents were taken and the format was discussed with the participants. Interviews conducted by direct questionnaire, blood samples were drawn to document the hemoglobin levels. Data was analyzed by the SPSS 21 software. Privacy and confidentiality was ensured throughout the process.

RESULTS:**Table 1: Socio demographic characteristics of respondents**

Characteristics	Frequency (n)	Percentage (%)
Age Years		
<25	62	62
>25	38	38
Qualification		
Uneducated	24	24
Primary	36	36
Secondary	22	22
Intermediate	10	10
Bachelors	08	08
Occupation		
Daily Wager	32	32
Private Job	36	36
Government Job	02	02
Unemployed	30	30
Monthly income PKR		
<25,000	46	46
25,000-50000	24	24
>50,000	20	20
Residence		
Urban	54	54
Rural	46	46

Table.2 Awareness of anemia among the participants

Items	Agree (%)	Disagree (%)
Have you ever heard of the term anemia in pregnancy?	72	28
Is anemia decrease in RBCS not hemoglobin level?	63	37
Can anyone get anemia through poor dietary intake?	87	13
Can parasitic infections cause anemia?	79	21
Can anemia be caused by genetic disorders?	74	26
Is pale skin a sign of anemia?	100	00
Can anemia be treated?	97	03
Is meat a source of iron?	97	03
Is a low birth weight a complication of anemia in pregnancy?	94	06

62% of the participants were below 25 year of age, 36% had attained primary level of education, 36% were doing private jobs as a source of income, 46 % had a monthly family income of less than 25,000 PKR and 54 % belonged to the urban population of Lahore. (Table.1)

Only 72% had heard the term anemia in their lives. 63% thought anemia is the just the decrease in RBC count. 87% believed anemia to be caused by poor dietary intake. 79% agreed that parasites are the cause of anemia. 74 % said anemia can only be caused by a genetic disease. However 100 % stated that pallor is a sign of anemia, 97% believed that anemia can be treated and meat is a rich source of iron. 94% said that low birth weight is a complication of anemia in mothers.

DISCUSSION:

The findings of the study revealed that most of the pregnant women belonged to the age group <25 years with a mean age of 26.28 ± 0.72 years which is in agreement the report of the study conducted by Duko et al., [12] where the majority of the respondents were within the age range 26-30 years. Most (36%) of the participants had achieved primary level of education this shows the lack of importance of education in the local population.

The findings of this study show that the majority almost 85% of the respondents possessed a good level awareness of anemia. This finding contrasts with the report of Duko et al. [12] where only 44.3% (102) of respondents had a thorough awareness regarding anemia. A descriptive study carried out on knowledge, attitude, and practices regarding the prevention of iron deficiency anemia (IDA) among pregnant women also

highlighted the prevalence of poor knowledge. [13] The observations of our study are identical to the one carried out for the knowledge, attitude, and practices of prevention of anemia in pregnancy amongst pregnant women attending the Antenatal Clinic at Ifako- Ijaiye General Hospital, where majority (95%) of respondents were aware of anemia in pregnancy. [11]

CONCLUSION:

It is concluded that although awareness regarding the anemia in pregnancy among the primigravida is satisfactory yet it is important to optimize the iron levels of the body by complying with the balanced diet plan and iron folic acid vitamin B12 supplementation as prescribed to achieve a more favorable fetomaternal outcomes.

REFERENCES:

1. Global Nutrition Targets 2025, Anaemia Policy Brief, Targets 50% Reduction of Anaemia in Women of Reproductive Age Geneva: World Health Organization; 2014.[Google Scholar]
2. Melku M, Addis Z, Alm M, Enawgaw B. Prevalence and predictors of maternal anemia during pregnancy in Gondar, Northwest Ethiopia: An institutional based cross-sectional study. *Anemia*. 2014;2014:108593.[CrossRef] [PubMed] [Google Scholar]
3. Jack F, Agostino D, Sununtnasuk O. Nutrition Technical Brief: A Simple Method for Making a Rapid, Initial Assessment of the Consumption and Distribution of Iron-Folic Acid Supplements among Pregnant Women in Developing Countries. USAID/ Strengthening Partnerships, Results and Innovations in Nutrition Globally (SPRING) Project.[Google Scholar]

4. Abriha A, Yesuf E, Wassie M. Prevalence and associated factors of anemia among pregnant women of Mekelle Town: A cross sectional study. *BMC Res Notes*. 2014;7:888.[CrossRef] [PubMed] [Google Scholar]
5. Olatunbosun A, Olujimi A, Abasiattai E, Bassey R, James G, Anyiekere M. Prevalence of anaemia among pregnant women at booking in the University of Uyo teaching hospital, Uyo, Nigeria. *Biomed Res Int*. 2014;2014:849080.[CrossRef] [PubMed] [Google Scholar]
6. Buseri U, Jeremiah E, Usanga A. Prevalence and risk factors of anaemia among pregnant women in Nigeria. *Open Haematol J*. 2012;2:14-9.[CrossRef] [Google Scholar]
7. Alem M, Enawgaw B, Gelaw A, Kena T, Seid M. Prevalence of anemia and associated risk factors among pregnant women attending antenatal care in Azezo Health Center Gondar town, Northwest Ethiopia. *J Interdiscipl Histopathol*. 2013;1:137-44.[CrossRef] [Google Scholar]
8. Tay K, Agboli E, Walana W. Malaria and anaemia in pregnant and non-pregnant women of child-bearing age at the University Hospital, Kumasi, Ghana. *Open J Med Microbiol*. 2013;3:193-200.[CrossRef] [Google Scholar]
9. Ekwere T, Ekanem A. Maternal knowledge, food restriction and prevention strategies related to anaemia in pregnancy: A cross-sectional study. *Int J Community Med Public Health*. 2015;2015:331-8.[CrossRef] [Google Scholar]
10. Noronha J, Khasawneh E, Raman S, Seshan V. Anaemia in pregnancy and challenges. *J South Asian Fed Obstet Gynaecol*. 2012;1:64-70.[CrossRef] [Google Scholar]
11. Yesufu B, Olatona F, Abiola A, Ibrahim M. Anaemia prevention in pregnancy among antenatal clinic attendees in a general hospital in Lagos. *Nig Q J Hosp Med*. 2013;23:280-6.[Google Scholar]
12. Duko B, Tadesse B, Gebre M, Teshome T. Awareness of anemia and associated factors among pregnant women attending antenatal care, South Ethiopia. *J Womens Health Care*. 2017;6:1000409.[Google Scholar]
13. Aboud S, Sayed H, Ibrahim H. Knowledge, attitude and practice regarding prevention of iron deficiency anemia among pregnant women in Tabuk region. *Int J Pharm Res Allied Sci*. 2019;8:87-97.[Google Scholar]