PP 64

Knowledge and practice regarding prevention and management of anemia and influence of socio-demographics factors among antenatal mothers in Nallur MOH division

Ahamed MIA[1*], Surenthirakumaran R[2], Thabotharan D[1], Nivetha K[1]

[1]Department of Nursing, Faculty of Allied Health Sciences, University of Jaffna, Sri Lanka, [2]Department of Community and Family Medicine, Faculty of Medicine, University of Jaffna, Sri Lanka.

Background: Anemia in pregnancy is a global public health burden facing the world today. Especially in the developing countries. When it occurs in pregnancy, may be associated with low birth weight and increased risk of maternal mortality/morbidity and perinatal mortality. Many studies in the past have reported the problem in high magnitude. This study aimed to emphasis the anemic awareness in Nallur, Jaffna.

Objective: To describe the knowledge and practice regarding prevention and management of anemia and association between socio demographic factors and knowledge about anemia among antenatal mothers.

Methods & Materials: This descriptive cross-sectional study carried out among 324 pregnant women. Data were collected by using a validated interviewer administered questionnaire. Data were analyzed by using and Chi-squire test of socio demographic factors against knowledge on anemia. <40% score was considered poor knowledge and >70 % was considered good.

Results: The mean age (±SD) was 29 (±6.19) years. Most common causative factors were lack of iron in food (76.8%). Most of them were identified with tiredness (75.8%) and pale color of the nail tongue and mucus membrane (58.0%) as common symptoms. Most known complications were low birth weight (72.8%), premature delivery (55.9%), and most known preventive measures were consume iron rich foods (83.6%), well balance diet (60.2%). 80.3% of them were identified IFA-supplementation as a treatment option. The level of knowledge regarding anemia among pregnant mothers was satisfactory 177(54.6%) and the level of practice was good (85%). Socio-demographic factors, such as, age (p<0.001), education (p<0.001), gestational age (p=0.002), Gravida (p<0.001), family type (p=0.003), monthly income (p<0.001) were associated with the knowledge on anemia.

Conclusion: The participant's level of knowledge regarding anemia was satisfactory (40-70%) and the level of practice was good irrespective of the differences in socio demographic factors among each and every one.