A STUDY TO ASSESS THE KNOWLEDGE AND PRACTICES REGARDING PREVENTION OF ANEMIA AMONG ANTENATAL WOMEN ATTENDING SELECTED HEALTH CENTRES IN CHENNAI.

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ABSTRACT
Anemia is the most common condition prevalent in most part of the world and a major cause of morbidity and mortality, especially in malaria endemic areas. In pregnancy, anemia has a significant impact on the health of the fetus as well as of mothers. Anemia is potentially lethal complications of pregnancy leading to large number of maternal and fetal loses but it is preventable and curable disease. Objectives 1. To assess the sources of information regarding prevention of anemia among antenatal Women 2. To assess the Knowledge regarding prevention of Anemia among antenatal women. 3. To assess the Practices regarding prevention of Anemia among antenatal women. Materials & Methods: Non-Experimental Descriptive Study was conducted to assess the knowledge and attitude of antenatal mothers attending Urban Health Center in Chennai. Results and Findings: Knowledge and practice were analysed by structured interview schedule which included questionnaire on knowledge and self reported rating scale on practice. The study revealed that 38% had good knowledge about prevention of anemia and 36% antenatal women were following good practices to prevent anemia in pregnancy. Conclusion: The overall knowledge in the study population was 29.9%. Hence, the researcher emphasizes the need for more research to improve the knowledge of antenatal mothers on anemia during pregnancy.

KEYWORDS: Prevention of Anemia, Antenatal Women, Knowledge, Practice.

INTRODUCTION
Anemia is a widespread public health problem associated with an increased risk of morbidity and mortality, especially in pregnant women. It has multiple causes, both nutritional (vitamin and mineral deficiencies) and non-nutritional (infection) that frequently co-occur. It is assumed that the most common contributing factors are iron deficiency, folic acid deficiency, and vitamin B12 deficiency. Anemia resulting from iron deficiency is considered one of the top ten contributors to the global burden of disease. The growing fetus depends entirely on its mother’s healthy body for all needs. However, sometimes it can be a time of fear of suffering and death, in case women begin pregnancy with low or absent stores of iron because of previous pregnancy, poor iron intake, substance abuse; increased fetal demands of iron leads to iron defi ciency anemia. Iron defi ciency anemia is the most common form of malnutrition in the world and is the eighth leading cause of death in pregnant women in developing countries leading to the low birth weight, which is in turn an important risk factor for infant mortality.

Objectives
1. To assess the sources of information regarding prevention of anemia among antenatal Women
2. To assess the Knowledge regarding prevention of Anemia among antenatal women.
3. To assess the Practices regarding prevention of Anemia among antenatal women.

Review of Literature
Prenatal care is important in preventive obstetrics. The factors responsible for anemia during pregnancy should be identified and eradicated. Iron supplement to prevent anemia in pregnancy is a well-known strategy. The National Nutritional Anaemia Prophylaxis Program (NNAPP) advised 60 mg of elemental iron and 500 mg of folic acid daily for 100 days to all pregnant women. Prevention and management of nutritional anemia is easy and cheap. The definition of anaemia is based on hemoglobin value. According to the World Health Organization (WHO), anaemia in pregnancy is defined as hemoglobin concentration of less than 110g/L.6 Anaemia ranges from mild (10.0-10.9g/dl), moderate (7-9.9g/dl) to severe. In India, the prevalence of anaemia...
is high because of fewer intake of iron, folic acid and food sources that prevent iron absorption, coupled with poor bioavailability of iron is the major factor responsible for prevalence of anemia. A substantial proportion of women become anaemic during their pregnancy in both developing and developed countries. Estimates from the World Health Organization report that from 35% to 75% (56% on average) of pregnant women in developing countries, and 18% of women from industrialized countries is anemic.

METHODOLOGY
A descriptive study was carried out among antenatal mothers to assess the knowledge and practices to prevent anaemia. The purposive sampling technique was used to collect 100 samples from selected Health Center in Chennai. The tool was developed by the researcher with the guidance of experts. The questionnaire contained three sections.

Table No. 1: Sources of information regarding prevention of Anemia.

<table>
<thead>
<tr>
<th>S.no</th>
<th>Source of Information</th>
<th>Frequency (n)=100</th>
<th>Percentage (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Anganwadi</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>2.</td>
<td>Health worker</td>
<td>32</td>
<td>32</td>
</tr>
<tr>
<td>3.</td>
<td>Hospitals</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>4.</td>
<td>Mass Media</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>5.</td>
<td>Others</td>
<td>8</td>
<td>8</td>
</tr>
</tbody>
</table>

Figure No. 1: Knowledge Score regarding the Prevention of Anemia among Antenatal Women.

Figure No. 2: Distribution of Practices regarding the Prevention of Anemia among Antenatal Women.
DISCUSSION
The present study revealed that the main source of information to antenatal women regarding prevention of Anemia is from Health Workers. Out of 100 antenatal women only 38% have adequate knowledge and 29% have inadequate knowledge regarding the prevention of Anemia. About the Practices only 36% of antenatal women are following the good practices on prevention of Anemia and 24% of antenatal women are following the Poor practices regarding the prevention mainly about their regular visits, intake of iron Supplements.

REFERENCES