Prevalence of anaemia in pregnant women in a tertiary care hospital

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ABSTRACT

Anaemia is a common problem occurring in the general population, but the females show higher incidence of anaemia than males. In Indian females-especially the pregnant women, nutritional anaemia is a major public health problem- the incidence ranging between 32% to 90%. The object of this study is to know the incidence of anaemia in pregnancy. Antenatal women were tested for haemoglobin concentration in the blood. The incidence of anaemia was seen in pregnant women, accounting for 48%.

Keywords: Hemoglobin, anaemia, antenatal women

INTRODUCTION

Anaemia is the one of the major public health problems in the developing world. More than 70% of pregnant women in South – East Asia region suffer from nutritional anaemia[1]. The World Health Organisation (WHO) defines anaemia in pregnant women as haemoglobin level below 11 g/dl.

The Centre for Disease Control (CDC) recommends that haemoglobin in pregnant women should not be allowed to fall below 10.5 g/dl in second trimester, taking in to account the physiological changes of pregnancy [2].

Severe anaemia also increases perinatal morbidity and mortality, by causing intrauterine growth retardation and preterm delivery[3]. Anaemia results from nutrition related causes and from inflammatory or infectious diseases, worm infestations and from blood loss. Iron deficiency anaemia resulting from inadequate intake and low absorption of dietary iron is the most common form of anaemia in India [4,5].

MATERIALS AND METHODS

Pregnant women attending Bhaskar General Hospital formed a part of study. Informed consent was obtained from them after explaining them the purpose of the study, then blood samples were collected. Hb concentration in the blood was estimated by the indirest cyanmethaemoglobin method [6,7]. Anaemia was assessed according to WHO criteria[8]. A Hb concentration of less than 11 gm % was considered an indication of anaemia. Hb concentration of less than 7 gm%, 7-8gm%, and 8-11gm% were considered to indicate severe, moderate and mild anaemia respectively.

RESULTS

A total of 200 pregnant women in the year Jan 2013 to June were included in the study. Of these 96 were found to be anaemic(48%).

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The results were as below:

Severe anaemia was seen in 10 cases accounting for 10.4%

Moderate anaemia was seen in 52 cases accounting for 54.2%

Mild anaemia was seen in 34 cases accounting for 35.4%

DISCUSSION

In this study the incidence of anaemia in pregnant women was 48%. the National Family health Survey 2 NFHS-2 conducted during 1998-99 found an over all prevalence of 49.7% among 5654 pregnant women from 25 states [9]. India launched the National Nutritional Anaemia Prophylaxis Programme in 1970. Iron & folic acid tablets are distributed to pregnant women under the programme. But despite the distribution of folifer tablets- containing 100 mgm of elemental iron & 500ug of folic acid – anaemia remains the commonest problem seen in pregnant women in India.

The iron supplementation programme is not very effective because the health staff should be adequately trained & mobilised to make sure that the tablets are distributed properly to the target women, and they should comply by taking the tablets regularly[8,10].

Severe anaemia was seen in 10.4% . In another study from Hyderabad the prevalence for severe anaemia reported was 8.3%[11]. In rural areas the incidence of severe anaemia was as high as 56% another population –based survey.

CONCLUSION

Regular haemoglobin check and good care of pregnant women i.e, by giving iron supplements to them will prevent nutritional anaemia in pregnancy.

Nutritional anaemia can be prevented by taking proper diet and also taking iron supplements.

REFERENCES