

Knowledge and practice regarding prevention and management of anaemia and influence of socio-demographic factors among antenatal mothers in Nallur MOH Division

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Introduction and Objectives: Anaemia is a public health burden with severe consequences. During pregnancy, maternal demands increase which lead to anaemia. Pregnant mothers are at high risk of having anaemic complications. It affects cognitive and motor development causes fatigue and low productivity and may be associated with low birth weight and increased risk of maternal and perinatal mortality when it occurs in pregnancy. Adequate knowledge regarding anaemia is crucial to prevent anaemic complications among antenatal mothers. This study aimed to assess the knowledge and practice regarding prevention and management of anaemia and the influence of socio-demographic on it among antenatal mothers in the Nallur MOH division.

Methods: Community based descriptive cross-sectional study carried out in Jaffna district from October 2020 to August 2021. The study population was 324 antenatal mothers. An interview administered questionnaire was used to collect the data. Data was analyzed using SPSS (Statistical Package of Social Sciences) version 25, and data was calculated as mean and percentages and presented in tables and diagrams. The Chi-square test was used to identify variables. Ethical approval was obtained from ERC, Faculty of Medicine, University of Jaffna.

Results: All the antenatal mothers were approached; among them 324 antenatal mothers had given their consent to participate. Age range of the participants varied from 18 to 44 years old with the mean age of 29 (SD=6.191). All the participants were Sri Lankan Tamil. Majority of them (85.5%) were Hindus. Participants were categorized into poor knowledge (23.5%) satisfactory knowledge (54.6%) and good knowledge (21.9%) by using 50% predetermine cut off value. Mean knowledge was 55.9. Statistically significant relationship ($p < 0.05$) was found with the age, education, gestational age, gravida, family type and monthly income.

Conclusion: This study showed that the levels of knowledge and practice regarding anemia among pregnant mothers were satisfactory, irrespective of the differences in socio demographic factors among each and every one. These influencing factors need to be considered when planning the education activities.

Keywords: Knowledge, Practice, Anaemia, Antenatal mothers, Jaffna district