



“A STUDY TO ASSESS THE IMPLEMENTATION STATUS OF SELECTED INTERVENTIONS BEING TAKEN DURING ANTENATAL PERIOD TO PREVENT & CONTROL IRON DEFICIENCY ANEMIA AMONG THE POSTNATAL MOTHERS ADMITTED IN A TERTIARY CARE HOSPITAL OF DNH.”

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Abstract: The consequences of anemia in women are enormous as the condition adversely affects both their productive and reproductive capabilities. Among women, iron deficiency prevalence is higher than among men due to menstrual iron losses and the extreme iron demands of a growing foetus during pregnancies.

Objective: To assess the implementation status of selected interventions being taken to prevent & control Iron Deficiency Anemia among the postnatal mothers admitted in a Tertiary Care Hospital of DNH.

Methodology: Non Experimental Descriptive Research Design with Non - Probability convenient sampling technique was used to select 110 postnatal mothers who fulfil inclusion criteria.

Result: Among the 110 mothers, majority of the mothers 104(94.54%) have tested their Hb level during 1st trimester. Majority of the mothers 54(49.09%) Hb level were normal. Majority of the mothers 99(90%) have tested their Hb level during 2nd trimester. Majority of the mothers 57(51.81%) Hb level were normal. Majority of the mothers 107 (97.27%) have tested their Hb level during 3rd trimester. Among 107 mothers, majority of the mothers 89(80.90%) Hb level were normal. Majority of the mothers 110(100%) mothers were prescribed IFA by doctor & received IFA tablets from hospital. Majority of the mothers 109(99.09%) mothers were taught by staff nurse how to take a Medicine. Majority of the mothers 107(97.27%) mothers have consumed IFA tablets regularly. Majority of the mothers 105(95.45%) mothers have not consumed IFA tablets with milk or milk products, 91(82.73%) experienced side effect nausea. Majority of the mothers 110(100%) mothers have prescribed Calcium supplement by doctor & received Calcium supplement tablet from the hospital. Majority of the mothers 108(98.18%) mothers have consumed Calcium supplement tablets regularly. Majority of the mothers 109(90.90%) mothers have consumed Calcium tablets at a fixed time but not with IFA & vitamin C tablet. Majority of the mothers 104(94.54%) mothers have not experienced any side effect. Majority of the mothers 101(91.81%) mothers have not prescribed Tablet Albendazole, 9(8.18%) have consumed Tablet Albendazole during the starting of the second trimester. Majority of the mothers 72(65.45%) mothers have aware about Fortified food.

Conclusion: The present study concluded that all the selected interventions under the study have been implemented according to the National Guidelines to prevent and correct iron deficiency and iron deficiency anemia using measures to increase iron intake through IFA supplementation, Deworming once after 1st Trimester, Food fortification, Timing of administration of iron supplementation & calcium supplements, Hb testing once in each trimester with iron; iron supplementation and improved health services.

Keyword: Postnatal Mothers, Descriptive Statistics.

I. INTRODUCTION:

Anemia is widespread across most age groups especially pregnant women and across all states in the country. As per NFHS-4, every second person in the continuum of care (children-adolescents-women of reproductive age, pregnant and lactating women) in the country is anemic¹.

Emerging experience from the field shows that inadequate infrastructure, lack of training of personnel, issues in procurement and distribution of Iron and Folic Acid (IFA), irregular and random supplies to pharmacies at the district and block level and lack of reliable data on distribution and consumption are major hindrances in the entire ecosystem of IFA service delivery².

Anemia is a decrease in the total amount of red blood cells (RBCs) or hemoglobin in the blood, or a lowered ability of the blood to carry oxygen. Red blood cells are critical to our body's well-being. The symptoms such as feeling tired or weak which will lead to anemia. Anemia impairs the body's ability for gas exchange by decreasing the number of RBCs transporting oxygen and carbon carry hemoglobin, a complex protein that contains iron molecules. The main function of these molecules is to carry oxygen from the lungs to the rest of the body³.

The commonest causes of anemia in developing countries, particularly among the most vulnerable groups (pregnant women and preschool age children), are nutritional disorders and infections. Hence the causes of anemia could be segregated as nutritional and non-nutritional, underscoring the etiological importance of dietary deficiency as the major causative factor⁴.

Keeping in view the above facts, initially the UT Administration of DNH had launched Mission UDAI (UT Administration of DNH Anemia Initiative) Scheme to combat anemia and now the same scheme is being merged into 'Anemia Mukh Bharat (AMB)'.

The Anemia Mukh Bharat (AMB) strategy plans to build upon the learning of implementing the National Iron Plus Initiative (NIPI) and Weekly Iron Folic Acid Supplementation (WIFS) programmes⁷.

Objectives of the study:

To assess the implementation status of selected interventions being taken to prevent & control Iron Deficiency Anemia among the postnatal mothers admitted in a Tertiary Care Hospital of DNH.

Conceptual framework:

Conceptual framework adopted in the present study was modified general system theory by **Ludwing Von Bartalanffy (1968)**.

Input: This input includes demographic variables like Age, Religion, Education, Occupation, Monthly Income, Dietary Pattern, Caste, Smoking, Alcohol Consumption, Availability of toilets, Availability of safe drinking water.

Throughput: The present study focuses on assessment of the implementation status of selected interventions being taken during antenatal period to prevent & control Iron Deficiency Anemia among the postnatal mothers admitted in a Tertiary Care Hospital of DNH.

Output: In present study assess the implementation status of selected interventions being taken during antenatal period to prevent & control Iron Deficiency Anemia among the postnatal mothers admitted in a Tertiary Care Hospital of DNH is the output that may be regarded as the product of process.

II) METHODOLOGY:

RESEARCH APPROACH: The research approach adopted for this study is Quantitative research approach.

RESEARCH DESIGN: The research design used in the present study is Cross - sectional Non Experimental Descriptive Research Design.

RESEARCH SETTING: The present study is conducted at Shri Vinoba Bhave Civil Hospital, Silvassa, Dadra and Nagar Haveli.

POPULATION:

Target Population: The target population for the study includes all the postnatal mothers admitted in a Tertiary Care Hospital of DNH & meeting the sampling criteria.

Accessible Population: Accessible population for the study is all the postnatal mothers admitted in a Tertiary Care Hospital of DNH within the time framework of study & meeting the sampling criteria.

SAMPLE

In the present study, the sample size comprised of 110 postnatal mothers.

SAMPLING TECHNIQUE:

In present study Non Probability Convenient Sampling Technique is used to select the sample.

SAMPLING CRITERIA:

❖ **Inclusion Criteria:**

- 1) All registered postnatal mothers who delivered at selected Tertiary Care Hospital of DNH.
- 2) Who have completed minimum 4 visits from 1st trimester to 3rd trimester at selected Tertiary Care Hospital of DNH.

❖ **Exclusion Criteria:**

- 1) All postnatal mothers who are not willing to participate in the study.
- 2) Who have Non - Nutritional Anemia e.g. (Sickle cell anemia / Thalassemia / Malaria).

DESCRIPTION OF TOOL

Tool: Structured Interview Schedule & Patient Case Record

Section I: Demographic Perfoma

Section II: Clinical Data

RELIABILTY OF THE TOOL:

The Reliability of the tool was assessed through Rater- Inter rater method using Sperman's co-relation co- efficient which was found to be 0.90. It shows high degree of reliability of the tool to conduct the study.

METHOD OF DATA ANALYSIS:

Demographic Variables and data collected through prepared tool on selected interventions being taken to prevent & control Iron Deficiency Anemia will be analyzed in terms of frequency and percentage distribution.

III. RESULTS AND DISCUSSION:

Result: Among the 110 mothers, majority of the mothers 104(94.54%) have tested their Hb level during 1st trimester. Majority of the mothers 54(49.09%) Hb level were normal. Majority of the mothers 99(90%) have tested their Hb level during 2nd trimester. Majority of the mothers 57(51.81%) Hb level were normal. Majority of the mothers 107 (97.27%) have tested their Hb level during 3rd trimester. Among 107 mothers,

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IV. CONCLUSION

Conclusion: This National Initiative aims to correct the strategy of combating anemia in the UT of Dadra and Nagar Haveli. This study to assess the implementation status of selected interventions being taken during antenatal period to prevent & control Iron Deficiency Anemia among the postnatal mothers. There have been different interventions being taken place for prevent & control Iron Deficiency Anemia. The present study concluded that all the selected interventions under the study have been implemented according to the National Guidelines to prevent and correct iron deficiency and iron deficiency anemia using measures to increase iron intake through IFA supplementation, Deworming once after 1st Trimester, Food fortification, Timing of administration of iron supplementation & calcium supplements, Hb testing once in each trimester with iron; iron supplementation and improved health services.

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