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## **Knowledge about anemia among pregnant women in Alwiyah Maternity Hospital**

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### **Abstract**

**Background:** Anemia that affects a pregnant woman during pregnancy is considered a threat to the life of the pregnant woman, as it increases the possibility of premature delivery. Some studies have shown that anemia during pregnancy increases the possibility of fetal death before birth or immediately after birth In developing countries, anemia is considered one of the major health problems that affect pregnant mothers because it leads to the death of pregnant women and their babies. The World Bank in Iraq confirmed that the prevalence of anemia in Iraq among pregnant women is estimated at 38%. As for the report of the World Health Organization, it confirmed that the prevalence of anemia among pregnant women, according to their report, ranged between 31%, with an average of 11.7 grams / d L

**Objectives:** To assessment the knowledge's of mothers' about anemia that affects the women during pregnancy and to know the risk of anemia to the child during pregnancy.

**Materials& procedures:** A cross-sectional descriptive study was conducted on a sample of



pregnant women attending the Alwiya Maternity Hospital in order to assess their knowledge of anemia during pregnancy and the risk of anemia to the child during pregnancy. Where information was collected from 200 pregnant women. The data collection process took a period of 4 months from 1/1/2023 to 4/8 2023 . Data was collected through a questionnaire designed .

**Results:** This study was based on a sample of mothers attending Al-Alwiya Hospital, where most of the participants were (25-29) years old. They constituted (22.5). Anemia and complications of anemia and its impact on the fetus

**Conclusions:** The mothers' knowledge about anemia was good, and although the participants were high school graduates, they still had good knowledge about anemia, the effects of anemia on the child, and ways to prevent anemia. .

**Keywords:** knowledge , anemia , pregnant, women, Alwiyah, Maternity, Hospital

## **Introduction**

. Pregnant women need to take in a large amount of iron during pregnancy to manufacture red blood cells for the fetus. Anemia in a pregnant woman may lead to the possibility of premature delivery.[1] It may also lead to a risk of developing disorders such as autism, movement disorders, attention deficit, and intellectual disability in the fetus. Pregnant women may need appropriate food to prevent anemia,[2], and among the most important foods suitable for preventing anemia for pregnant women are meat, spinach, legumes, and poultry.[3] Anemia can be prevented by consuming iron and folic acid. Acid supplementation during pregnancy, as folic acid helps protect the baby from the risk of developing a neural tube defect [4]. The normal ratio of iron stores for pregnant women is (12-15.) It is necessary to know that a lack of blood supply in a woman may cause many symptoms, including shortness of breath and difficulty breathing Hair loss, heart palpitations, and facial pallor.[5]. One of the dangers of anemia in a pregnant woman is the increased possibility of a cesarean section [6] . .

**Methodology:** Methods of this study This study was conducted in Al-Alawiyya maternity hospital in Baghdad city on a sample of pregnant women with anemia who were frequenting the hospital to receive treatment .. where the data collection continued for a period of four months and the data was collected through a questionnaire consisting of several axes that worked for this purpose By interviewing the pregnant mother after taking the pregnant mother's oral consent, the interview with the mother continued for a quarter of an hour. The questionnaire included demographic information in addition to



information that includes the harms of anemia to pregnant women and the complications of anemia

**Data analysis:** The results were analyzed using the spss program, version 11

### **Literature review:**

Anemia is the cause of death of pregnant mothers, especially in developing countries, and a cause of premature birth or the birth of an underweight child. Whereas previous studies confirmed that mothers' knowledge of the risks of anemia and their attitudes are weak and a bad outcome, as the study he conducted revealed by Samia Abd. et.al .that 25% of pregnant women had poor knowledge even though they had a history of anemia. And 70% had a moderate score for anemia that causes iron deficiency, and 40% of them got a bad practice score with regard to anemia.[7]. Another study conducted in the Nablus Governorate, Palestine (Nablus), on (iron deficiency anemia in the Nablus region, knowledge, attitudes, and behaviors) conducted by Amani WM in (2007) Palestine . The study found that the prevalence of iron deficiency anemia was 21.17%. The prevalence of anemia was 21.17%. Among pregnant women in the last trimester of pregnancy, their percentage was 32%, and the mothers had a good level of scoping towards anemia and its symptoms and complications.[8] Another study conducted in Saudi Arabia, conducted by ... 2012, revealed that the prevalence of anemia among pregnant women was 25%. And the birth rate of children who are born underweight due to anemia that affects the mother is at a rate of 20%. Also, the knowledge and attitudes of mothers were very weak towards anemia that affects the pregnant mother [9] According to studies reported by the Agency (United States of America for International Development). (2011) that anemia affects more than 500 million pregnant women in developing countries. Also, (USAID) confirmed that anemia is the cause of death of (100,000) pregnant women as a result of disease exacerbation and due to patient complications.[10].

## Result

**Table (1): Distribution of Studied Sample according to different Socio-demographic**

	Frequency	No.	%
age	15 - 19	33	16.5
	20 - 24	13	6.5
	25 - 29	45	22.5
	30 - 34	41	20.5
	35 - 39	40	20
	40 - 44	24	12
	45 - 49	4	2.5
education level	Primary school graduate	30	15
	High school graduate	80	40
	Middle school graduate	20	10
	Institute graduate	50	25
	college graduate	15	7.5
	Postgraduate	15	7.5
Occupation	employee	25	12.5
	Housewife	175	87.5
place of residence	urban area	130	65
	village	70	35

Table (1) represents the percentage of the demographic variables of the studied sample. With regard to the number of mothers participating in the study, the majority of the participants were recorded in a group (25-29), and their percentage was calculated (22.5%). With regard to the level of education, the majority of the participants were registered as “high school graduates” and they were counted (40%). With regard to the wife’s profession, the majority of the participants were “housewives” and they were counted (87.5%). With regard to the place of residence, the majority of the sample participants were “urban areas.” They made up (65%).

Causes of anemia during pregnancy. Distribution of Studied Sample according to ) :Table( 2

Mothers' knowledge		No.	%
Iron deficiency	Yes	125	62.5
	No	25	12.5
Low folic acid level	Yes	25	12.5
	No	175	87.5
Low level of vitamin B12	Yes	25	12.5
	No	175	87.5
Increased blood fluidity	Yes	100	50
	No	175	87.5
Twin pregnancy	Yes	100	50
	No	100	50
Low iron consumption	Yes	25	12.5
	No	175	87.5
Continuous vomiting	Yes	105	52.5
	No	100	50
Heavy circulation before pregnancy	Yes	100	50
	No	85	42.5
Frequent pregnancy	Yes	115	57.5
	No	100	50

Table (2) shows mothers' information about the causes of anemia, where the majority of mothers answered that the cause of anemia is "iron deficiency" and they recorded (65.5%). "Hemorrhage" and they constituted (50%) and "twin pregnancy" and they constituted (65.5%). 50% and "vomiting" and they recorded( 52.5%).and "recurrent pregnancy" and they constituted (57.5%)..

Mothers' knowledge about the effect of anemia on the fetus Table (3):

		No.	%
The birth of a baby with a low birth weight	Yes	100	50
	No	100	50
The death of the infant before birth or after birth	Yes	30	15
	No	170	87
premature labour	Yes	30	15
	No	170	87

Table. (3). Shows the mothers' knowledge about the effect of anemia on the fetus, where the majority of the studied sample answered that "anemia causes the birth of an underweight child" and they recorded (50%). .

**Mothers' knowledge about the effects of anemia on pregnant mothers Table ( 4 )**

Decreased pregnancy activity	Yes	175	87.5
	No	25	12.5
body weakness	Yes	100	50
	No	100	50
Inability to fight diseases	Yes	125	62.5
	No	25	12.5
Heavy bleeding after childbirth	Yes	125	62.5
	No	75	37.5
neurological disorders	Yes	100	50
	No	100	50
muscle disorders	Yes	170	87
	No	30	13

Table (4) shows the mothers' knowledge about the effect of anemia on the pregnant woman, as the majority of the studied sample answered that anemia leads to a lack of efficiency of the pregnant woman, and they recorded (87.5%). And bleeding after childbirth, and they recorded (62.5%). Weakness in the muscles, and they recorded (87%)

**Mothers ' knowledge about ways to prevent anemia during pregnancy .Table ( 5 )**

Take iron supplement	Yes	45	22.5
	No	105	52.5
Avoid drinking coffee and tea with meals	Yes	100	50
	No	100	50
Eat citrus fruits	Yes	85	42.5
	No	115	57.5
Check with the doctor periodically	Yes	100	50
	No	100	50
Eat a diet rich in iron, vitamin B12 and folate	Yes	115	57.5
	No	85	42.5



Table : ( 5 ) shows ways to prevent anemia during pregnancy, as the majority of mothers answered that they avoided drinking coffee and tea, and they formed (100%). They took folic acid, vitamin B12, and food rich in iron, and they scored (57.5%)

## Discussion

The current study the majority of the participants were recorded in a group (25-29), and their percentage was calculated (22.5%). With regard to the level of education, the majority of the participants were registered as “high school graduates” and they were counted (40%). With regard to the wife’s profession, the majority of the participants were “housewives” and they were counted (87.5%). With regard to the place of residence, the majority of the sample participants were “urban areas.” They made up (65%). This study is consistent with the study conducted by him in South Malawi. (2000 ) [11]. mothers’ information about the causes of anemia, where the majority of mothers answered that the cause of anemia is “iron deficiency” and they recorded (65.5%). “Hemorrhage” and they constituted (50%) and “twin pregnancy” and they constituted (65.5%). 50% and “vomiting” and they recorded( 52.5%).and "recurrent pregnancy" and they constituted (57.5%).This study is similar to a study that he conducted Ogunbokh et.al in Benin City, Nigeria: (2022)[14]. mothers' knowledge about the effect of anemia on the fetus, where the majority of the studied sample answered that "anemia causes the birth of an underweight child" and they recorded (50%). This study is consistent with the study conducted by him in South Malawi. (2000 ) [11]. mothers' knowledge about the effect of anemia on the pregnant woman, as the majority of the studied sample answered that anemia leads to a lack of efficiency of the pregnant woman, and they recorded (87.5%). And bleeding after childbirth, and they recorded (62.5%). Weakness in the muscles, and they recorded (87%) This study is similar to a study that he conducted IlobachJ et.al in Nigeria (2020).[15]. prevent anemia during pregnancy, as the majority of mothers answered that they avoided drinking coffee and tea, and they formed (100%). They took folic acid, vitamin B12, and food rich in iron, and they scored (57.5%). This study is similar to a study that he conducted MassaJ et.al in Tanzania 2012 .[16].

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