

NURSING MANAGEMENT OF ANAEMIA AMONG YOUNG WOMEN

KAMLESH KUMARI SHARMA, Dr. ARUN KUMAR AGGARWAL, DR. MRS. JOGINDRAVATI

Introduction

It is estimated that approximately 1.3 billion individuals in the world, suffer from anaemia making it one of the most important public health issues on the international agenda. In developing countries, iron deficiency afflicts approximately 2 billion people and is the principle cause of anaemia. Anaemia is one of the major public health problems in the developing countries affecting mainly the women of childbearing age and children. In India, its prevalence varies from 20% to 97% in different parts of the country. Despite, over two decades of ongoing National Anaemia Control Programme, there has not been much decline in the prevalence of anaemia. Non-compliance of women with iron supplementation is one of the major reasons attributed to this failure.

The objectives of the present study were:

- To determine the prevalence of anaemia among young women.
- To develop a health care package for anaemic women.
- To operationalize the package by listing women and delivering services as per the package.
- To record women's compliance and reasons for non-compliance in accordance with the health care package.

The present study was conducted in an urban resettled colony of U.T. Chandigarh during the month of January-February, 1999.

Using the systematic random sampling method, 131 women were enrolled from 120 houses out of the total 205 houses contacted to yield the desired sample size of 100 anaemic women. A

*Authors : Lady Reading Health School,
Bara Hindu Rao, Delhi.
[at the time of writing this article]*

pre-tested post-tested semi-structured interview schedule was used to record the information regarding the socio-demographic variables, dietary patterns etc. and then to assess the compliance regarding iron consumption, diet, hygiene and referral. Haemoglobin of all the 131 women enrolled, was tested with the help of a photocolimeter using the cyanmethemoglobin method. A health care package consisting of iron supplementation, health education flip book and referral was developed. The health care package was administered to the anaemic women either at the local dispensary or at their houses, individually or in groups, on the following day. Compliance study was conducted, one month after the administration of health care package. Due to seven drop outs, 93 anaemic women were interviewed and only 78 anaemic consented to re-estimation of their Hb levels.

The findings were presented in the form of tables, graphs and diagrams like pie diagrams bar charts and a pictograph under the following major headings:

1. Sociodemographic characteristics of study subjects.
2. Dietary patterns of women before intervention.
3. Prevalence and severity of anaemia.
4. Compliance/Non-compliance level among anaemic women and associated factors.
5. Reasons attributed for non-compliance with iron consumption.
6. Side effects of iron tablets reported by anaemic women.
7. Haemoglobin parameters and mean haemoglobin change among anaemic women compliants.

The collected data was analysed by descriptive statistics using chi-square, paired 't' test and contingency coefficient.

Findings

From the findings of this study, following conclusions were drawn:

- A prevalence rate of anaemia as high as 76% was observed with the mean Hb 9.5 ± 1.58 g/dl ranging between 6.5 to 12.5 g/dl.
- A compliance rate of 28% with iron consumption, (more than 90% of prescribed iron), 79.6 % with diet and 71% with hygiene irrespective of compliance with other components, was observed while no one complied with referral.
- With any two components, the compliants ranged from 1 to 35 in number, while with single components, the compliants ranged from 1 to 15 in number.
- About 40% of the anaemic women consumed more than three fourths of iron tablets given. More than 90% of the anaemic women consumed iron tablets as per instructions; on empty stomach or at least one hour after meals, either with plain water or with lemon juice with water.
- The major reasons attributed to non-compliance with iron included side effects (35.8%), forgetfulness (19.4%), and attending marriages or visiting relatives (16.4%).
- The most frequent side effects reported by the anaemic women were 'heart burns' (18.8%) followed by nausea (9%) and epigastric pains (6.8%). About 50% of the iron non-compliants reported side effects. The prevalence and severity of the side effects reduced in the women who continued the iron consumption.
- A highly significant increase of mean Hb was observed after the administration of the health care package. A maximum rise in the mean Hb level was revealed in the women complying with all the three components of health care package viz. iron, diet & hygiene.

Continued from Page 239

- As single components, dietary compliance revealed higher rise in mean Hb as compared to iron or hygiene. Also, irrespective of any level of compliance with iron, dietary compliants registered a greater rise in the mean Hb level.
- A significantly higher number (52.5%) of women who consumed 60 or more iron tablets had above 1 g/dl increase in Hb level.
- There was a definite decrease in the prevalence of anaemia and improvement in the haemoglobin levels of the anaemic women. A maximum Hb rise was observed with the consumption of 81-100 iron tablets.

Limitation

Dietary assessment before intervention was not planned on similar pattern as that of post intervention due to the shortage of time. Thus the change in the dietary practices in the similar recall period of 24 hours intake could not be assessed.

Implications

- The health care package can be utilized by Nursing and other health personnel for the management of anaemia.
- The findings can be utilized to further work on various ways of improving compliance.

Based on the findings of the study, it is recommended that emphasis needs to be laid on the training and awareness of the health care professionals who can counsel and motivate the consumers effectively.

Preparation of comprehensive and handy health care packages and conducting of studies aiming at prevention and control of anaemia are further recommended.

A special emphasis needs to be laid on improving the dietary and hygienic status of the community.



WANTED

A Grade Nurses for Hospitals, Nursing Homes / Residence to do private nursing.

Good salary.

Contact :

Mukherjee Nurses Bureau
S-198 Greater Kailash II, New
Delhi - 110048
Ph. 6485487, 6473063

Five trained / experienced nurses for twenty bedded Eye, X-Ray and Maternity Hospital.

Attractive salary and free accommodation in the Hospital premises. Nurses must have experience of conducting deliveries and operations. Come for interview on November or December 2nd or 3rd.

Dr. Lalwani Nursing Home
Nai Basti, Katni (M.P.)
Ph. 07622-53580

WANTED

Nursing Superintendent : M.Sc./B.Sc.
With Eight Years Experience.

Nursing Tutor: B.Sc. Nursing / Diploma
in Nursing and Administration & Teaching.

Salary: Negotiable.

Higher pay for experienced persons.
Free Accommodation.

Apply immediately with complete
Biodata or contact personally or call:

Director
H.K.L. Hospital Pvt. Ltd. &
School of Nursing and
Para Medical Sciences
Adarsh Nagar, Guruhar Sahai
(Ferozepur) Punjab - 152002.
PHONE (R) 01685-31432, 30032
(O) 01685-31341-31433
(S) 01685-31511

KLE Society's College of Nursing

Nehrunagar, Belgaum-590010
(Karnataka State)

(Recognised by INC & Govt. of Karnataka)

WANTED

K.L.E. Society's College of Nursing, Belgaum, is one of the prestigious institutions in Karnataka appreciated by all inspectors and Universities.

Applications are invited for the posts of
Professors, Associate Professors,
Assistant Professors & Lecturers.

Qualification: M.Sc. Nursing in Child Health
Nursing and Mental Health Nursing.

For Assistant Lecturers

Qualification: B.Sc. Nursing with 2 years
and above experience.

Salary: Negotiable. Retired people with
good health can also apply.

Principal

WANTED

Nursing Tutors - 2

Qualifications : B.Sc. (Nsg.) /
PHN with two years
experience.

Clinical Instructors - 2

Qualifications : B.Sc. (Nsg.)

Please apply to the Director
with testimonials :

RAJENDRA
SCHOOL OF NURSING
DABWALI ROAD,
SIRSA - 125055 (HARYANA)
PH. 01666-33838 / 32148 (R)