

Prevalence of Anemia among Pregnant Women Attending OPD in a Tertiary Teaching Medical College Hospital in Bangladesh

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ABSTRACT

Background: Anemia is a major public health problem especially among the population of poor group in developing countries like Bangladesh. WHO report that 35% to 75% pregnant women in developing countries & 18% in developed countries are anemic.

Methods: This prospective cross sectional observational study was designed to see the percentage of anemic pregnant patient attending OPD from March 2014 to February 2015 in Dhaka Medical College Hospital which is a tertiary teaching hospital. 2592 pregnant patients were attended in OPD, among them 1054 anemic patients were selected for the study. Data taken regarding age, parity, occupation, social status, education level, severity of anemia. Patients with history of threatened abortion, antepartum hemorrhage, and chronic blood loss were excluded. This study shows prevalence of anemia was 40.67%. All data were analyzed through SPSS 20.

Results: In this study 1054 patients were selected. Age of the patients were in between 18-40 years, mean age 32.26 with SD 3.55. Among them 246 patients (23.34%) were primi and 808 patients (76.66%) were multigravida. Gestational age of 210 patients (19.92%) were < 28weeks and 844(80.08%) patients were above. 984 patients (93.36%) were housewife and 70(6.64%) were service holder. 282 patients (26.75%) were illiterate, 350 patients (33.20%) have completed primary level and 422(40.02%) were completed secondary and higher. From middle class family 566(53.70%), 374 patients (35.48%) were from poor class and rest from upper class 114 (10.82%). Regarding severity of anemia 644 (61.10%) patients were moderately anemic, 398 (37.76%) had mild and 12(1.14%) had severe anemia.

Conclusion: Prevalence of anemia during pregnancy is high. So, prophylaxis is necessary to reduce the burden.

Keywords

Anemia, Pregnancy, Severity of anemia, Gestational age.

Introduction

Anemia is a global health problem affecting both developed and developing countries with severe consequences on health as well as social and economic development [1]. WHO reports that 35% to 75% of pregnant women in developing countries and 18% of women in developed countries are anemic [2]. Anemia is the commonest medical issue of developing countries where it has a

vital contributing factor to maternal morbidity and mortality and also associated with high perinatal mortality rates [3]. Anemia in pregnancy is considered severe when haemoglobin concentration is less than 7.0 gm/dl, moderate when haemoglobin concentration is between 7.0 gm to 9.9 gm/dl and mild when haemoglobin concentration is from 10.0 gm/dl to 11.0 gm/dl [4]. Iron deficiency anemia has been found to predispose pre-term labour, abnormally low birth weight, maternal mortality when severe [5]. Most important causes of anemia in pregnancy is nutritional deficiency either iron or folate deficiency or in combination [6-14].

Study on anemia in pregnancy in tertiary level hospital can give us a whole picture of anemic patient of all socioeconomic groups came here to get health services during this study period.

Methods

This prospective cross sectional observational study was conducted in Dhaka Medical College & Hospital which is a tertiary teaching hospital in Bangladesh, during the period of March 2014 to February 2015. During this period 2592 pregnant patients attended OPD & 1054 patients were diagnosed as anemic patient. Age of the patients, parity, gestational age, occupational status, socio-economic status, education level, severity of anemia was noted. Patient with history of threatened abortion, antepartum hemorrhage, and chronic blood loss (bleeding piles, anal fissure etc) were excluded. Study was ethically approved by Ethical Review Committee of Dhaka Medical College Hospital. All data was entered in SPSS windows version 20 & analyzed through it.

Results

In this study 1054 patients were selected. Age of the patients were in between 18-40 years, mean age 32.26 with SD ± 3.55 . Among them 246 patients (23.34%) were primi and 808 patients (76.66%) were multigravida. The results were statistically significant ($P < 0.05$). From 1054 patients gestational ages of 210 patients (19.92%) were below 28 weeks of gestation and 844 (80.08%) patients were above 28 weeks of gestation. The difference was statistically significant ($P < 0.05$). Among this patients 984 patients (93.36%) were housewife and 70 (6.64%) were service holder. About 282 patients (26.75%) were illiterate, 350 patients (33.20%) have completed primary level of education and 422 (40.02%) were completed secondary and higher level of education. Most of the patients were from middle class family that is 566 (53.70%), 374 patients (35.48%) were from poor social class and rest from upper social class is 114 (10.82%). Regarding severity of anemia maximum 644 (61.10%) patients were moderately anemic followed by 398 (37.76%) had mild anemia and only 12 (1.14%) had severe anemia.

Figure 1 shows distribution of level of education of study group. 40.04% of the respondent had education level at or above secondary school certificate. 33.20% had primary education and 26.76% were illiterate.

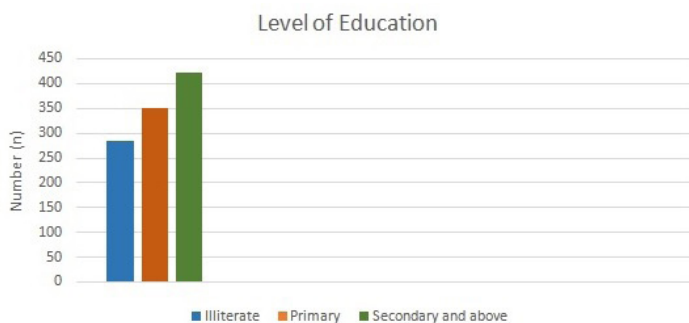


Figure 1: Distribution of level of education of study group (n=1054)

Figure 2 shows distribution of gestational age of study population. Majority of the sample 80.08% were ≥ 28 weeks of gestation

and 19.92% were < 28 weeks of gestation. The difference was statistically significant ($P < 0.05$).



Figure 2: Distribution of gestational age of study population (n= 1054)

Figure 3 shows distribution of severity of anemia among the study population. 644 patients (61.10%) had moderate anemia followed by 398 patients (37.76%) had mild anemia and only 14 patients (1.14%) had severe anemia.

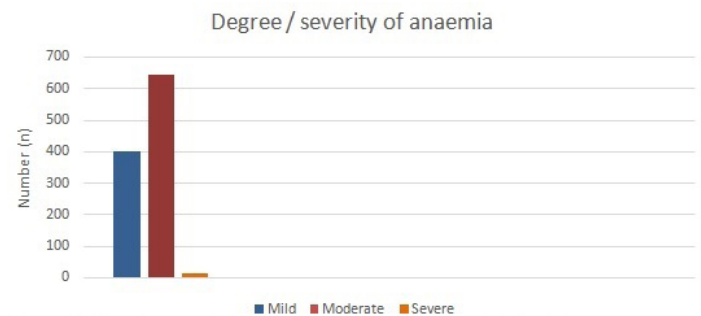


Figure 3: Distribution of severity of anemia among the study population.

Table 1 shows the prevalence of anemia was 40.67%.

| Total attending patients (during twelve months) | Number of anemic patients | Percentage (%) |
|-------------------------------------------------|---------------------------|----------------|
| 2592 | 1054 | 40.67 |

Table 1: Prevalence of anemic women attending OPD in DMCH.

Table 2 shows distribution of age of study population. Age of the study population range from 18-40 years, mean age was 32.36 3.55 SD. Maximum number of anemic patients were in 28-37 age group.

| Age | Number (n) | Percentage (%) | Mean \pm SD |
|-------|------------|----------------|------------------|
| 18-27 | 82 | 7.78 | 32.36 \pm 3.55 |
| 28-37 | 926 | 87.86 | |
| 38-40 | 46 | 4.36 | |
| Total | 1054 | 100 | |

Table 2: Distribution of age of study population (n=1054).

Table 3 shows distribution of parity of the study population. Incidence of anemia was more prevalent in multiparous women (76.66%) in comparison to primiparous women (23.34%). The difference was statistically significant ($P < 0.05$).

| Parity | Number (n) | Percentage (%) | P value |
|-----------|------------|----------------|---------|
| Primipara | 246 | 23.34 | 0.001 |
| Multipara | 808 | 76.66 | |

Table 3: Distribution of parity of the study population (n= 1054).

Table 4 shows distribution of economic status of the study population. Most of the Patients were from middle social class (53.70%). 35.48% was from poor social class and rest from upper social class (10.82%).

| Social class | Number (n) | Percentage (%) |
|--------------|------------|----------------|
| Poor | 374 | 35.48 |
| Middle | 566 | 53.70 |
| Upper | 114 | 10.82 |
| Total | 1054 | 100 |

Table 4: Distribution of economic status of the study population (n=1054).

Table 5 shows distribution of study population in association with economic status and degree of anemia. Poor class member mostly suffered from moderate anemia (79.68%) and severe anemia (3.74%). Middle class suffered mostly from moderate anemia (52.30%) and mild anemia (47.7%). The upper class women mostly had mild anemia (61.40%). The difference was statistically significant (P< 0.05).

| Social class | Number (n) | Mild | | Moderate | | Severe | | P value |
|--------------|------------|------|-------|----------|-------|--------|------|---------|
| | | No. | % | No. | % | No. | % | |
| Poor | 314 | 62 | 16.58 | 298 | 79.68 | 14 | 3.74 | 0.001 |
| Middle | 566 | 270 | 47.70 | 296 | 52.30 | 0 | 00 | |
| Upper | 114 | 70 | 61.40 | 44 | 38.60 | 0 | 00 | |

Table 5: Distribution of study population in association with economic status and degree of anemia.

Table 6 shows distribution of level of occupation of study group. It shows 93.36% were house wife and 6.64% were service holder. The difference was statistically significant (P< 0.05).

| Social class | Number (n) | Percentage (%) | P value |
|----------------|------------|----------------|---------|
| House wife | 984 | 93.36 | 0.001 |
| Service holder | 70 | 6.64 | |

Table 6: Distribution of level of occupation of study group (n=1054).

Table 7 shows distribution of study population in relation to gestational age and degree of anemia. Mild anemia was more in women with gestational age < 28 weeks than in women with gestational age ≥ 28 weeks (70.48% vs 29.52%).

On the other hand moderate anemia is more in ≥ 28 weeks gestation which was 68.72% vs 29.52%. There was no case of severe anemia in < 28 weeks group but only 14 cases was detected in ≥ 28 weeks gestational age group. The difference was statistically significant (p< 0.05).

| Gestational age | Number (n) | Mild | | Moderate | | Severe | | P value |
|-----------------|------------|------|-------|----------|-------|--------|------|---------|
| | | No. | % | No. | % | No. | % | |
| < 28 weeks | 210 | 148 | 70.48 | 62 | 29.52 | 0 | 00 | 0.001 |
| ≥ 28 weeks | 844 | 250 | 29.62 | 580 | 68.72 | 14 | 1.66 | |

Table 7: Distribution of study population in relation to gestational age and degree of anemia.

Table 8 shows distribution of study population in association with parity and degree of anemia. Most of the primipara had mild anemia (61.79%) but the most multipara had moderate anemia (67.82%). There is no case of severe anemia in primipara group. The difference was statistically significant (P<0.05).

| Parity | Number (n) | Mild | | Moderate | | Severe | | P value |
|-----------|------------|------|-------|----------|-------|--------|------|---------|
| | | No. | % | No. | % | No. | % | |
| Primipara | 246 | 152 | 61.79 | 94 | 38.21 | 0 | 00 | 0.001 |
| Multipara | 808 | 426 | 30.45 | 548 | 67.82 | 14 | 1.73 | |

Table 8: Distribution of study population in association with parity and degree of anaemia.

Discussion

This study revealed that the prevalence of anemia in women attending OPD of Dhaka Medical College Hospital were 40.67% which is higher than study conducted in Addis Ababa (21.3%) & Northwest Ethiopia (16.6%) but lower than the Study conducted in India (87-100%), Boditi (61%), Gode town Eastern Ethiopia (56.8%) [15-18]. This variation might be due to different geographical factors across different areas of the world.

In the current study, moderate anemia was found to be more common followed by mild anemia. Other several studies conducted in some African countries and elsewhere in the world found mild anemia is more common [16-17] [19-25]. Regarding severity of anemia it was found that 28-37 age group were prone to develop moderate anemia, there was a single case of severe anemia in this age group. 18-27 age groups suffered from mild anemia.

This study showed that age of the patients ranging from 18-40 years, mean age was 32.16 3.55 SD. Maximum 87.86% patients were in 28-37 age group . Monthly income was significantly associated with anemia in pregnancy. Most of the patients were from middle social class (53.70%) followed by poor social class (35.48%) and rest from upper class family (10.82%). Other studies showed that patients from lower income group are more prone to develop anemia [15-17].

In this study we found that pregnant patient with anemia have educational background of primary, secondary or no education were 33.21%, 40.04% & 26.76% respectively. It was observed that highest numbers of patients were from educated group but illiterate and primary level groups were suffered from moderate to severe anemia. K. Kalaivani et al. studied on prevalence and consequences of anemia in pregnancy and found that higher income group (50%) were anemic more than middle and lower income group [26]. Jamaiah Haniff et al. found anemia in tertiary,

secondary & lower secondary level of education was 18.0%, 20.8% & 61.2%, respectively [27].

This study showed that mild, moderate & severe anemia was 37.76%, 61.10%, 1.14% respectively. Riffat Jalil et al. studied on 51 pregnant women admitted for delivery & compared with 108 non-anemic women of similar features & found that frequency of anemia was 69.9% and severe anemia was 4.8% [28]. B. Mahamuda et al. observed in her study that mild, moderate & severe anemia was 45%, 21.67% & none respectively [29].

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