

FACTORS ASSOCIATED WITH ANAEMIA IN PREGNANCY AND KNOWLEDGE ON PREVENTIVE MEASURES AMONG WOMEN ATTENDING SELECTED CLINICS IN ILALA MUNICIPALITY, DAR ES SALAAM TANZANIA.

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ABSTRACT

Introduction: Worldwide there are various strategic interventions for Anemia prevention in pregnancy, however, knowledge and coverage of such interventions among pregnant women is still varying from low to moderate.

Objective: To determine the magnitude of Anemia in pregnancy and its determinants, assess knowledge on preventive measures and identify causes of low coverage of interventions measures. **Methods:** A cross-sectional comparative study was conducted at four government facilities antenatal clinics from March to November 2013 in ilala district, Dar es Salaam. A total of 1118 pregnant women were recruited, and the response rate was 97.8%. A questionnaire was administered to the study units to collect information on demographic factors, prevalence of anemia, utilization of and knowledge on anemia prevention measures and their risk factors.

Results: The prevalence of Anemia was 69.4%. The prevalence was significantly high to divorced (OR =6.00, 95% CI 1.34-26.80, p=0.004), peasants (OR =6.42, 95% CI 3.49-11.79, p=0.002), women who experienced urinary tract infections (OR=5.43, 95% CI 3.41-8.65, p=0.0001), bleeding (OR= 10.8, 95% CI 3.86-29.95, p=0.0008) and those who didn't receive advise on the use of ITNs (OR=4.39, 95% CI 2.63-7.32, p=0.007). More than three fifth of respondents booked at ANC during the second trimester and about 11% booked during the third trimester. More than 96% of the study participants had low to moderate knowledge on measure to prevent anemia. This study revealed good (mean 91.2%) coverage in use and access of the Anemia prevention measures. The study noted a discrepancy in administering SP as instructed on WHO guidelines. Lack of drugs was the main barrier for not use and or accessing some of Anemia prevention measures.

Conclusions: The main problems and gaps noted by this study were high prevalence of Anemia in pregnancy and associated risk factors, delays in ANC booking, low to moderate knowledge on anemia prevention, deviation from WHO guidelines in administering SP and lack of drugs for Anemia prevention. Prevention interventions are recommended to reduce the prevalence and increase knowledge and adherence to WHO guideline.