

# **Prevalence and risk factors of Anaemia in pregnancy at Mwananyamala and Sinza Antenatal Clinics.**

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## **Abstract**

**Introduction:** Worldwide, anaemia among pregnant women has been a big burden both in the developing and developed countries whose maternal and foetal effects are enormous and gracious. **Objective:** To determine the prevalence and risk factors of anaemia in pregnancy

**Methods:** A hospital based cross sectional comparative study on 437 participants attending antenatal care clinics was conducted at two Municipal hospitals in Dar es Salaam, Tanzania from November 2017 to April 2018. Sociodemographic information together with some risk factors for anaemia and utilization of some preventive interventions were collected through a well-structured questionnaire. Two millilitres of venous blood, four millilitres of urine and a stool samples were collected from each study participant. Hametological parameters were determined using automated Full Blood Picture machine. The blood slide was stained with Giemsa's stain and viewed under 100x objective for malaria parasites. Stool samples were checked for hookworm ova under direct mount and urine was analysed using dipstick to determine the presence of urinary tract infection. Data were analysed using Epi info 7.2

**Results:** The overall prevalence of anaemia in this study was 49.89%, of which the majority (53%) had mild anaemia. History of postpartum haemorrhage (PPH) in the previous pregnancy OR 5.02 (95% CI 3.16-7.94), p-value 0.00 and urinary tract infection (UTI) in the current pregnancy OR 1.81 (95% CI 1.81-5.28), p-value 0.00 were found to be statistically significant. Other factors like the use of sulfadoxine-pyrimethamine as an Intermittent Preventive Treatment of malaria in pregnancy (IPTp), Insecticide treated Nets (ITNs), were all protective but not statistically significant.

**Conclusion:** The prevalence of anaemia was found to be a public health problem. Those factors identified to be risk for anaemia should be considered in prevention and control of anaemia among pregnant women. Adherence to both WHO and National guidelines on the preventive measures is very important.

**Key words:** Anaemia, Prevalence,