

A Retrospective Record Based Study on Anaemia among Women in Post Natal Period

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INTRODUCTION

Anaemia in the antenatal period is a well documented problem. Anaemia in the post-natal period has been documented from various studies conducted outside India. It ranges from 25% in Germany to 64.4% in Uganda. The only published study on anaemia in post-natal period reported high prevalence rates (70%); but the socio-demographic correlates were not clear. So, the current study was undertaken.

AIMS AND OBJECTIVES

To study the clinical profile and the correlates with anaemia in post-partum period among women admitted to Lady Goschen Hospital, Mangalore.

MATERIALS AND METHODS

A retrospective record based study of 165 women (number obtained by applying the Sample Size Formula) with Haemoglobin less than 12g/dl were included for the study. Patients with insufficient information in the records were excluded. Standard operational definitions for anaemia and various risk factors were adopted. A pre-tested semi-structured

proforma was used to collect the required information.

DATA ANALYSIS

Chi-Square test was the statistical test used ($p < 0.05$) was considered significant).

RESULTS

Women in the age group of 18-24 years and 24-30 years constituted 38.2%, 42.4% respectively; half of them being primi-gravida. Majority of women belonged to low socio-economic category (monthly income less than Rs. 1500). Though anaemia was detected in first trimester in 55.2% of women, they could not be cured (93.3%) during pregnancy. Few antenatal check-ups (< 3 visits, 72.1%) and failure of treatment compliance (55%) were the main reasons.

CONCLUSION

Failure to cure anaemia in the antenatal period is responsible for anaemia in the post-natal period; the major causes being few antenatal visits and non-compliance towards treatment by the women.