

Prevalence of anemia among pregnant women attended to Soba University Hospital, Sudan, September, 2016

Abstract

Anemia is a sign of a wide spectrum of conditions, arising from either suppressed bone marrow production or loss of red cells from the circulation through bleeding or hemolysis. The most frequent reasons of anemia in pregnancy are iron deficiency and innate haemoglobinopathies but other causes are also significant to know and manage effectively. Anemia has been defined by different limits in pregnancy. The World Health Organization defines anemia as a hemoglobin level of <110 g/liter antenatally and <100 g/ liter postnatally.

Justification: Anemia is a very serious problem which affects together mother and child and may lead to death of both.

Objective: To know the prevalence of anemia among pregnant women involved in the study.

Method: Cross sectional hospital based study, 52 pregnant ladies attended to Soba university hospital, September 2016, they were consent to participated in the study, hemoglobin level of each participant was measure by hematological analyzer.

Result: 25 % of pregnant women involved in the study were anemic.

Conclusion: Other studies with large sample size to know the prevalence of anemia among pregnant Sudanese ladies to avoid the serious complication which may affect the overall community.

Recommendation: Health education and solving the poverty problem which affect more than 50% of Sudanese people.

Keywords: pregnant, community, complication, education, hematological, analyzer, anemia

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Mosab Nouraldein Mohammed Hamad

Department of Medical Parasitology, Elsheikh Abdallah Elbadri University, Sudan

Correspondence: Mosab Nouraldein Mohammed Hamad, Department of Medical Parasitology, Faculty of Health Sciences Elsheikh Abdallah Elbadri University, Sudan, Email musab.noor13@gmail.com

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Introduction

Anemia is a condition that develops when your blood lacks enough healthy red blood cells or hemoglobin. Hemoglobin is a main part of red blood cells and binds oxygen. If you have too few or abnormal red blood cells, or your hemoglobin is abnormal or low, the cells in your body will not get enough oxygen.¹

Anemia throughout pregnancy is a community health trouble particularly in developing countries and is associated with unfavorable endings in pregnancy.²

World Health Organization (WHO) has described anemia in pregnancy as the hemoglobin (Hb) concentration of less than 11g/dl.³

Along with WHO, anemia is regarded as of a community health consequence or trouble if population studies find the anemia prevalence of 5.0% or higher. Prevalence of anemia of $\geq 40\%$ in a population is classified as a severe public health problem.⁴

Global data shows that 56% of pregnant women in low and middle income countries (LMIC) have anemia.² The Prevalence of anemia is highest between pregnant women in Sub-Saharan Africa (SSA) (57%), followed by pregnant women in Southeast Asia (48%), and lowest prevalence (24.1%) was found among pregnant women in South America.⁴ Tanzania Demographic and Health Surveys reported a slight reduce in the prevalence of anemia between pregnant women from 58% in 2004/05 to 53% in 2010. (^{5, 6}) Other studies conducted

in Tanzania have reported a higher prevalence of anemia among pregnant women: 68% in Dar es Salaam and 47% in Moshi.^{7,8}

The causes of anemia during pregnancy in developing countries are multifactorial; these include micronutrient deficiencies of iron, folate, and vitamins A and B12 and anaemia due to parasitic infections such as malaria and hook worm or chronic infections like TB and HIV.⁸⁻¹²

Sudan is one of developing countries, which faced economical disasters in the last decade lead to spread of poverty between more than 50% of local population, so for many pregnant women loss the sufficient amount of food and appropriate primary health care.

Justification

Anemia is very severe crises which affect together mother and child and may cause to death of both.

Objective

To identify the prevalence of anemia among pregnant women involved in the study.

Method

Cross sectional hospital based study, 52 pregnant women attended to Soba university hospital, september 2016, they were consent to

participated in the study, and hemoglobin level of every participant was measure by hematological analyzer.

Result

25 % of pregnant women involved in the study were anemic.

Conclusion

Anemia is a real community health problem, so other studies with large sample size to know the prevalence of anemia among pregnant Sudanese ladies to avoid the serious complication which may affect the overall community.

Recommendation

Health education, promotion of primary health care services and solving the poverty problem which affect more than 50% of Sudanese people.

Acknowledgments

None.

Conflicts of interest

The author declares there are no conflicts of interest.

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