

UNIVERSITI TEKNOLOGI MARA



**THE PREVALENCE OF ANAEMIA AMONG PREGNANT WOMEN AT HOSPITAL
KUALA LUMPUR FROM FEBRUARY 2015 TO JUNE 2015**

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ABSTRACT

Background: Anaemia is a major public health problem in developing countries, contributing significantly to maternal morbidity and mortality as well as to the low birth weight which in turn might contribute to increased percentage for infant mortality. This study aimed at determining the prevalence of anaemia among pregnant women at Hospital Kuala Lumpur (HKL). **Methods:** A hospital based descriptive cross-sectional study included between February 2015 and June 2015. In this study, a total of 143 subjects were eligible. Patient's demographic data were accessed through the form. **Results:** Out of 143 pregnant women enrolled in this study, 141 (98.6%) were found to be anaemic. Anaemia was more prevalent in the second, 67 (46.9%) and third, 65 (45.5%) trimesters. 103 pregnant women (73.0%) had mild anaemia, 30 pregnant women (21.3%) had moderate anaemia while only 8 pregnant women (5.7%) had severe anaemia. **Conclusion:** In a nutshell, this study shows that there is high prevalence of anaemia among pregnant women at HKL. Anaemia is the most frequent maternal complication of pregnancy. It shows anaemia is prevalent from mild to severe degree with substantial variations across trimesters. The outcomes of these suggest prevalence of anaemia may be due to associated factors and lack of deficiency of Vitamin B12, low BMI, deficient dietary consumption of foods fortified with iron and high parity.

CHAPTER 1

INTRODUCTION

1.1 Background of the study

Anaemia was defined as hemoglobin below 11g/dl as the lower limit acceptable and 10.5g/dl in the second half of pregnancy (WHO,1992 as cited by Dr. Carolyne Wanjiru,n.d.). It is also stated that anaemia can further be classified into mild anaemia (10-10.9g/dl), moderate anaemia (7-9.9g/dl) and severe anaemia (<7g/dl). The prevalence of anaemia in pregnancy varies considerably because of differences in socioeconomic conditions, lifestyles and health seeking behaviors across different cultures. Anaemia affects nearly half of all pregnant women in the world: 52% in developing countries compared with 23% in the developed world (WHO,2001 as cited by H Jamaiyah, et. Al.,2007). The most common causes of anaemia are poor nutrition, deficiencies of iron and other micronutrients, malaria, hookworm disease, and schistosomiasis, HIV infection and haemoglobinopathies are additional factors.

Anaemia is one of the most prevalent nutritional deficiency problems affecting pregnant women. The high prevalence of iron and other micronutrient deficiencies among women during pregnancy in developing countries is of concern and maternal anaemia is still a cause of considerable perinatal morbidity and mortality. Anaemia still constitutes a public health problem in the world, especially in the developing countries. Nutritional anaemia is found more among rural mothers, where poor dietary intake and parasitic infections are more common. Many women start their lives with insufficient iron stores, but also, because of inadequate child spacing, they have little time to build up their iron levels between pregnancies (WHO,1975 as cited by Zulkifli A, et. Al.,1997). In pregnancy, anaemia has been shown to be associated with an increased risk of maternal and fetal morbidity and mortality. It can lead to miscarriages, fetal death in utero, fetal growth restrictions, and premature labor.