

Prevalence of Anemia among Pregnant Ladies Attended to Alfadlab Hospital, River Nile State, Sudan

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Abstract: **Background:** Anemia represents a major health problem worldwide, and it becomes very complicated hematological disorder when occur in pregnant ladies. **Method:** 100 pregnant ladies included in a hospital based cross sectional study at Alfadlab hospital, River Nile State, hematological analyzer used to test hemoglobin for each participant. **Result:** 27 (27%) of the participated pregnant women was anemic, and malaria increase the severity of anemia among them. **Conclusion:** Anemia affected more than quarter (27%) of the participants .further studies recommended with large sample size.

Keywords: Anemia, pregnant ladies, River Nile State, Sudan.

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INTRODUCTION

Anemia is one of the most frequent complications related to pregnancy. Normal physiologic changes in pregnancy affect the hemoglobin (Hb), and there is a relative or absolute reduction in Hb concentration. The most common true anemias during pregnancy are iron deficiency anemia (approximately 75%) and folate deficiency megaloblastic anemia, which are more common in women who have inadequate diets and who are not receiving prenatal iron and folate supplements [1].

It is a global public health challenge facing the world today, especially in the developing countries. Anemia in pregnancy is an important contributor to maternal mortality/morbidity as well as to the low birth weight which in turn might contribute to increased percentage for infant mortality [2].

Despite the fact that most of the anaemia's seen in pregnancy is largely preventable and easily treatable if detected in time, anaemia still continues to be a common cause of mortality and morbidity [3].

Study done by Abdelgadir MA *et al.*, in Gezira state, Sudan [4] showed that; the prevalence of anemia

among studied pregnant women was 41.8%, Schistosoma mansoni represented a significant factor which increase the prevalence of anemia among them.

Study done by Adam I *et al.*, [5] in eastern Sudan, showed that; the prevalence of anemia among pregnant ladies was 62.6%.

There is no published research about the prevalence of anaemia among pregnant women not just in River Nile State, for this reason we hope to make some literature available about the prevalence of anemia among pregnant women in Alfadlab area, which may give a good indicator for the prevalence of pregnancy associated anemia in River Nile State.

MATERIAL AND METHOD

Study Design

Hospital based- descriptive cross sectional study.

Study Area

Alfadlab hospital, Alfadlab area, Atbara Locality , River Nile State, Sudan.

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Study Period

August, 2019.

Study Population

Pregnant ladies attended to Alfadlab hospital during the study period.

Sample Size

100 pregnant ladies.

Ethical Approval

All participants consent to contribute in the study.

RESULT

The prevalence of anemia among the study group was 27%. Malaria increases the severity of anemia (2%). Table 1 showed the prevalence of anemia among the pregnant ladies involved in our study. Table 2 showed prevalence of malaria among anaemic pregnant ladies.

Table 1: Shows the prevalence of anemia among the pregnant ladies

Participants	Normal pregnant ladies	Anaemic pregnant ladies	Total
Pregnant ladies	73	27	100

Table 2: shows the prevalence of malaria among anaemic pregnant ladies:

Participants	Malaria positive	Malaria negative	Total
Anaemic pregnant ladies	2	25	27

DISCUSSION

Prevalence of anaemia among pregnant women attended to Alfadlab hospital is the lowest (27%) in comparison to studies done in Gezira state (41.8%) and eastern Sudan (62.6%), this may be attributed to Socioeconomical variations and presence of coexisting diseases (e.g. intestinal Schistosomiasis).

CONCLUSION

Out of 100 pregnant ladies involved in our study 27 (27%) were anaemic, malaria increase the severity of anemia among 2% of the participants.

RECOMMENDATIONS

Further studies recommended with large sample size.

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