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Case Study

Health research

### Anemia in pregnancy women a case study

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#### ABSTRACT

The prevalence of anemia in pregnancy women at Nirmala Hospital, Suryapet, was carried out purposely to determine the haematocrit values, and to see whether it is advisable to prescribe supplement iron and folate in the form of tablets to pregnant women. Blood samples were collected from 100 percent women attending the hospital. The blood samples were analyzed. Questionnaires were also used, purposely to reinforce the results obtained from haematocrit method. The haematocrit values obtained show that pregnant women were not affected by previous birth, level of education to some extent and age group of pregnant women. The mean PVC falls within 25.25% - 32.75% of the total number observed. The total means PVC is 26.02%.

**Keywords:** Haematocrit, blood, anaemia, pregnant women.

#### INTRODUCTION

Anaemia in pregnancy as a world health problem has been a serious cause for concern, that persists especially in the third world countries, where poor diet, low level of literacy and other cultural practices expose pregnant women to be in danger of anaemia. Where those whose pregnancy is at its later stage were more vulnerable to complications and consequently death might follow. In a WHO quarterly report, the report shows that pregnancy is one of the common causes of anemia especially in the third world countries; this could be due to poverty as a result of war, conflict and drought. Anaemia contributes to low birth weight and miscarriage. It is also a primary cause of low immunity to both the mother and the child. This exposes them to several infections such as malaria and helminth infestation, which leads to more anemias,

thus the vicious cycle is completed unless there is effective treatment. The severity of anaemia in pregnancy is the product of lack of awareness due to illiteracy and famine.

#### CASE REPORT

Mrs. Sunitha Reddy was 27 years old and lived with her husband and in-laws in a remote village. Her husband was a day laborer and the family's sole wage-earner. She had been married for two years, and had suffered an abortion one year earlier. She had become pregnant again, and her pregnancy was considered high-risk because she was physically small and had anemia and pregnancy-induced hypertension. Mrs. Sunitha Reddy had regular antenatal check-ups at the primary health center. Because of her

high risk status and her previous abortion. After the abortion Mrs.sunitha Reddy developed profuse bleeding.

## DISCUSSION

This is an indication of how serious anemia is prevalent during pregnancy, especially in rural setting. This could be attributed to multi faceted factors such as parasite infestation, of high incidence are malaria, which is endemic and helminthes. These entire incidences are malaria, which is endemic and helminthes. All these together with pregnancy exacerbate the iron stores in the body, which chronically leads to anemia. The few pregnant women surveyed how have concentrations of PCV well within normal might be as a result of their good eating habits, normal well balance diet intake and due to level of education and possession of adequate iron stores.

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## CONCLUSION

The evidence obtained shows that haematocrit value of the surveyed pregnant women were not affected by birth, level of education to some extent and age group of pregnant women. But it I affected by duration of pregnancy, with the lowest PCV at the periods.Also the response obtained through the questionnaire shows that the prevalence of anemia has been part of pregnancy in this rural area .With no clear-cut line between pregnancy as a normal phenomenon, and its attending inconveniences and anemia as a disorder. The general fall in mean PCV underscore the great need for prescription of iron and folate supplements as normal regimen of prophylaxis during pregnancy at the antenatal clinic so as to curtail the prevalence of anemia in pregnancy and its intending negative effects to the mother as well as to the fettle and its viability.