



Anaemia in Pregnancy a Prospective Observational Study in Tertiary Care teaching hospital of North India

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Abstract

Introduction: *The aim of this study is to find prevalence of anaemia in specified population in north India and to know various adverse outcomes of anaemia in mother and child. Methods: A prospective observational study done in pregnant women. Results: After comparison with non anaemic and anaemic group we found that there is 2.5 to 3.5 times increase in LBW, preterm delivery and early neonatal death in anaemic group. As per WHO criteria classification of anaemia and we found 60% of our study population are anaemic. Conclusion: This study conform the recommendations of various previous studies that anaemia is strongly associated with LBW, preterm delivery and early neonatal death.*

Keywords: *Anemia in Pregnancy, Low birth weight, Prevalence of anaemia in pregnancy.*

Introduction

Anaemia is defined by WHO as Haemoglobin (Hb) less than 11gm in pregnancy, and is divided into three degrees mild (10.9-9.0 gm %), moderate (8.9-7.0 gm %) and severe degree (<7.0gm%).

WHO has estimated that prevalence of anaemia in developed countries is 14 % and in developing countries is 51 % in pregnant women. Prevalence of anaemia in India is 65-75% in pregnant women. Specially Iron deficiency anaemia is important public health problem for pregnant women, living in developing countries, affecting 2/3rd of pregnant women and contributes to maternal morbidity and mortality and to low birth weight.

High prevalence is directly associated with poor health status, poverty, poor socioeconomic status, multiparity, less birth spacing and many more.

Methodology

A "prospective" observational study which is conducted in tertiary care teaching hospital of North India for 6 months. In the study period, 442 booked cases were studied, among which 214 cases were primigravidae and 228 cases were multigravidae. In this study, pregnant woman attending out patient's department or casualty after 12 weeks of gestation till delivery having singleton pregnancy were included in the study.

Complete blood count was performed to assess Hb level after 12 week and at the time of engagement and average of both reading was taken in study.

Inclusion criteria

Pregnant woman who delivered in our institute were included in this study.

Exclusion criteria

Multiparty (5 and above)

Hypertensive disorders in pregnancy

Pregnancy with diabetes mellitus

Ante partum haemorrhage

Pregnancy with chronic medical illness

Multiple gestations

HIV/HBsAg/VDRL positive cases

Observations & Results

In the present study, total numbers of booked cases studied were 442, out of which 214 cases were primigravidae and 228 were multigravidae.

Table No: 1 - Age wise distribution of patients

Age Group	No. of Patients	Percentage
< 19 Years	28	6.33
20-35	313	70.81
>35	101	22.85
Total No	442	100

In the present study, 313 cases were in age group 20 - 34 years, which comprises 70.81% of total, number of teenage pregnancies were 28 (6.33%) in the study. Nearly one fourth of pregnancies

were more than 35 years of age. 48.41% of cases were primigravidae and 51.58% were multigravidae.

Table No 2: Incidence & Severity of Anaemia in study population

HB	Non-Anaemic (>11 mg %)	Mild (10.9-9 gm %)	Moderate (8.9-7 gm %)	Severe (< 7 gm %)	
Primigravidae	99	29	82	4	N=214
Multigravidae	73	47	101	7	N=228
Total No	N=172	N=76	N=183	N=11	
Percentage	38.91%	17.19%	41.4%	2.47%	

In the present study, 183 cases had moderate anaemia giving an incidence of 41.41%, 76 cases in the study group had mild anemia with an incidence of 17.19%, 11 cases had Hb<7gm

giving an incidence of 2.47% which are severely anaemic. Maximum numbers of primigravidae (99) were Non-anemic while maximum number of multigravida (101) have moderate anaemia.

Table No 3: Comparison of birth weight between non-anaemic and anaemic groups.

Birth Weight	Non Anaemic	Mild Anaemic	Moderate Anaemic	Severe Anaemic	
<2 kg	12(7%)	15(20%)	37(20%)	6(52%)	N=70
2-2.5kg	43(25%)	42(55%)	100(54%)	3(28%)	N=188
>2.5kg	117(68%)	19(25%)	46(24%)	2(20%)	N=184
Total	N=172	N=76	N=183	N=11	

In the present study in non anaemic group 68% of new born baby have birth weight >2.5 kg. In mild-moderate anaemic group about 55% of new born baby have birth weight 2-2.5 kg. But in severely anaemic group 52% of new born baby have birth

weight < 2 kg were 7 % in non-anaemic group and 52% in severely anaemic group; that is 7 times more than non-anaemic group.

Table No 4 - Comparison of neonatal outcome between non-anaemic and anaemic groups.

Variables	Non-Anaemic	Mild Anaemic	Moderate Anaemic	Severe Anaemic
Preterm delivery	35(20%)	38(50%)	100(55%)	7(70%)
Poor APGAR Score (at 5 min <7)	17(10%)	19(25%)	51(28%)	5(45%)
Early neonatal death	5(3%)	3(4%)	9(5%)	5(45%)

Pre term delivery in non-anaemic group was 20% while it was 2.5 times and 3.5 times more in mild-moderately anaemic group and severely anaemic group respectively. Poor APGAR score (taken at 5 minutes <7) was 10% in non-anaemic group and it was increased to 2.6 times in mild-moderate anaemic group and 4.5 times in severely anaemic group.

Early neonatal death was 3% in non-anaemic group and while it was 1.4 times and 15 times more in mild-moderately anaemic group and severely anaemic group respectively.

Discussion

In our study 71% of booked cases were between 20-35 years of age group it means child bearing is common at younger age group. In our study 60% of study population were anaemic in which 41.4% have moderate anaemia as per WHO guidelines. Incidence of anaemia is more in multigravida as compared to primigravida. Many studies however, shown that young maternal age and parity are significant risk factors of LBW [10,11]. In our study the risk of low birth weight is more in anaemic group and it increases with severity of anaemia. In mild- moderate anaemic group about 55% of new born baby have birth weight 2-2.5 kg. But in severely anaemic group 52% of new born baby have birth weight 11 gm% Hb. They have also shown poor APGAR score in anaemic group which supports our study. In our study chances of early neonatal death are increases with anaemia severity. An association between maternal anaemia and lower infant APGAR scores was reported in some study done by Rusia et al [8] in 102 Indian women in the first stage of labour, higher maternal haemoglobin concentrations were correlated with better

APGAR scores and with a lower risk of birth asphyxia. Study done by Ram Hari et al [17] showed perinatal death 5% in non-anaemic group & 11% in severely anaemic group. Present study also shows early neonatal death 3% in non-anaemic group and 45% in severely anaemic group.

Conclusion

In developing countries like India prevalence of anaemia is very high which adversely affect both maternal and foetal outcome. Anaemia is directly linked to low birth weight, prematurity, poor APGAR score and neonatal death and maternal morbidity and mortality. To combat all these problems there is a need to prevent incidence of anaemia in pregnant women by giving, iron tablet, food supplements, better antenatal care and by giving health education.

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Conflict of Interest: None

Ethical approval: The study was approved by the institutional ethics committee.

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