

Knowledge regarding anemia during pregnancy among antenatal mothers

Mrs. G. Aruna

Abstract:- Pregnancy is a unique, exciting and often joy full time in a woman's life as it highlights the woman's amazing creative and nurturing powers while providing a bridge to the future. **OBJECTIVES** 1. To assess the knowledge regarding anemia during pregnancy among antenatal mothers in Narayana Medical College Hospital, Nellore. 2. To associate the level of knowledge of antenatal mothers with their selected socio demographic variables **METHODOLOGY:** A Quantitative research approach and descriptive design are adopted to conduct the study among 50 antenatal mothers selected by non - probability convenient sampling technique at NMCH, Nellore. Data was collected by using structured questionnaire. **RESULTS:** The study revealed that majority of antenatal mothers 54% had satisfactory knowledge, 38% had poor and 8% has good knowledge score. **CONCLUSION:** Early detection and management strategies should be adopted to prevent anemia. Research studies should be conducted to assess the needs of pregnant women. The main focus of research studies should be behavior modification of individual. The approach of primordial prevention should be adopted, which involves preventing anemia and spread of risk factors and lifestyle modification through health education programs conducted by the nursing personal both in hospital and community.

KEY WORDS: Knowledge, anemia, antenatal mothers, Pregnant women