

Prevalence of anemia among staff nurses

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Abstract: Anemia is a major health problem worldwide, particularly among females of reproductive age in developing countries. **OBJECTIVES** :1. To assess the prevalence of anemia among staff nurses. 2. To associate the prevalence of anemia among staff nurses with their socio demographic variables. **METHODOLOGY:** Quantitative approach and descriptive research design were selected to conduct study among 100 staff nurses from NMCH selected by Probability simple random sampling technique. Data was collected by using observational checklist **RESULTS:** The result shows that with regard to prevalence of anemia among staff nurses, 44(44%) staff nurses were have normal Hb level, 47(47%) had mild anemia and 9(9%) had moderate anemia. There is a significant association between the prevalence of anemia with socio demographic variables such as sex. **CONCLUSION:** The nurse should develop skills regarding effects and prevention of anemia, they should educate regarding lifestyle modification to reduce anemia.

KEYWORDS: Prevalence, anemia, staff nurses, nutritional deficiency