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Research Article

**AWARENESS REGARDING GESTATIONAL DIABETES (GD),
PREGNANCY INDUCED HYPERTENSION (PIH) AND ANEMIA
AMONG ANTENATAL WOMEN ATTENDING OUTPATIENT
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Article Received: October 2019 **Accepted:** November 2019 **Published:** December 2019**Abstract:**

Background- The common morbidities like GD, PIH, and anemia having severe consequences are more likely to occur in pregnant women. For the purpose to evaluate the awareness of these diseases in pregnant women, this study was conducted in Jinnah hospital Lahore.

Methodology- The present study was cross sectional. In an outpatient department of Jinnah hospital by 150 pregnant women a questionnaire was answered to know that either these women are well aware of morbidities like anemia, gestational diabetes or pregnancy induced hypertension

Result- In this study total 150 pregnant women were selected in which most of them were aged in between 20 to 25 years, 70 of them were educated and 86% of them were house wives. Out of 150, 97 were primigravida and half of them were from a joint family. This study shows that most of them were well aware of morbidities like PIH, GD and anemia. 82% of them were well aware with anemia, 94 of them knew about GD and 48% were well aware of PIH.

Conclusion- Present study showed that majority of women has the good knowledge about anemia, and PIH and fair knowledge about GD

Keywords: words: Pregnancy induced hypertension, anemia, gestational diabetes mellitus, Antenatal

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INTRODUCTION:

During the timespan of pregnancy all the services that a pregnant women received is called antenatal care. And these services are very important for the survival of pregnant women and her newly born baby. Collectively from the complications monitoring in maternal and fetus, preventions and necessary treatment and health consoling all are the part of antenatal care. There are many chances of occurring the different kinds of diseases in a pregnant women due to the psychological changes for example anemia, PIH and GD. So it is necessary that all the women should be well aware of all these kind of diseases that are more likely to occur. The condition of emotions or the capacity to see, or to be aware of occasions, tactile examples or object is called the awareness. It can also be defined as the condition of monitoring something. 2 Normally, in the family ladies assume a significant job as the fundamental wellbeing suppliers. To improve the health of their family women know new things and receive data that can be very helpful. 3 The important factor that are very necessary for the health and well-being of women and her baby are health instruction and preventive measure. Hence, to raise awareness between people specially women is very important especially in the conceptive age through compelling and efficient wellbeing training and battles, which mainly focus on the wellbeing problems.⁵

The most common complication in antenatal women is anemia especially in underdeveloped countries like Pakistan. According to the world health organization hemoglobin level under than 11g/dl caused anemia. The subtype of diabetes is GDM and the predominance of which is continually increasing. Although after delivery glucose level come back to its normal index but the risk of chronic diabetes never diminishes and also child suffered in metabolic syndrome. Numerous ladies are influenced by hypertensive issues in their pregnancy

Objective:

To assess the awareness of diseases like anemia, PIH and GD in pregnant women, this study was conducted in Jinnah hospital Lahore.

METHODOLOGY:

The present study was cross sectional. In an outpatient department of Jinnah hospital by 150 pregnant women a questionnaire was answered to know that either these women are well aware of morbidities like anemia, gestational diabetes or pregnancy induced hypertension. This questionnaire was subdivided into two main parts. Sociodemographic detail of the subject was the first part and second was to assess the awareness about morbidities of anemia, PIH and GD. In questionnaire eleven question were related to anemia, 11 were about pregnancy induced hypertension and 8 were about gestational diabetes. One marks was awarded for giving the one correct answer and zero on giving wrong. Score above than 75% was categorize as good knowledge, 50 to 75 marks were for average knowledge and less than 50 were graded as poor knowledge.

Statistical Analysis:

For statistical investigation SPSS v20 was used and all the data was entered in MS Excel

RESULTS:

In this study total 150 pregnant women were selected in which most of them were aged in between 20 to 25 years, the oldest respondent was 32 years old and the youngest respondent was 18years old. 70 out of 150 were educated and 86% of them were house wives. Out of 150, 97 were primigravida and half of them were from a joint family. This study shows that most of them were well aware of morbidities like PIH, GD and anemia. 82% of them were well aware with anemia, 94 of them knew about GD and 48% were well aware of PIH.

Table 1: Sociodemographic details

Variables	Antenatal Women (%)
Age	
Less than 19	21 (14)
20-25yrs	104 (69.3)
More than 25yrs	25 (16.7)
Education	
School education	70 (46.7)
PUC	51 (34)
Bachelor Degree	29 (19.3)
Occupation	
Homemakers/Housewife	129 (86)
Working	21 (14)
Number of children	
Absent	97 (64.7)
Single or more	53 (35.3)
Type of family	
Nuclear	45 (30)
Joint	75 (50)
Extended	22 (14.7)
Three generation	8 (5.3)
Religion	
Hindu	142 (94.7)
Muslim	7 (4.7)
Christian	1 (0.6)

Table 2 : Questionnaire to assess the awareness about anaemia, GD, PIH among study subjects (n=150)

Questions	Agree	Disagree	Don't know
Awareness about anemia			
Anemia is basically the deficiency of iron in blood	116 (77.3)	4 (0.27)	30 (20)
By hemoglobin level it can be diagnosed in blood.	146 (97.3)	1 (0.7)	3 (2)
During pregnancy Iron pill is not necessary.	18 (12.1)	128 (85.3)	4 (2.7)
Green leafy vegetables, fish, meat are rich in iron.	G	3 (2)	8 (5.3)
With tea or milk Iron pill should be taken.	27 (18)	114 (76)	9 (6)
Iron contain proper diet is necessary for pregnancy.	138 (92)	7 (4.7)	5 (3.3)
Awareness about GD			
DM can occur in pregnancy	103 (68.7)	10 (6.7)	37 (24.7)
Family history of Diabetes Mellitus is a risk factor for GDM	74 (49.3)	24 (16)	52 (34.7)
Rapid weight gain is considered to be a good sign of healthy pregnancy.	28 (18.7)	96 (64)	26 (17.3)
Test employed for GDM			
a. Urine test	13 (8.6)		
b. Blood test	72 (48)		
c. Blood test after glucose load	29 (19.3)		
d. Don't know	36 (24)		
Treatment options.			
a. Diet & Exercise	26 (17.3)		
b. Insulin	16 (10.6)		
c. Tablets	36 (24)		
d. Don't know	62 (41.3)		
e. Diet, exercise and insulin	10 (6.7)		
Women diagnosed to have GDM.	101 (67.3)	2 (1.3)	47 (31.3)
Awareness about PIH			
In pregnancy can hypertension occur?	136 (90.7)	5 (3.3)	9 (6)
PIH cannot be treated	12 (8)	111 (74)	27 (18)
Pedal edema or facial edema not relieved by rest or head ache is symptoms of PIH.	136 (90.7)	4 (2.7)	10 (6.7)
In PIH during pregnancy regular checkup of blood pressure is not required	15 (10.0)	130 (86.7)	5 (3.3)
PIH if untreated can lead to maternal and fetal complications.	140 (93.3)	4 (2.7)	6 (4)
In pregnancy Regular antenatal visits are necessary.	146 (97.3)	0	4 (2.7)
Health education can reduce the prevalence of complications of medical problems in pregnancy and its early detection.	141 (94)	2 (1.3)	7 (4.7)

Table 3: Overall awareness score among women

	Poor (<50 th percentile)	Fair (50 th -75 th percentile)	Good (>75 th percentile)
Anemia	6 (4%)	20 (13.33%)	124 (82.67%)
GDM	51 (34%)	73 (48.67%)	26 (17.33%)
PIH	11 (7.3%)	45 (30%)	94 (62.7%)

This table shows the awareness of anemia, PIH and GD in women. This showed that 82% of women was well aware of anemia in pregnancy. But only 26 women out of 150 that mean only 17.3% women had the good knowledge of GDM and 94 women out of 150 had the good knowledge of PIH.

Table 4: Association between awareness scores and demographic variable

Demographic Variables	Awareness score for anemia		
	Interquartile range	Median	P value
Age			
Less than 19	8.5-11	10	0.098
20-25yrs	9-11	10	
More than 25yrs	10-11	11	
Education			
School education	9-11	10	0.46
PUC	9-11	10	
Bachelor Degree	9-11	11	
Occupation			
Homemakers	9-11	10	0.267
Working	10-11	11	
Number of children			
Absent	9-11	10	0.925
Single or more	9-11	10	
Type of family			
Nuclear	10-11	11	0.444
Joint	9-11	10	
Extended	8.75-11	10	
Three generation	10-11	10	
Religion			
Hindu	9-11	10	0.378
Muslim	8-11	11	
Christian	8	8	

Table 6: Association between awareness scores and demographic variables

Demographic Variables	Awareness score regarding PIH		
	Interquartile range	Median	P value
Age			
Less than 19	5-7	6	0.362
20-25yrs	5-7	6	
More than 25yrs	5-7	7	
Education			
School education	5-7	6	0.511
PUC	5-7	6	
Bachelor Degree	5-7	6	
Occupation			
Homemakers	5-7	6	0.513
Working	6-7	6	
Number of children			
Absent	5-7	6	0.366
Single or more	5-7	6	
Type of family			
Nuclear	5-7	7	0.242
Joint	5-7	6	
Extended	4.25-7	5.5	
Three generation	5.25-7.75	6.5	
Religion			
Hindu	2-8	6	0.217
Muslim	6-10	7	
Christian	1	1	

DISCUSSION:

The common morbidities like GD, PIH, and anemia having severe consequences are more likely to occur in pregnant women. For the purpose to evaluate the awareness of these diseases in pregnant women, this study was conducted in Jinnah hospital Lahore. In this study total 150 pregnant women were selected in

which most of them were aged in between 20 to 25 years, 70 of them were educated and 86% of them were house wives. Out of 150, 97 were primigravida and half of them were from a joint family. This study shows that most of them were well aware of morbidities like PIH, GD and anemia. 82% of them were well aware with anemia, 94 of them knew about

GD and 48% were well aware of PIH.

There are numerous odds of happening the various types of ailments in a pregnant ladies because of the mental changes for instance anemia, PIH and GD. So it is vital that every one of the ladies ought to be very much aware of all these sort of illnesses that are bound to happen. The state of feelings or the ability to see, or to know about events, material models or article is known as the awareness. It can likewise be characterized as the state of checking something. Normally, in the family women accept a critical activity as the essential prosperity providers. To improve the soundness of their family ladies know new things and get information that can be useful. The significant factor that are exceptionally vital for the well-being and prosperity of ladies and her infant are well-being guidance and preventive measure. Subsequently, to bring issues to light between individuals exceptionally ladies is significant particularly in the conceiving age through proficient prosperity preparing and fights, which fundamentally center around the prosperity problems. The most widely recognized difficulty in antenatal ladies is pallor particularly in immature nations like Pakistan. As indicated by the world wellbeing association hemoglobin level under than 11g/dl caused iron deficiency. The subtype of diabetes is GDM and the transcendence of which is persistently expanding. Albeit after conveyance glucose level return to its typical record however the danger of ceaseless diabetes never reduces and furthermore youngster endured in metabolic disorder. Various women are impacted by hypertensive issues in their pregnancy. 82% of women was well aware of anemia in pregnancy. But only 26 women out of 150 that mean only 17.3% women had the good knowledge of GDM and 94 women out of 150 had the good knowledge of PIH.

CONCLUSION:

Present study showed that majority of pregnant women had the good knowledge about anemia, and poor knowledge about gestational diabetes and fair knowledge about pregnancy induced hypertension

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