

## **Prevalence of anemia in pregnancy among women visiting antenatal clinic in Bingham University Teaching Hospital**

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**Background:** In developing countries such as Nigeria, anemia in pregnancy is thought to be commonest problem affecting pregnant women accounting for a significant level of maternal mortality.

**Objectives & Method:** This study was carried out to determine the prevalence of anemia in Pregnancy among Women Visiting Antenatal Clinic (ANC) in Bingham University Teaching Hospital (BHUTH). This is a cross sectional descriptive study conducted from 24th August to 28th September, 2015 on 237 women. A semi-structured interviewer-administered questionnaire was used to obtain socio-demographic, obstetric, nutritional and some hematological (blood group and genotype) information from the pregnant women who gave consent at each antenatal clinic day (Mondays and Thursdays). Packed Cell Volume was used to assess the level of anemia.

**Result:** The prevalence of anemia in pregnancy was found to be 43.5%. Amongst all women who were anemic, 83.9%, 8.7% and 2% were found to have mild, moderate and severe anemia respectively. Also, 0.9%, 35.9%, 52.4% of these women were found to be in their first, second and third trimesters respectively; 61.2% were multi-parous women (para 2-4); 24.3% women had only two antenatal clinic visits; 66.2% women had tertiary level of education; 99% women were married; 29.1% women were within the age group 34-39 years; 89.3% women had been taking balanced diet; 89.3% women were on their routine drugs; 66.0% women used insecticide treated net; 66.0% women had taken anti-malarial prophylaxis. Reduced ANC visits and increasing age were significant factors associated with anemia in pregnancy.

**Conclusion:** Prevalence of anemia amongst pregnant women in BHUTH was 43.5%. Commonest type of anemia in this study is mild anemia. Emphasis should be made on adequate nutrition and use of haematinics especially in late trimester as well as compliance with ANC visit among pregnant women in developing countries.

### **Biography**

Olorunfunmi Joshua Seye is a Clinician working in Bingham University Teaching Hospital, Jos, Nigeria. His research interest is in maternal and child health, non-communicable diseases and health policy development in developing countries.

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