Knowledge And Awareness Among Child-bearing Age Women Regarding Pill Supplements During Pregnancy

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Abstract

- This study was designed to assess the maternal knowledge and awareness towards pills supplements during pregnancy in the rural area especially in Kuala Nerang district. Pill supplements in our context of study mean iron, folic acids and multivitamins. Our samples were women between 15-49 years old whom have at least one live birth which was 196. We were using a questionnaire with a face-to-face interview. Data was analyzed by using SPSS version 12.0.

- Most (77%) respondents are aware of the importance of pill supplements during pregnancy with health care provider is the main sources of informations (80%). As the level of knowledge and awareness regarding pill supplements during pregnancy are still low here, the Health Officers should get involved pro-actively to educate the mothers on the usage of the pill supplements given during their antenatal check-ups as well its functions. However this study may not reflect the total population because our study samples were too small compared to the exact number of residence there.

Objectives

- To assess the maternal knowledge and awareness towards pill supplements during pregnancy in Kuala Nerang district. *Pill supplements in our context of study means iron, folic acid and multivitamins.*
- Factors that affect the consumption of pill supplements
- Outcome of pregnancy for pregnant mothers who consume the pills.

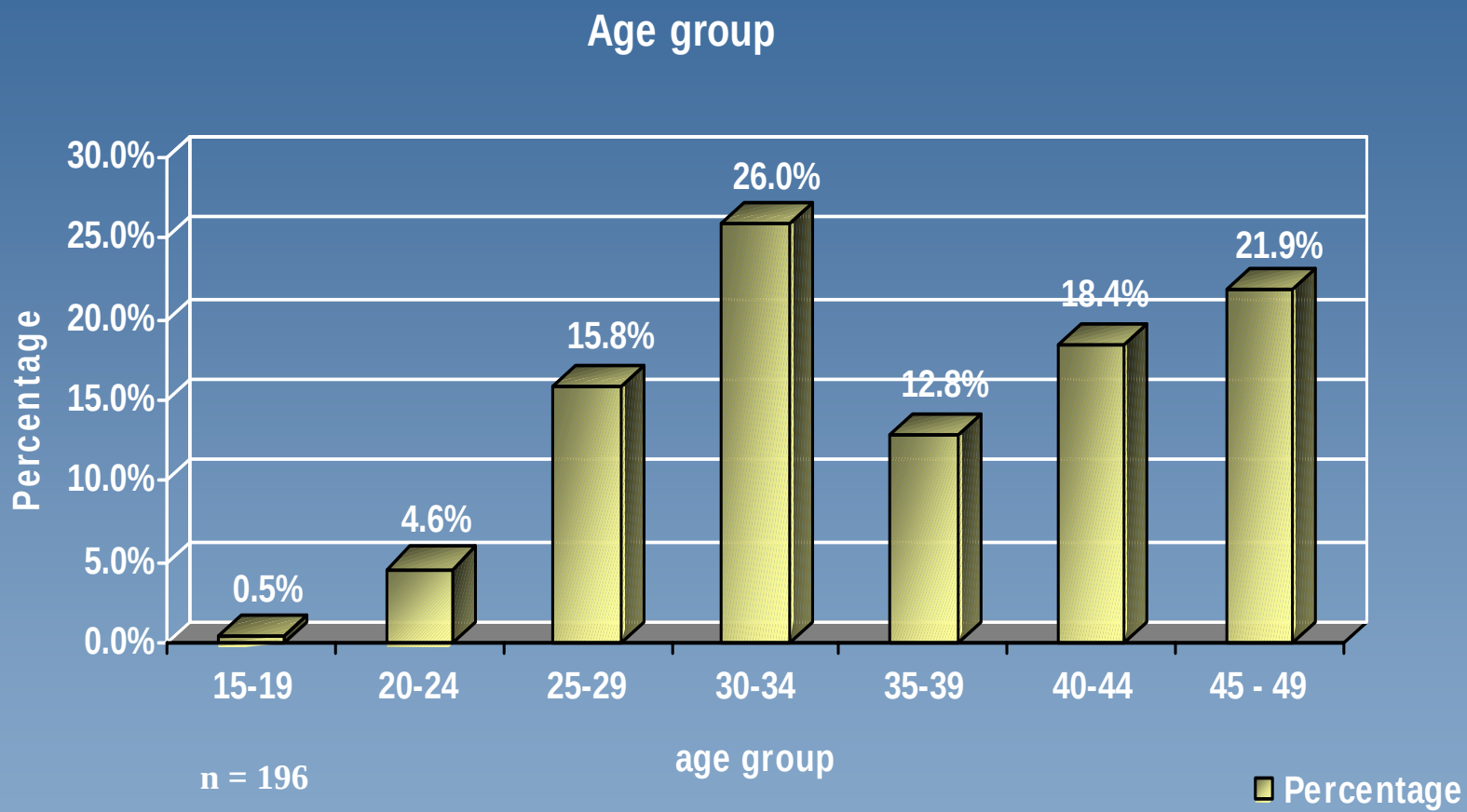
Material And Methods

***Study sample*: Women between the age of 15 to 49 years with at least one life birth**

Results

- Socio-demographic
- Awareness and knowledge
- Practice of pill supplements
- Factor influencing the usage of pill supplements
- Outcome of pregnancy

Socio-demographic



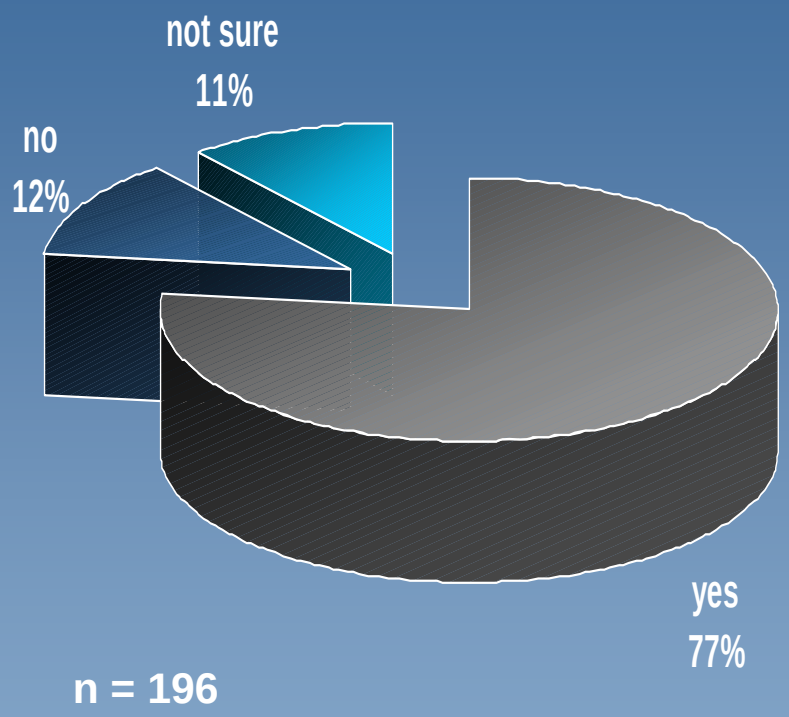
n = 196

Median age: 37 years old

Range: 18 – 49 years old

Fig. 1: Age group of sample population

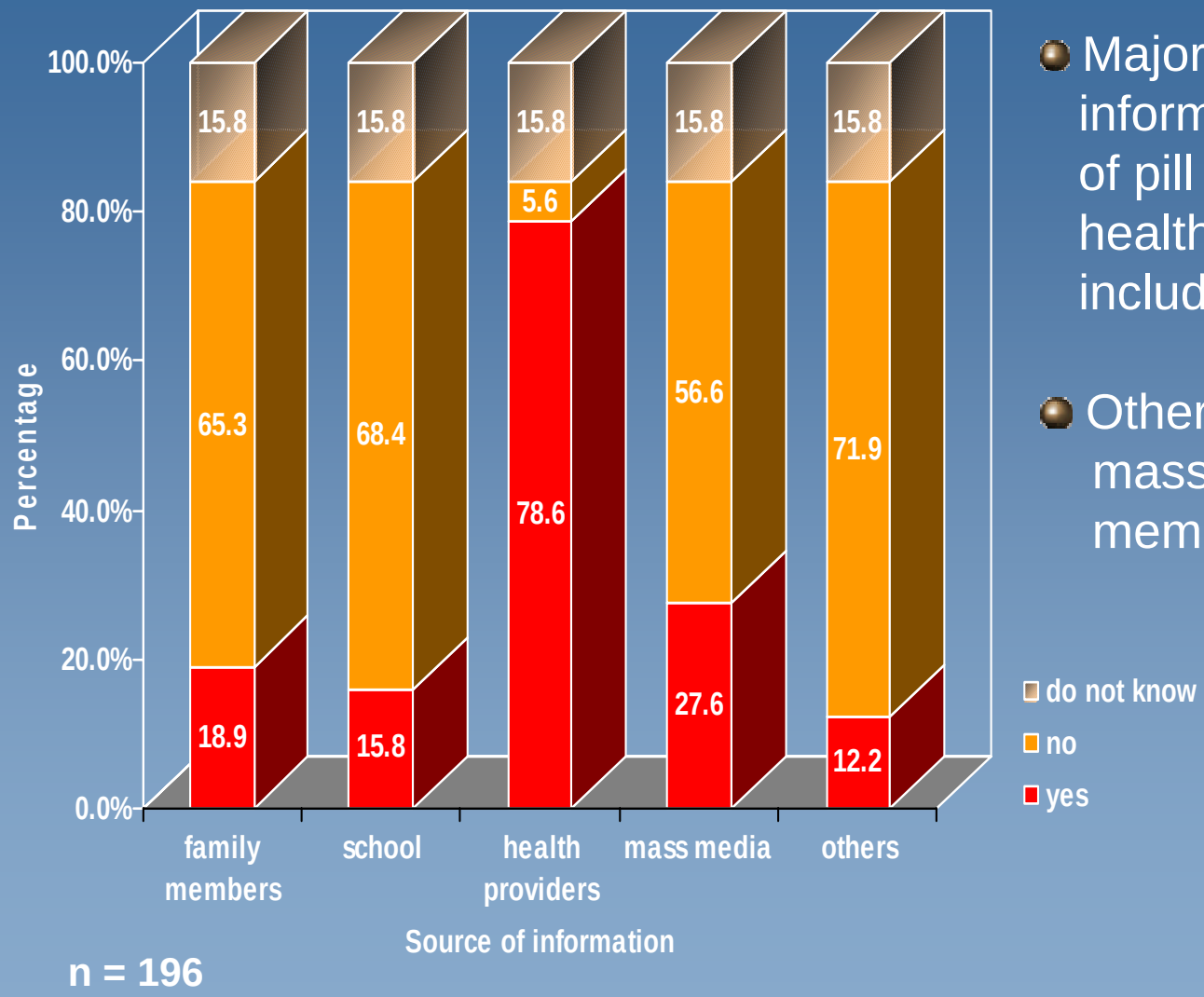
Awareness and knowledge



- Most respondents (77%) were aware of usage of pill supplements for health during pregnancy
- 12% (24) were not aware of it's usage
- 11% (21) were unsure whether the pills will be beneficial

Fig. 8: Awareness and knowledge on the importance of usage of pill supplements during pregnancy for mother and child

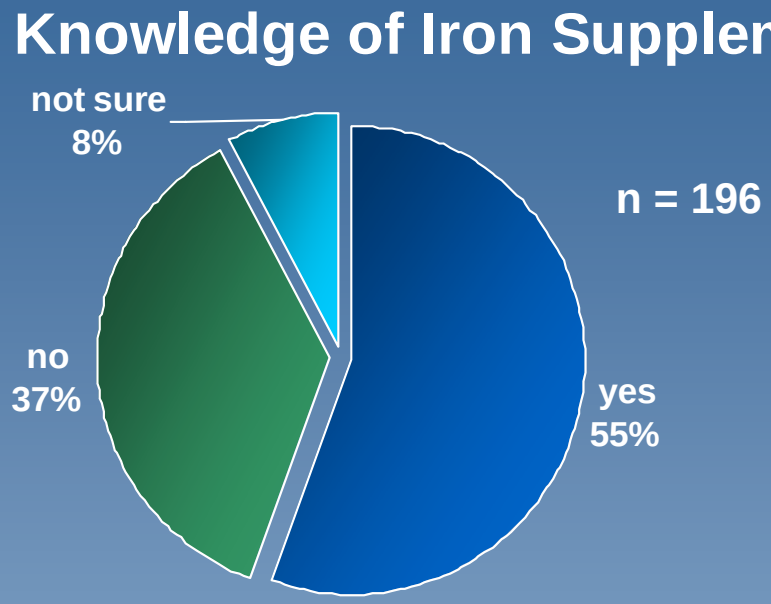
Source of Information

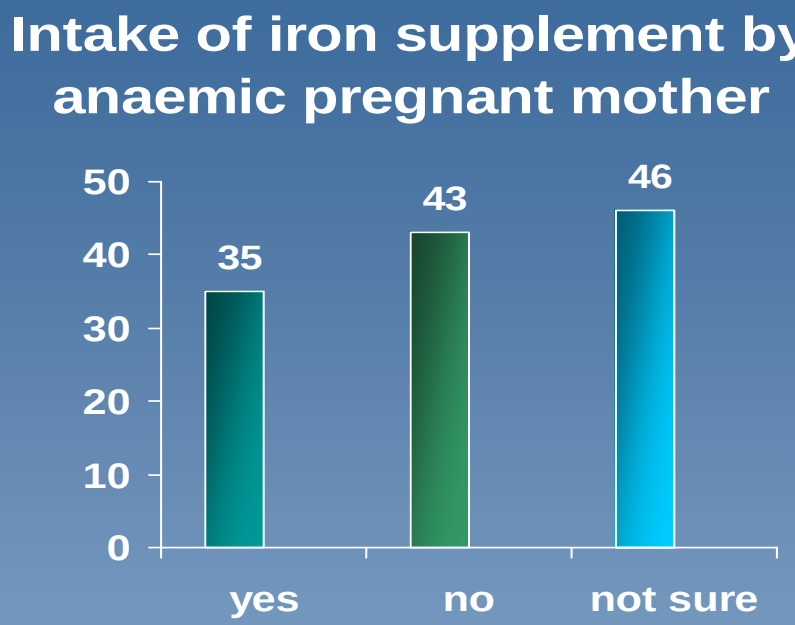


- Majority of respondents gain information regarding usage of pill supplement from health providers which include doctors and nurses.
- Other minor contributors are mass media, family members, school & others.

Fig. 9: Source of information on pill supplements

Iron Supplements

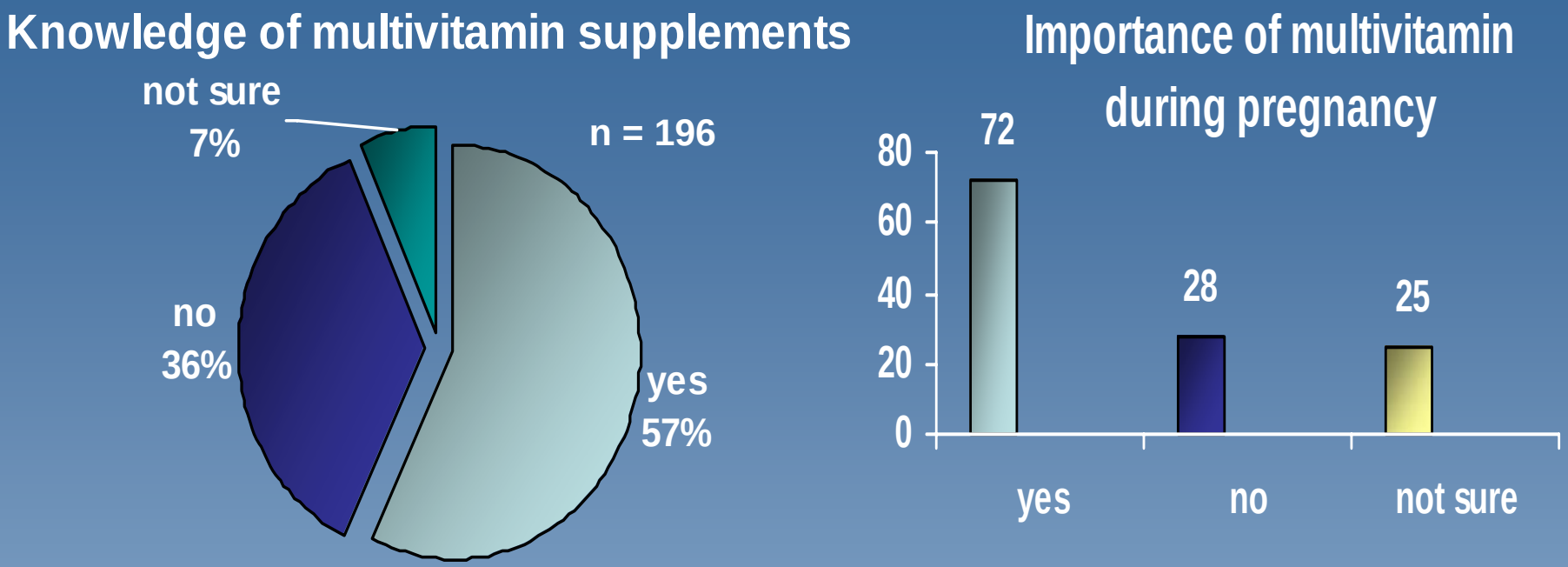




- More than half respondents (55%) knew about iron supplement
- However only 18% knew its function to increase production of haemoglobin which is needed to prevent anaemia of pregnancy
- The remaining respondents have heard of iron supplement but lack of knowledge of it's function

Fig. 10: Knowledge and intake of iron supplements

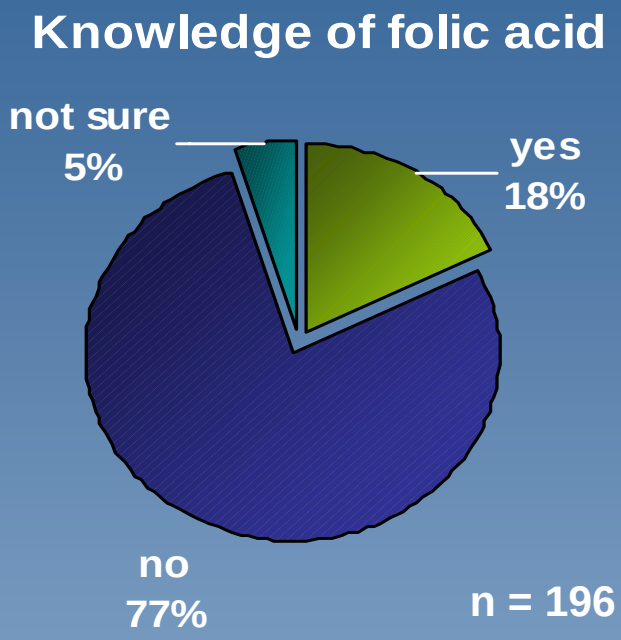
Multivitamin supplements

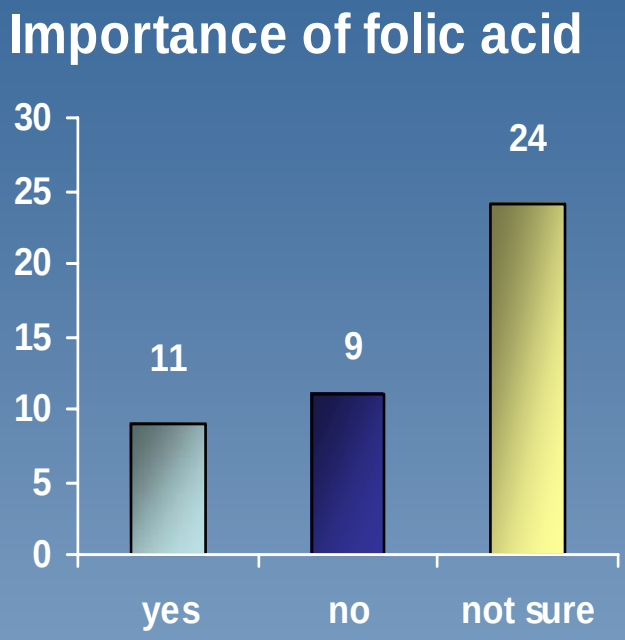


- More than half respondents (57%) knew about multivitamin supplement
- However only 37% knew its function in ensuring child's health
- The remaining respondents have heard but lack of knowledge of it's function

Fig. 12: Knowledge and importance of multivitamin supplement usage in pregnancy

Folic Acid Supplements

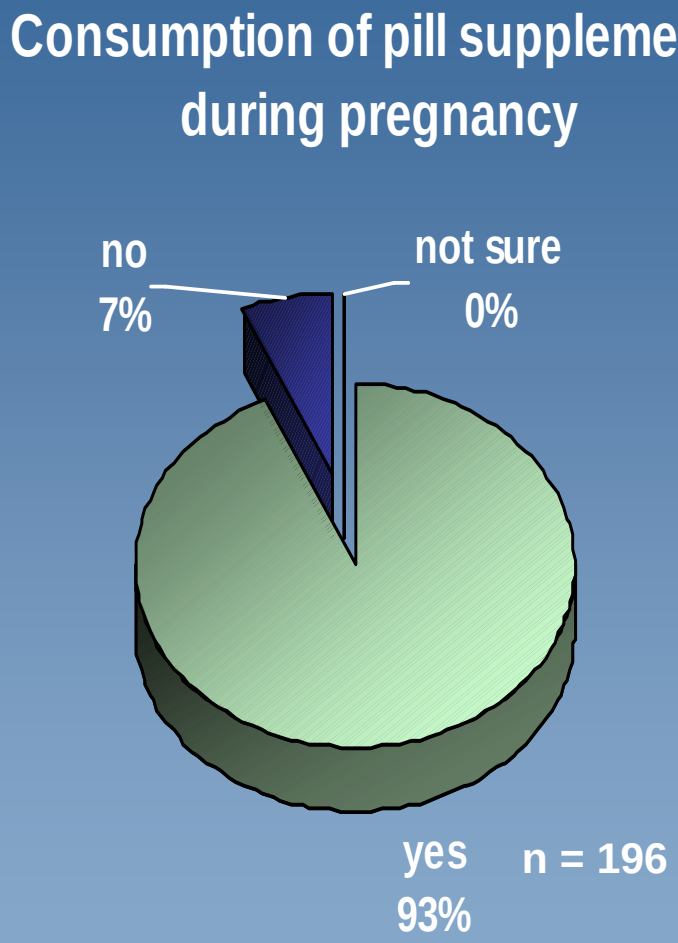




- Majority (77%) had never heard of folic acid
- 21% knew its function to avoid neural tube defects

Fig. 13: Knowledge and importance of folic acid supplements in pregnancy

Practice



- Majority of respondent (93%) interviewed consumed pill supplements during pregnancy. This consists of 183 respondents
- Only 7% claimed that they were not consuming the pills

Fig. 15: Consumption of pill supplements during pregnancy

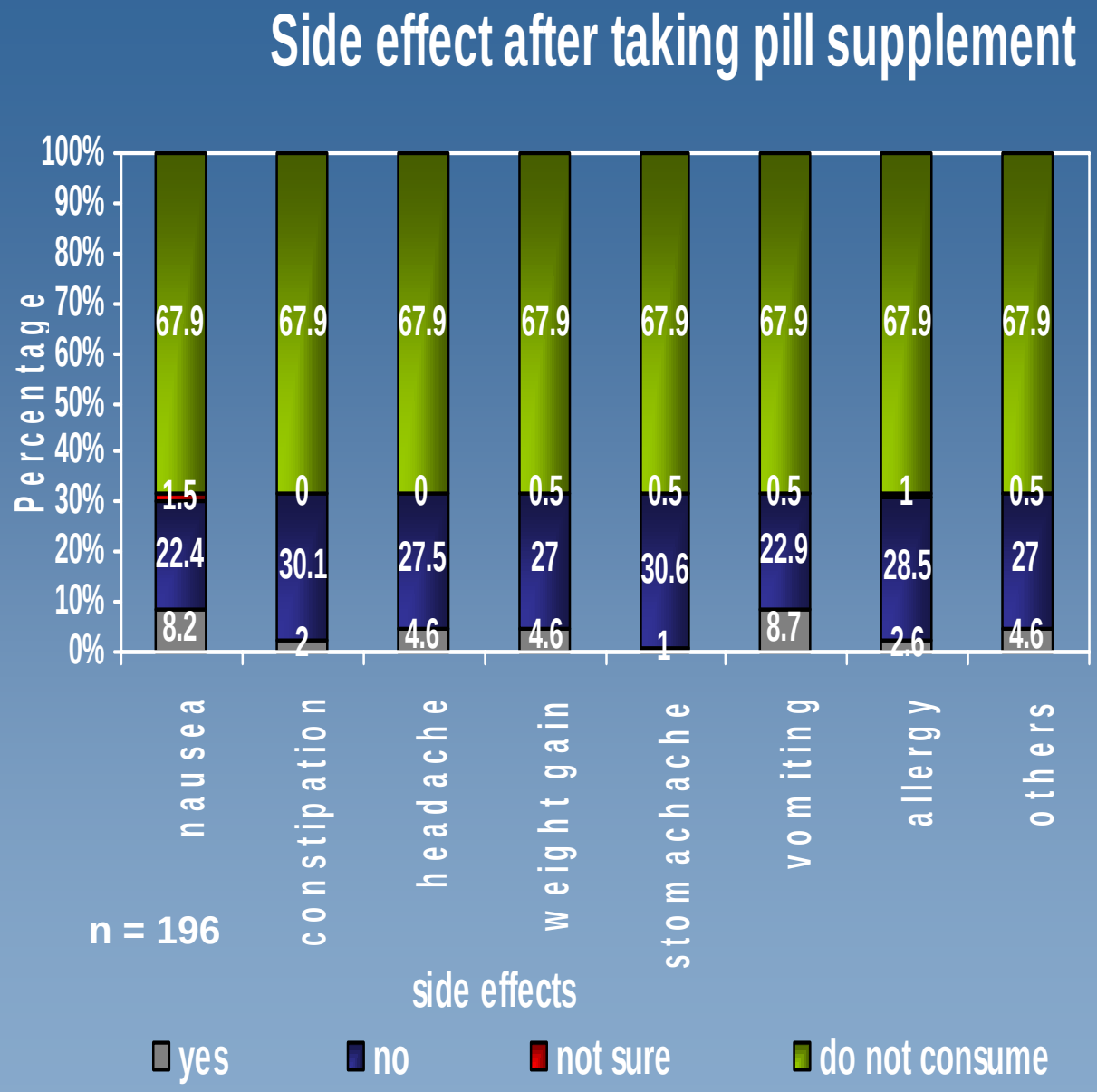
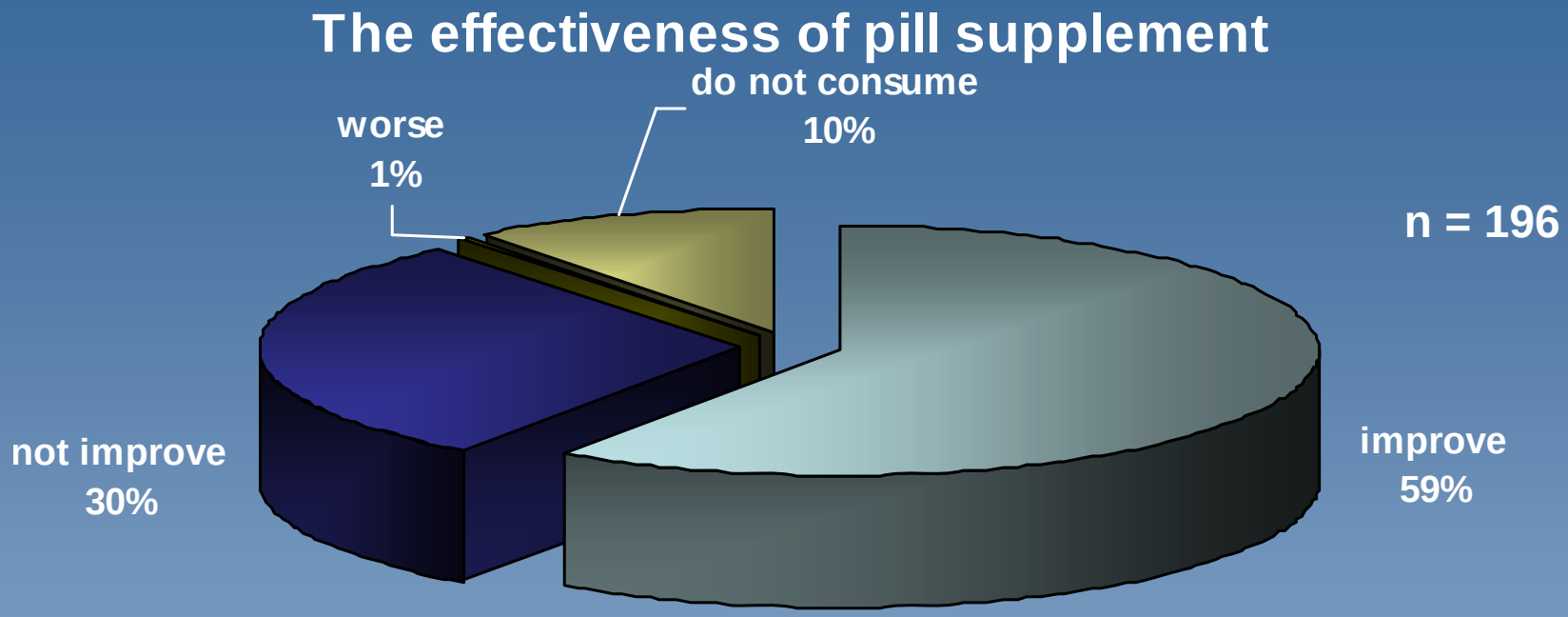


Fig. 19: Side effects of the pill supplements

- Majority of the respondents (67.9%) did not consume the pills supplement or does not experienced any side effect from any of the pills.
- Among those who face the side effect, nausea and vomiting seems to be their problem. This indicate their personal perception towards the pills as there was no literature that support this.
- The side effect that they claimed to face may influence them to subsequently stop taking the pills.

Outcome



- About 59% gave a positive response when asked about the effectiveness of the pill supplements. 30% declared no change at all and 1% stated that the pills worsen their condition. Negative response to the outcome may cause them to consequently stop taking the pills. 10% of the respondents did not consume the pill supplements during pregnancy so they do not know about the effectiveness of it.

Fig. 20: Effectiveness of the pill supplements towards their health during pregnancy

Conclusion

- Majority (93%) were given the pill supplements during pregnancy but only 77% of respondents were aware of its importance. This indicate that some respondents simply took the pills as it had been provided to them without knowing its importance.
- Health care providers played significant role as they are the main source of information (80%).
- 56% have heard of iron supplements but only 18% knew its importance.
- 57% have heard of multivitamin but only 37% knew its importance.
- Awareness of folic acid is low as only 18% have heard of folic acid and 5% knew its role in fetal brain development despite the wide advertisement in the television commercials.

- 93% have been given pill supplements during pregnancy, of which only 87% actually consumed it. The drop may be due to the feared side effects or due to feeling a decline in health after taking it.
- Only 37% will buy pill supplements if it is not given free.
- Only 8.7% experience side effects from iron supplements, 6.6% from multivitamin.
- 59% felt that pill supplements improve their health.
- 83% gave birth to normal birth-weight baby after taking pill supplements.
- Education level has a significant association with the usage of pill supplements during pregnancy *($p=0.001$).*

- Anemia during pregnancy also has a very significant association with the usage of pill supplements *($p < 0.001$).* This indicate that the healthcare providers have played important role in preventing further deterioration of mother's condition.

- Birth-weight of babies born to mothers taking pill supplements also has a significant association with the pill supplement usage *($p < 0.001$)* but bear in mind that pill supplements alone might not be the determining factor here, as the nutrition status of the mother during pregnancy also plays a role in this scenario.

- As the level of knowledge and awareness regarding pill supplements are still low here, the Health Officers should get involved pro-actively to educate the mothers on the usage of the pill supplements given during their antenatal check-ups as well its functions.

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