

Adherence to prenatal iron/folic acid supplement and associated factors among ANC attendant mothers of Goba Woreda, south East Ethiopia

NNP related research finding dissemination workshop



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presentation Outline

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Introduction

- Anemia is a global public health problem affecting two billion people worldwide(WHO)
- Globally, 41.8% of pregnant women and 30.2% of non-pregnant women are anemic (WHO)
- 12.8% and 3.7% of maternal mortality in Asia and Africa respectively is directly attribute-able to anemia (WHO)
- Currently 17% of Ethiopian women age 15-49 are anemic with higher proportion of pregnant women (22 %)(MIE)



JUSTIFICATION OF THE STUDY

- Eventhough iron folic acid (IFA) Supplementation during pregnancy is among the effective methods in reducing maternal mortality and other complication of anemia.(WHO):
 - In Ethiopia < 1% took iron supplement for recommended period (90 days or more)during their last pregnancy(EDHS 20011)
- Findings from this study will give valuable information on adherence rate of IFA supplement and determinate factors for concerned bodies



Objective

General objective

- To Assess Adherence to prenatal iron/folic acid supplement and associated factors among ANC attendant mothers of Goba woreda, South East Ethiopia.

Specific objectives

- To determine adherence rate to prenatal iron/folic acid supplement among ANC attendant mothers
- To identify factors affecting adherence to prenatal iron/folic acid supplement among ANC attendant mothers



Methods

Study area

- Goba woreda, south East Ethiopia

Study design

- A cross-sectional community based study

Study period

- March 10 to may 10, 2014

Study population

- All third trimester pregnant and post natal mother who were attendant of ANC and residing in the woreda during the study period



Methods...

Inclusion and exclusion criteria

Inclusion criteria

- All Mother who took IFA supplementation during their ANC follow up

Exclusion criteria

- Mother who are seriously ill



Methods...

Sampling technique

- After secondary data were obtained from health extension works survey was performed to identify the study subjects.
- A total of 422 third trimester pregnant and PNC mother were selected randomly.
- 405 of them were included in the study



Methods...

Variables of the study

Dependent variable

- Adherence to IFA supplement

Independent variables

- Socio-demographic and economic factors
- Pregnancy and Health related factors
- Supplement related factor
- Health care system related factor



Methods...

Operational definition

- **Adherence:** mothers are said to be adhered to iron/folic acid supplement if they took 65% or more of the supplement, equivalent to taking supplement at least 4 days a week during 3-monthes period. (lynette *et al.*, 2007).
- **Non adherence:** pregnant mother is said to be non adhered to iron/folate supplement if they took less than 65% of the supplement, equivalent to taking supplement less than 4 days a week (lynette *et al.*, 2007).



Methods...

Data collection instrument and procedure

- Data were collected using pretested questioner by interview
- The questioner were prepared in English and translated in to afan oromo and amheric .
- A total of six diploma nurses data collector and two BSC nurses supervisors were participated in the study.



Methods...

Data quality management

- three days training was provided to the data collectors and supervisors
- Questioner were pretested
- Regular supervision was made during data collection.
- Collected data were checked for completeness, accuracy and clarity on daily bases.



Ethical consideration

- Ethical clearance - from IRB of UOG
- Permission were obtained from the regional zone and woreda health bureau respectively
- Then the woreda health bureau send official letters to local Authority of all Kebels.
- The purposes and importance of the study was explained and informed consent was secured
- Confidentiality were maintained at all levels of the study.
- Participant's involvement in the study was on voluntary basis



Results and discussion

Socio-demographic and economic characteristics

- A total of 405 third trimester pregnant and PNC mother were included in the study
- the mean age of the respondents were 26.3 (± 5.1) years.
- Majority of the women interviewed were married(98.1%) and rural dwellers(83.2%).
- About 32.1% of the respondents were unable to read and write,
- Majority of the respondent were house wives(72.6%).



Results and discussion...

- The adherence rate increases with educational status of women

This could be due to :

- when women are educated, they might have access to information and advices from different sources about IFA and threats of anemia



Results and discussion...

Pregnancy and Obstetric related characteristic of respondent

- Half of the respondent had less than three times ANC visit.
- 11.6% of respondent has history of abortion and 3% have history of still birth.

Respondent's knowledge of anemia and benefit of IFA supplement

- Around two third of respondents have good knowledge on cause, consequence, risk group, and method of prevention on anemia, and 60.7% of respondents had good knowledge on benefits of IFA.



Results and discussion...

- knowledge on cause, consequence, risk group and method of prevention for anemia have significant association (AOR =0.41 (95% CI 0.20-0.84)
- Also knowledge on benefits of IFA shows strong association with adherence (AOR =0.38 (95% CI 0.20-0.77)
- This could be due to Good level of knowledge about anemia and IFA promote individuals
 - ✓ To preventing iron deficiency anemia
 - ✓ to properly taking of supplement and
 - ✓ to follow recommendation.



Results and discussion...

Adherence level respondents

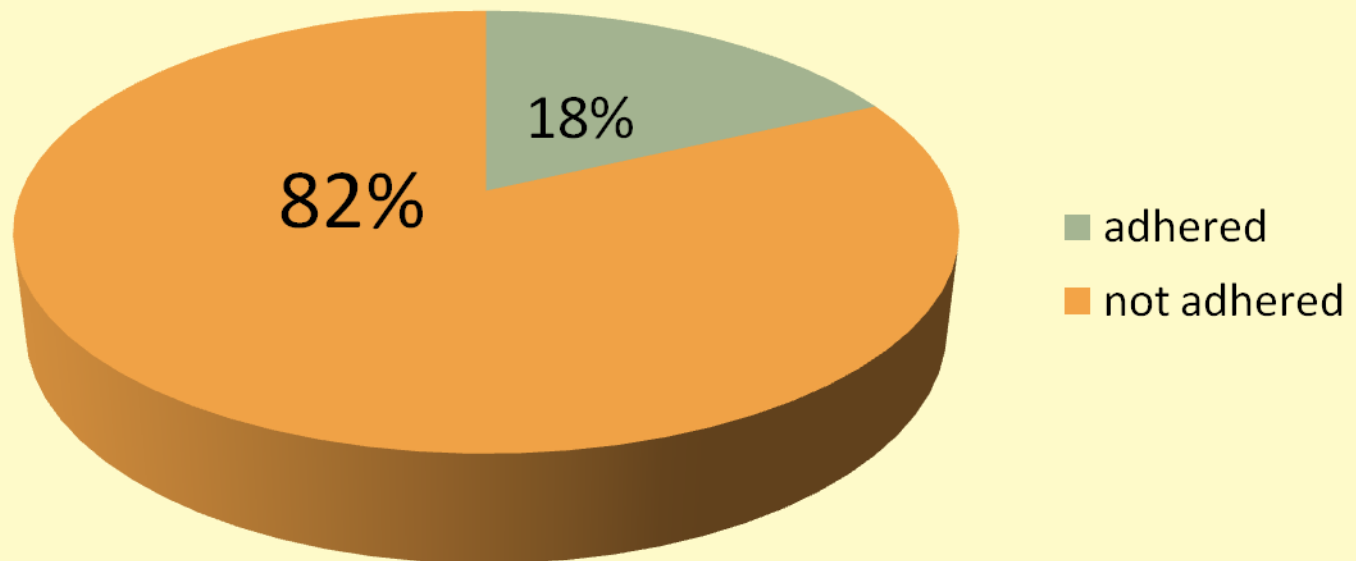


Figure1: Adherence level mothers to IFA : Goba woreda, South East Ethiopia, may 2014



Results and discussion...

- Even though the adherence rate is low compared with other country , it is much higher than 0.4% founded by EDHS 2011.
- this could be due to
 - Differences in study subjects
 - Time Gap between the present study and EDHS 2011



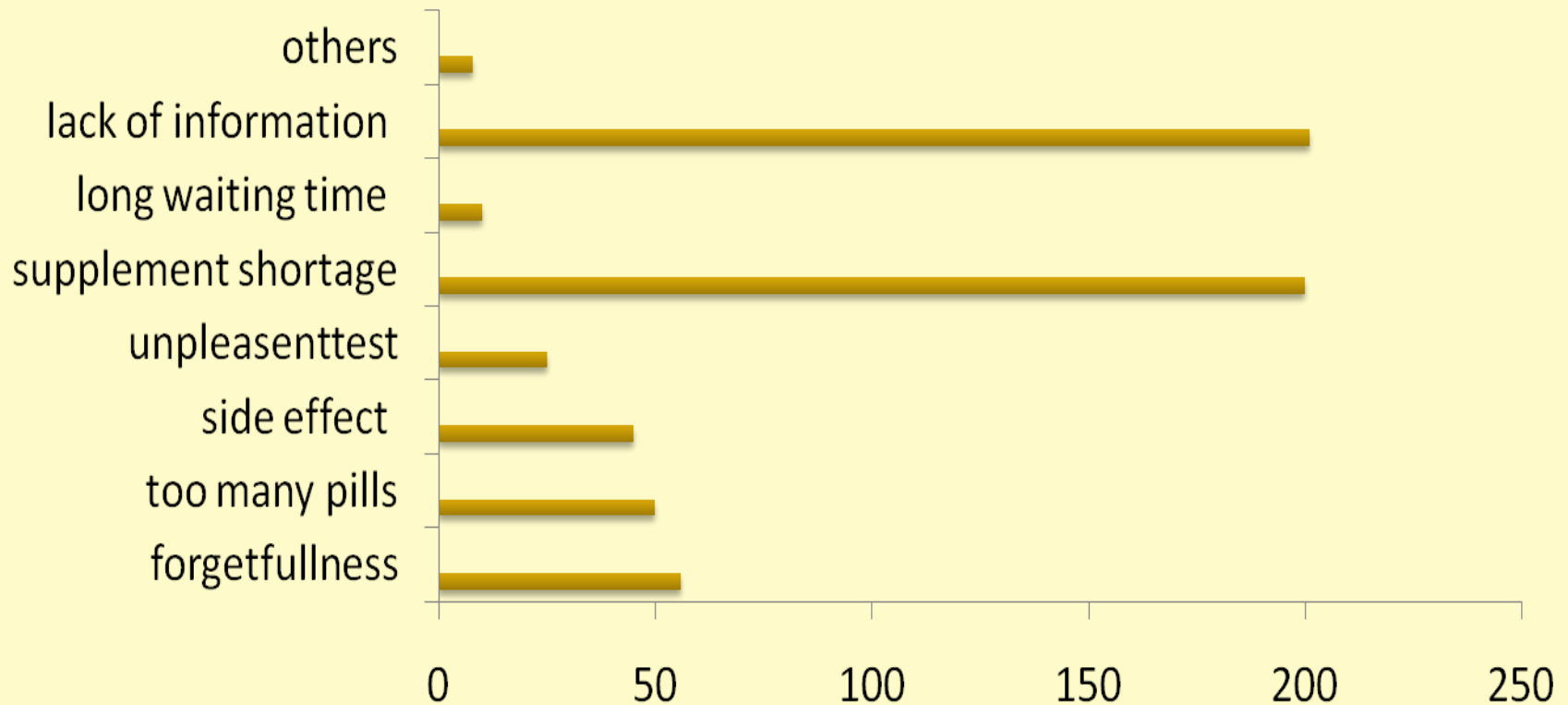
Results and discussion...

Reasons for not taking the supplement

- The study shows that the reasons for poor adherence to IFA supplement includes supplement shortage at Health, facility (49.3%), lack of information about how long to take the supplement(49.2%), forgetfulness(13.8%) and fear of side effect(11.1%).



Results and discussion...



Strength and limitation of the study

Strength of the study

- community level assessment of adherence to IFA

Limitation

- Gold standard method of measuring adherence like electronic and pills counting method were not used as it is expensive and due to time constraint
- Recall bias



Conclusion

- The adherence rate to IFA supplements is low among pregnant women attending ANC in the study area.
- Educational status of mother, Knowledge on anemia, Knowledge on benefits of iron folic acid, and Health education at the time of supplement collection are Factors with significantly associated with adherence to IFA



Recommendation

For community Leaders

- Increase awareness of the community about importance of Iron/folic acid supplementation during pregnancy.

For ministry of Health and the regional health Bureau

- should ensure continuous and timely supply of IFA
- should conduct training courses on anemia and benefits of IFA during pregnancy for health personnel working in ANC



Recommendation

Woreda health office

- Sensitization of the community about anemia and IFA supplement during pregnancy through health Education.
- Outreach services to enhance access of supplements
- Engaging the extension health workers in distribution of the supplements



Recommendation...

Other sectors (Education Bureau, women and children's Affair and none governmental organizations working in the area)

- Improving the educational status of women

Researcher and scientific community

- Further researches on adherence to IFA using Gold slandered methods



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