

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. This study is conducted to estimate the prevalence of anemia among staff nurses in Narayana Medical College Hospital, Nellore. 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 shows that with regard to prevalence of anemia among staff nurses, 51(51%) had normal Hb level and 49(49%) had mild Hb level.

INTRODUCTION

Anemia continues to be a major health problem worldwide, particularly among females of reproductive age in developing countries. The high prevalence (43,904,406) of iron deficiency anemia in Indian respondents is explained due to poor iron and folic acid intake, nutritional deficiency (vit. A, B-12, folate), infection and hook worm infestation. The normal hemoglobin level for men is 13.5-17.3 gm/dl, for women is 12-15 gm/dl, for children is 12-16 gm/dl and for antenatal mother is 11.5-12 gm/dl. It is a common hematopoietic disorder.

WHO reports that in the year of 2011, anemia affects a population of 2 billion globally, United States shows 4.6 million affected population and 62% of deaths are reported on hospitals.

According to M. Linda Workman, out of the different types of anemia the most important is iron deficiency anemia and affects a large population. (or) There are about 47000 cases under hospitalization. The country wise distribution of anemia shows a prevalence of 12,105,081 in USA, 336,980 in

Australia 53,431,117 in China, 43,904,406 in India, 1,832,257 in South Africa in the year of 2005-2007.

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.

ASSUMPTION: The prevalence of anemia may be high among staff nurses.

DELIMITATIONS

- ❖ The study is delimited to Narayana Medical College Hospital, Nellore.
- ❖ A sample size of 100 staff nurses only.

METHODOLOGY:

RESEARCH APPROACH:

Quantitative research approach was adopted.

RESEARCH DESIGN:

Descriptive research design was used.

SETTING OF THE STUDY: Narayana Medical College Hospital.

TARGET POPULATION:

The population for this study consists of staff nurses, working in Narayana Medical College Hospital.

SAMPLING TECHNIQUE:Probability simple random sampling technique

SAMPLE SIZE: 100 staff nurses.

Inclusion criteria:

- ❖ Staff nurses those who are working in Narayana Medical College Hospital.
- ❖ Staff nurses include both male and female.
- ❖ Staff nurses who are willing to participate in the study.

Exclusion criteria: Staff nurses who are on leave.

DESCRIPTION OF TOOL:

It consists two parts

Part-A: Deals with demographic variables.

The demographic variables include the age, sex, religion, education qualification, marital status, type of family, diet, area of work, year of experience, weight, height, BMI and area of place.

Part - B: Deals with observational checklist.

Observational check list was used to assess the clinical manifestations of anemia among staff nurses. It consist 55 items.

Scoring Key

Prevalence of anemia	Score
Normal	≤14
Mild anemia	15-28
Moderate anemia	28-43
Severe anemia	≥44

Part – C: Deals with Hb estimation.

Hemoglobin estimation by using sahli's method and WHO classification of anemia was used to determine the prevalence of anemia.

Scoring Key

Prevalence of Anemia	Score
Normal	12-15 gm/dl
Mild anemia	10-11.9 gm/dl
Moderate anemia	7-9.9 gm/dl
Severe anemia	<7 gm/dl

RESULTS:

Table No 1:Frequency and percentage distribution based on observational checklist regarding clinical

manifestations of anemia among staff nurses in Narayana Medical College and Hospital, Nellore.

	Frequency	Percentage (%)
Normal	51	51
Mild anemia	49	49
Total	100	100

Table No 1 shows that with regard to prevalence of anemia among staff nurses, 51(51%) had normal Hb level and 49(49%) had mild Hb level.

Fig No 1: Frequency and percentage distribution based on Hb estimation regarding of anemia among staff nurses in Narayana Medical College and Hospital, Nellore.

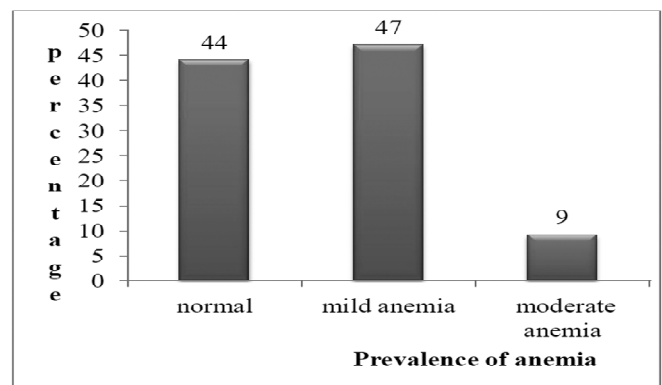


Table no 2: Association of prevalence of anemia among staff nurses based on checklist with their socio demographic variables. (N=100)

Socio Demographic Variables	Normal		Mild		Chi-Square
	f	%	f	%	
Gender					CV-17.96 TV-7.82 df-3 S* P-0.05
a) Male	18	18	1	1	
b) female	33	33	48	48	

Table No 2 shows that gender had significant association with prevalence of anemia based on observational checklist.

CONCLUSION: The findings of the study showed that among 100 staff nurses 51(51%) of staff nurses

have normal Hb level and 49(49%) of staff nurses have mild anemia. And the study shows that 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 sociodemographic variables such as sex.

IMPLICATIONS OF THE STUDY: The finding of the present study had several implications in the field of nursing education, nursing practice, nursing administration and nursing research.

NURSING PRACTICE: The nurse should develop skills regarding effects and prevention of anemia, they should educate regarding lifestyle modification to reduce anemia.

NURSING ADMINISTRATION:

The administration should provide information regarding the effects of anemia among staff nurses. There should be an increase in the proportion of health department that have established competent health promotion.

NURSING RESEARCH: The essence of research is to built up a body of knowledge in nursing which is an evolving profession. The research findings may help to know the prevalence of anemia among staff nurses.

NURSING EDUCATION: Nursing education helps the staff nurses to develop more insights on new content which will enable them to develop awareness on effects of anemia.

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