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Predictors of Anaemia among Pregnant Women Booking for Antenatal Care at Federal Medical Centre, Bida, Niger State, Nigeria

Prédicteurs de l'Anémie chez les Femmes Enceintes Consultant pour des Soins Prénatals au Centre Médical Fédéral, Bida, État du Niger

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ABSTRACT

BACKGROUND: Maternal anaemia results in morbidity and mortality in both the mother and the unborn child.

INTRODUCTION: Several factors have been found to determine anaemia among pregnant women but vary from place to place depending on the population and setting of the study. We thus set out to determine predictors of anaemia among pregnant women at booking in FMC, Bida.

METHODS: This is a descriptive cross-sectional study carried out over a period of three (3) months among 248 pregnant women booking for Antenatal Care (ANC) at the ANC Clinic of the Federal Medical Centre (FMC), Bida, Niger state.

RESULTS: The mean haemoglobin concentration was 10.2 ± 1.0 g/dl and 72.6% of all the women were anaemic (haemoglobin concentration < 11 g/dl). Anaemia was significantly related to Religion (Islam) ($p < 0.001$), Ethnicity (Yoruba) ($p < 0.001$), the Gestational age (second trimester) at booking ($p = 0.013$), Inter-pregnancy interval (< 2 years) ($p < 0.001$), microcytic red blood cell ($p < 0.001$) and hypochromic red blood cell ($p < 0.001$) morphology and absence of fever ($p = 0.043$) in index pregnancy. In the final analysis at the multivariate level hypochromic red blood cells (OR = 0.049, $p = 0.001$, CI = 0.008-0.307), Gestational age (second trimester) at booking (OR = 3.465, $p = 0.011$, CI = 1.323-9.077) and Religion (Islam) (OR = 4.309, $p = 0.006$, CI = 1.520-12.215) remained significant independent predictors of anaemia.

CONCLUSION: Anaemia in pregnancy is still a frequent finding, and it's linked to diets poor in iron and folate, booking in the second trimester, and religion. The prevalence and severity of anaemia in pregnancy will be considerably reduced by early booking, and iron/folate nutritional interventions. **WAJM 2023; 40(8): 831-837.**

Keywords: Anaemia, ANC, Pregnancy, Predictors.

RÉSUMÉ

CONTEXTE: L'anémie maternelle entraîne la morbidité et la mortalité de la mère et de l'enfant à naître.

INTRODUCTION: Plusieurs facteurs ont été trouvés pour déterminer l'anémie chez les femmes enceintes, mais ils varient d'un endroit à l'autre en fonction de la population et du cadre de l'étude.

Nous avons donc entrepris de déterminer les facteurs prédictifs de l'anémie chez les femmes enceintes au moment de la réservation dans le FMC de Bida.

MÉTHODES: Il s'agit d'une étude transversale descriptive menée sur une période de trois (3) mois auprès de 248 femmes enceintes qui ont pris rendez-vous pour des soins prénatals (ANC) à la clinique ANC du Federal Medical Centre (FMC), Bida, dans l'État du Niger.

RESULTATS: La concentration moyenne d'hémoglobine était de $10,2 \pm 1,0$ g/dl et 72,6% de toutes les femmes étaient anémiques (concentration d'hémoglobine < 11 g/dl). L'anémie était significativement liée à la religion (Islam) ($p < 0.001$), à l'ethnie (Yoruba) ($p < 0.001$), à l'âge gestationnel (deuxième trimestre) lors de la réservation ($p = 0.013$), à l'intervalle entre les grossesses (< 2 ans) ($p < 0.001$), à la morphologie des globules rouges microcytaires ($p < 0.001$) et hypochromes ($p < 0.001$) et à l'absence de fièvre ($p = 0.043$) au cours de la grossesse de référence. Dans l'analyse finale au niveau multivarié, les globules rouges hypochromes (OR = 0.049, $p = 0.001$, CI = 0.008-0.307), l'âge gestationnel (deuxième trimestre) lors de la réservation (OR = 3.465, $p = 0.011$, CI = 1.323-9.077) et la religion (Islam) (OR = 4.309, $p = 0.006$, CI = 1.520-12.215) sont restés des prédicteurs indépendants significatifs de l'anémie.

CONCLUSION: L'anémie pendant la grossesse est encore fréquente, et elle est liée à des régimes pauvres en fer et en folate, à la réservation au cours du deuxième trimestre, et à la religion. La prévalence et la gravité de l'anémie pendant la grossesse seront considérablement réduites par une prise en charge précoce et des interventions nutritionnelles à base de fer et de folate. **WAJM 2023; 40(8): 831-837.**

Mots clés: Anémie, ANC, Grossesse, Prédicteurs.

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