

**FACTORS CONTRIBUTING TO ANAEMIA AMONG ANTENATAL  
MOTHERS IN GARISSA COUNTY: A CASE STUDY OF GARISSA  
PROVINCIAL HOSPITAL**

BY

**SOFIA IBRAHIM ABDI  
BPHARM 09/04719**

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## ABSTRACT

Anaemia is a global public health problem affecting both developing and developed countries with major consequences for human health as well as social and economic development. It occurs at all stages of life cycle, but is more common in pregnant women and young children. It occurs when the concentration of haemoglobin falls below what is normal for a person's age, gender and environment, resulting in the oxygen carrying capacity of the blood being reduced. A common etiological classification of anaemia identifies 3 major causative groups of anaemia; Nutritional, bone marrow and haemolytic diseases.

The main purpose of the study was to establish the factors contributing to anaemia among antenatal mothers. The study was to establish the effects of prenatal care contributing to anaemia among antenatal mother. It was conducted in Garissa Provincial Hospital. The targeted key informants were the antenatal mothers. The researcher adopted census sampling technique to select 50 antenatal mothers. Questionnaires were used to collect data from the antenatal mothers. Descriptive statistics was used in the analysis of data, this included the use of frequency tables and percentages and data was presented in the form of tables and diagrams. This demonstrated that there was a high occurrence of anaemia among pregnant mothers in the primary health centre. The study showed that 25 out of 50 antenatal mothers have moderate anaemia; translating into 50% of the sample population. Given the impact of anaemia on pregnancy outcomes, it is clearly advantageous for clinicians to have a practical and efficient means of screening and treating anaemia in the district hospital and other health centre. The findings of the research was to established that majority of the respondents confided that prenatal care enables the mothers to rarely visit the clinic for checkup. The study also assessed the effects of mother's health seeking behaviour contributing to anaemia among antenatal mothers. The findings also showed that maternal health seeking behaviour have made the mothers aware of a health deviation during antenatal clinic visits. The recommendation are, health promotion and disease prevention campaigns be organized at places of contact with pregnant mothers and the socio-economic status of the mother should be enhanced in line with the Millennium Development Goals that have to be achieved by the year 2015. These goals include eradicating extreme poverty, reducing child mortality rates, improving maternal health, fighting disease epidemics and developing a global partnership for development. Health education should be given to pregnant mothers on family planning and need to gynecological evaluation before pregnancy. Antenatal mothers should visit antenatal clinics as prescribed by the doctors. Education on quality improvement for health personel should be implemented to improve quality of risk detection for pregnant mothers.