



Knowledge, Attitude And Practice Regarding Vitamin-D Deficiency In Pregnancy- Global Scenario: A Brief Review.

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Abstract

Maternal vitamin D deficiency has been associated with biochemical evidence of disordered skeletal cardiovascular disease ,cancers ,diabetes , homeostasis, infection, allergy and pregnancy complications Vitamin D insufficiency has been observed worldwide in pregnant women. Pregnant women are high risk problem of vitamin D deficiency. There is always a feeling of fatigue due to lack of vitamin D in pregnancy . Bone pain, Muscle pain and cramps are accompanied by weakness, mood swings and increased irritability. Due to lack of vitamin D in the body, the level of glucose in the blood starts increasing ,due to which the mother may be at risk of diabetes. During pregnancy ,there are many changes in the body of women. Sometimes there is a problem due to hormonal imbalance, during pregnancy severe. It increased risk of preeclampsia. Vitamin D insufficiency also associated with preterm births given the immunomodulatory and anti-inflammatory properties of vitamin D.

Keywords: Vitamin D deficiency, Pregnancy, KAP study.

Introduction

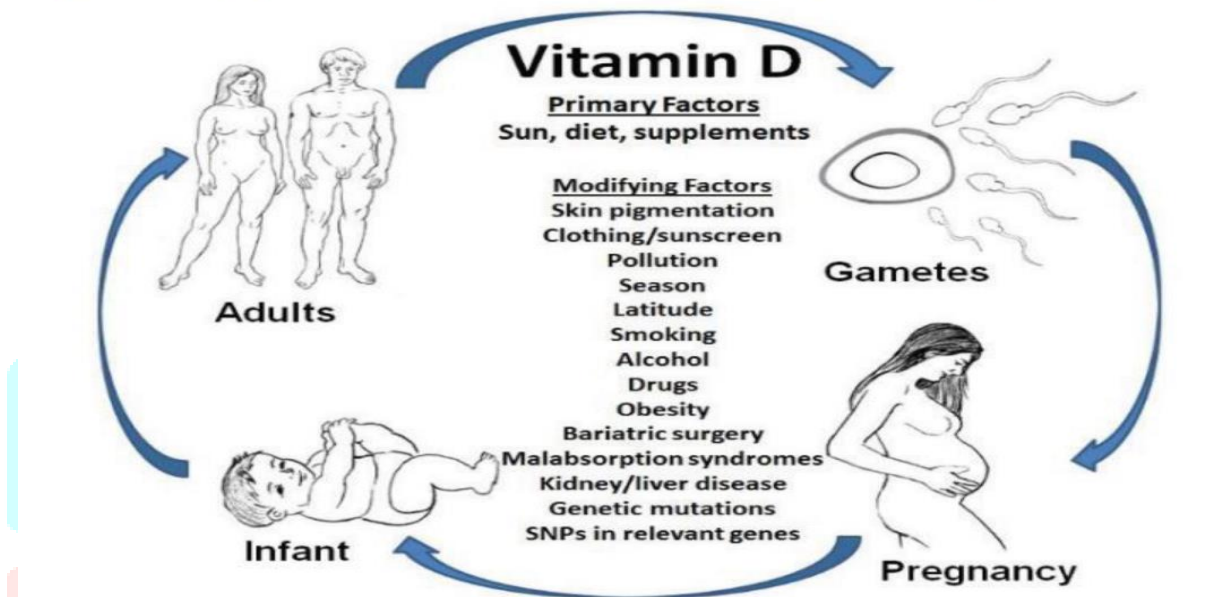
Vitamin D is an important nutrient that is essential for maintaining good health. It is needed for strong bones and teeth, a healthy immune system, and overall well-being. Vitamin D is especially important during pregnancy, as it is needed for the healthy development of the fetus. Despite its importance, vitamin D deficiency is common in pregnant women, and can have serious consequences for both the mother and baby. This research article aims to explore the knowledge, attitude, and practices of pregnant women regarding vitamin D deficiency, and the interventions that have been implemented to address this issue.

Knowledge about Vitamin D Deficiency in Pregnancy

Vitamin D deficiency is a common problem in pregnant women, and it can have serious consequences for both the mother and baby. Despite this, many pregnant women are not aware of the importance of vitamin D, or the risks associated with deficiency. A study conducted in Saudi Arabia found that only 44.2% of pregnant women had adequate knowledge about vitamin D, and only 35.2% knew that vitamin D deficiency could lead to rickets in infants (Al-Harbi et al., 2019).

Similar findings were reported in a study conducted in India, which found that only 33% of pregnant women had heard of vitamin D, and only 12.6% knew that vitamin D deficiency could lead to rickets (Kulkarni et al., 2018). These findings suggest that there is a need for greater awareness and education regarding the importance of vitamin D in pregnancy.

Figure 1. Modifying factors that can affect vitamin D status throughout the life cycle.



Attitudes towards Vitamin D Supplementation

While many pregnant women are not aware of the importance of vitamin D, those who are aware may have a positive attitude towards supplementation. A study conducted in Iran found that 70.4% of pregnant women had a positive attitude towards vitamin D supplementation, and 69.6% were willing to take supplements if recommended by their healthcare provider (Ghodsai et al., 2019).

Similar findings were reported in a study conducted in Saudi Arabia, which found that 71.5% of pregnant women had a positive attitude towards vitamin D supplementation, and 62.5% were willing to take supplements if recommended by their healthcare provider (Al-Harbi et al., 2019).

However, there are also negative attitudes towards vitamin D supplementation. A study conducted in Egypt found that some pregnant women believed that taking supplements during pregnancy was unnecessary, and that a healthy diet was sufficient to meet their nutritional needs (El-Ruby et al., 2018). These findings suggest that there is a need for greater education and awareness regarding the benefits of vitamin D supplementation in pregnancy.

Practices regarding Vitamin D Supplementation

Despite the positive attitudes towards vitamin D supplementation, many pregnant women do not take supplements as recommended. A study conducted in Pakistan found that only 19.6% of pregnant women were taking vitamin D supplements as recommended by their healthcare provider (Zaidi et al., 2021).

Similar findings were reported in a study conducted in India, which found that only 17.5% of pregnant women were taking vitamin D supplements as recommended (Kulkarni et al., 2018). These findings suggest that there is a need for interventions to improve the uptake of vitamin D supplements in pregnancy.

Interventions to Address Vitamin D Deficiency in Pregnancy

A number of interventions have been implemented to address vitamin D deficiency in pregnancy. One approach is to provide education and awareness-raising campaigns to increase knowledge about the importance of vitamin D. A study conducted in Iran found that a health education intervention increased knowledge about vitamin D, and improved attitudes towards supplementation (Ghodsi et al., 2019). Another approach is to provide vitamin D supplements to pregnant women.

