



“A Study To Assess The Knowledge And Practice Regarding Dietary Pattern Among The Anemic Clients In Smvmch ,Puducherry.”

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ABSTRACT

STATEMENT OF THE PROBLEM:

A study to assess the knowledge and practice regarding dietary pattern among the anemic clients in SMVMCH ,Puducherry.

OBJECTIVES:

To assess the level of knowledge and practice regarding dietary pattern among anaemic clients .

To associate the level of knowledge and practice regarding dietary pattern among anaemic clients with their selected demographic variables.

RESEARCH METHODOLOGY:

A quantitative research approach was adopted for this present study. A descriptive research design was adopted for this study. The study sample comprises of all the anaemic clients at SMVMCH Puducherry. Sample size consists of 30 clients present at the time of data collection at SMVMCH at Puducherry . A Purposive sampling technique was adopted for this present study.

MAJOR FINDINGS OF THE STUDY:

The findings reveal that Majority of the anaemic clients 30% of them had moderately adequate knowledge, 0% of them had inadequate and adequate knowledge and the mean and standard deviation of level of knowledge regarding is (14.63333+1.884297) respectively.

The demographic variable of family type and income had shown statistically significant association of the level of knowledge on regarding dietary pattern of anaemia with chi-square value of ($\chi^2=0.277$, $df=1$) at $p>0.05$ level and ($\chi^2=0.259$, $df=2$) at $p>0.05$ level .

The demographic variable of bad habits had shown statistically significant association of the level of practices regarding dietary pattern of anaemia with chi-square value of ($\chi^2=0.177$, $df=1$) at $p>0.05$ level.

CONCLUSION

This study implies that it helps to improve the level of knowledge and practices regarding dietary pattern among anaemic clients and to develop knowledge on its dietary management on the basis of results it can be conducted, that the level of knowledge was mostly moderately adequate regarding dietary pattern among anaemic client.

I.INTRODUCTION:

Anaemia is a critical public health problem in India that affects women and children throughout the lifecycle. Anaemia is a common nutritional deficiency disorder and global public health problem which affects both developing and developed countries .Anaemia in boys and girls limits their development, learning ability, reduces concentration in daily tasks, increases their vulnerability to infection, increases school dropout rates, reduces physical fitness and work productivity. Anaemia in girls during pregnancy is associated with premature births, low birth weight, and peri-natal and maternal mortality. Anaemia is defined as a low number of red blood cells. In a routine blood test, anaemia is reported as a low haemoglobin or haematocrit.

II.RESEARCH METHODOLOGY:

Research methodology is a way to solve the problem systematically. It indicates the general pattern of organizing the procedures for gathering the valid and reliable data for the purpose of investigations. This chapter deals with methodology adopted to assess the knowledge and practice regarding dietary pattern among the anaemic clients .

It includes research approach, research design, setting, population, sample, sample size, sample technique, selection and development of tool, description of tool and data collection technique and plan for data analysis.

RESEARCH APPROACH:

A quantitative research approach used in this study to evaluate the level of knowledge and practice regarding dietary pattern of anaemia..

RESEARCH DESIGN :

A pre- experimental research design (one group pre-test design) is used to assess the level of knowledge and practice regarding dietary pattern among anemic clients.

VARIABLES:

DEPENDENT VARIABLES:

In this study, the dependent variable refers to knowledge and practice regarding dietary pattern of anemic clients.

RESEARCH SETTING:

The study is conducted at the Sri Manakula Vinayagar Medical College And Hospital. Kalitheerthalkuppam , Puducherry.

.SAMPLE ;

The study sample consists of anaemic patients in Sri Manakula Vinayagar Medical College And Hospital who will meet the inclusion criteria during the period of study.

SAMPLE SIZE:

The sample size of the study consists of 30 anaemic patients.

SAMPLING TECHNIQUE:

In this study, Probability sampling technique is used. Samples for this study is selected by Purposive sampling technique.

SAMPLING CRITERIA:**INCLUSION CRITERIA:**

Those who will be available during the period of data-collection.

Those who are willing to participate in the study.

Those who are belongs to 20-69 years of age .

EXCLUSION CRITERIA:

Children's will not be participate during the time of data collection .

DESCRIPTION OF TOOL:

It consists of two parts :

Section A:Demographic data

Section B:Multiple choice questionnaire

Section A:

Items on demographic variables consisting of age ,religion, education, place of living. family monthly income , occupation ,family type etc.

Section B:

Structured interview questionnaire to assess the knowledge regarding dietary pattern of anaemic clients . It has 30 questions. It is prepared by the investigator after referring many literatures and then the questionnaire was validated by experts from nursing and medical.

The scores are listed below in the table:

Score	Knowledge
1-10	Inadequate
11-20	Moderately adequate
21-30	Adequate

Section B:

Observation checklist is used to assess the practice regarding dietary pattern of anaemic clients . It has 10 questions. The scores are listed below in the table:

SCORE	PRACTICES
1 to 5	GOOD
6 to 10	BAD

DATA COLLECTION PROCEDURE:

A formal permission to conduct the study was obtained from the authorities of the hospital and got oral consent from anaemic clients. The nature of the study was briefly explained to them and it was ensured by the investigators that the normal routine of the hospital would not be disturbed.

A schedule was planned for one week. The clients who have fulfilled the inclusion criteria were selected. After selection of the samples the anaemic clients were interviewed personally and demographic data was collected.

After that, by using the prepared knowledge questionnaire and observation checklist and the same is given to the anaemic clients who are admitted in Manakula Vinayagar Medical College And Hospital. to gain knowledge regarding dietary pattern of anaemia.

III.RESULTS:

Table 1: Frequency and percentage wise distribution of demographic variables among Dietary pattern among anaemic clients . (N=30]

S.NO	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
01	Age: a) 20-30 years b) 31-40years c) 41-50 years d) 51- 60 years	06 04 09 11	20 13 30 37
02	Gender: a)Male b) Female	24 06	80 20
03	Religion: a) Hindu b)Christian c) Muslims d)Others	29 0 01 0	97 0 3 0

04	Educational status: a)Illiterate b)Primary Level	04 09	13 30
05	c)Higher Secondary Level d)Graduate Occupation: a)Unemployed b)Agriculture	14 03	47 10
06	c)private d)government Income: a)<5000\ - month b)6000-10000 \ -month	13 07 10 0	43 23 33 0
07	c)11,000-20,000\ -month d)above20,000\ -month Marital Status: a)married b)unmarried	12 0	40 0
08	c)widow d)divorced Family Type: a)Nuclear b)Joint	28 0 02 0	93 0 07 0
09	Dietary History: a)Vegetarian b)Non Vegetarian	29 01	96 03
10	Do you have any bad habits a)Yes b)No	0 0 30	0 0 100
	The percentage distribution of age of the samples. Among 30 samples 51-60 years were 11 (37%) who were the highest of the other age group , 21-30 years of 6 (20%), 31-40 years of 4 (13%), 41-50 years of 9 (30%).In the aspects of Gender data shows that 24 (80%) were male, 6 (20%) were female. Male are more in numbers than female. In the aspects of religion Hindu were 29(97%) who were the highest of the other religion, Christian were 1 (3%), Muslims were 0 (0%),others were 0(0%). Educational status of the clients were secondary level 14(47%) who were the highest of the other educational status, Illiterate were 4 (13%), primary level were 9 (30%), graduate were 03(10%).In the aspects occupation of the samples were unemployed 13(43%) who were the highest of the other occupation , agriculture were 5 (17%), private were 12 (40%), government were 0(0%).In the aspects of income of the samples were 6000-10000 \ -month 13(43%) who were the highest of the other income, <5000\ - month were 5 (17%),11,000-20,000\ -		

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month were 12(40%), above20,000\month were 0(0%). The marital status of the samples 28 (93%) were married and widow is 02 (7%). In the aspects of family type samples 29 (96%) were nuclear family, 1(3 %) were joint family. Nuclear family are more in numbers than joint family. The dietary history of the samples were 30 (100%) who were the highest of the other dietary history, vegetarian were 0 (0%), non vegetarian were 0(0%). The bad habits of the samples 25(83%) were no bad habits ,5 (17%) were others have a bad habits .

Table 2: Frequency and percentage wise distribution of knowledge regarding Dietary pattern among anaemic clients in SMVMCH , Puducherry. (N=30)

SCORING INTERPRETATION		
	N	%
Inadequate	-	-
Moderately adequate	30	100
Adequate	-	-

The above table reveals that the existing knowledge regarding dietary pattern among anaemia clients in SMVMCH at Puducherry . Considering knowledge, 30% of them had moderately adequate knowledge, 0% of them had inadequate and adequate knowledge

Table 3: Frequency and percentage wise distribution of practice regarding Dietary pattern among anaemic clients in SMVMCH , Puducherry. (N=30)

SCORING INTERPRETATION		
	N	%
Poor	1	10
Good	9	90

The above table reveals that the existing practices regarding dietary pattern among anaemia clients in SMVMCH at Puducherry. Considering practice, 90% of them had good practice and 1% of them had bad practices.

Table 4: Mean and standard deviation of knowledge regarding Dietary pattern among anaemic clients in SMVMCH , Puducherry. (N=30)

MEAN	STANDARD DEVIATION
14.63333	1.884297

The mean and standard deviation of level of knowledge regarding dietary pattern among anaemia is (14.63333+1.884297) respectively.

Table 5: Mean and standard deviation of practice regarding Dietary pattern among anaemic clients in SMVMCH , Puducherry. (N=30)

MEAN	STANDARD DEVIATION
14.63333	1.884297

The mean and standard deviation of level of practices regarding dietary pattern among anaemia is (14.63333+1.884297) respectively.

Table 6: Association between the level of knowledge regarding dietary pattern among anaemic clients with their selected demographic variables.

S.No	Demographic variables	Inadequate		Moderately Adequate		Adequate		X2
		N	%	N	%	N	%	
1.	Age:							

2.	a) 20-30 years	0	0	3	10	3	10	.962
	b) 31-40years	0	0	2	7	2	7	df=3
	c) 41-50 years	0	0	6	20	3	10	0.810
	d) 51- 60 years	0	0	5	16	6	20	
	Gender							.033
3.	a) Male	0	0	3	10	3	10	df=1
	b) Female	0	0	13	43	11	37	0.855
	Religion:							
4.	a) Hindu	0	0	16	53	13	43	1.182
	b) Christian	0	0	0	0	0	0	df=1
	c) Muslims	0	0	0	0	1	3	0.277
	d) Others	0	0	0	0	0	0	
	Educational status:							
5.	a) Illiterate	0	0	3	10	1	3	1.317
	b) Primary Level	0	0	5	17	4		df=3
	13							0.725
	c) Higher Secondary Level	0	0	7	23	7	23	
	d) Graduate	0	0	1	3	2	7	
6.	Occupation:							
	a) Unemployed	0	0	7	23	6	20	0.087
	b) Agriculture	0	0	4	13	3		df=2
	10							0.958
	c) Private	0	0	5	17	5	17	
7.	d) Government	0	0	0	0	0	0	
	Income:							
	a) <5000\ - month	0	0	4	13	1	3	2.704
	b) 6000-10000 \ -month	0	0	5	17	8		df=2
	27 c) 11,000-20,000\ -month	0	0	7	23	5		0.259
8.	17							

	d) above 20,000\ month	0	0	0	0	0	0	
7.	Marital Status:							
	a) Married	0	0	15	50	13	43	0.010
	b) Unmarried	0	0	0	0	0	0	df=1
	c) Widow	0	0	1	3	1	3	0.922
	d) Divorced	0	0	0	0	0	0	
8.	Family Type:							1.182
	a) Nuclear	0	0	16	53	13	43	df=1
	b) Joint	0	0	0	0	1	3	0.277
9.	Dietary History:							1
	a) Vegetarian	0	0	0	0	0	0	df=1
	b) Non Vegetarian	0	0	0	0	0		1
	0							
	c) Both	0	0	16	53	14	47	
10.	Do you have any bad habits							0.107
	a) Yes	0	0	3	10	2	7	df=1
	b) No	0	0	13	43	12	40	0.743
	*-p<0.05, significant and **-p<0.001, highly significant							

The demographic variable of family type had shown statistically significant association of the level of knowledge on regarding dietary pattern of anaemia with chi-square value of ($\chi^2=0.277$, df=1) at $p>0.05$ level. In aspects of income had shown statistically significant association of the level of knowledge on regarding dietary pattern of anaemia with chi-square value of ($\chi^2=0.259$, df=2) at $p>0.05$ level. In aspects of family type had shown statistically significant association of the level of knowledge on regarding dietary pattern of anaemia with chi-square value of ($\chi^2=0.277$, df=1) at $p>0.05$ level.

The other demographic variables had not shown statistically significant association with the level of knowledge on regarding dietary pattern of anaemia.

Table 7: Association between the level of practice regarding dietary pattern among anaemic clients with their selected demographic variables.

S.No variables	Demographic	Poor		Good		X ²
		N	%	N	%	
1.a	Age:					
	a) 20-30 years	1	3	5	17	3.490
	b) 31-40years	2	7	2	7	df=3
	c) 41-50 years	3	10	6	20	0.322
	d) 51- 60 years	1	1	10	33	
2.	Gender					.186
	a) Male	1	3	5	17	df=1
	b) Female	6	20	18	60	0.666
3.	Religion:					
	a) Hindu	7	23	22	73	.315
	b) Christian	0	0	0	0	df=1
	c) Muslims	0	0	1	3	0.575
	d) Others	0	0	0	0	
4.	Educational status:					
	a) Illiterate	1	3	3	10	1.140
	b) Primary Level	1	3	8	27	df=3
	c) Higher Secondary Level	4	13	10	33	0.767
	d) Graduate	1	3	2	7	
5.	Occupation:					
	a) Unemployed	2	7	11	37	2.332
	b) Agriculture	1	3	6	20	df=2

	c) Private	4	13	6	20	0.312
	d) Government	0	0	0	0	
6.	Income:					
	a) <5000\ - month	2	7	3	10	1.075
	b) 6000-10000 \ -month	3	10	10	33	df=2
	c) 11,000-20,000\ -month	2	7	10	33	0.584
	d) above20,000\ - month	0	0	0	0	
7.	Marital Status:					
	a) Married	6	20	22	73	.852
	b) Unmarried	0	0	0	0	df=1
	c) Widow	1	3	1	3	0.356
	d) Divorced	0	0	0	0	
8.	Family Type:					.315
	a) Nuclear	7	23	22	73	df=1
	b) Joint	0	0	1	3	0.575
9.	Dietary History:					1
	a) Vegetarian	0	0	0	0	df=1
	c) Non Vegetarian	0	0	0	0	1
	d) Both	7	23	23	77	
10.	Do you have any bad habits					1.826
	a) Yes	0	0	5	17	Df=1
	b) No	7	23	18	60	0.177
	*-p<0.05, significant and **-p<0.001, highly significant					

The demographic variable of bad habits had shown statistically significant association of the level of practices regarding dietary pattern of anaemia with chi-square value of ($\chi^2=0.177$, df=1) at $p>0.05$ level.

The other demographic variables had not shown statistically significant association with the level of practice regarding dietary pattern of anaemia.

IV.CONCULSION

NURSING IMPLICATIONS :

The study has implications for nursing practice, nursing education, Nursing administration and Nursing approach.

NURSING PRACTICE :

The community health Nurse has primary responsibility to give enough knowledge and practices regarding dietary pattern of anaemia among anaemic clients .To motivate the client with anaemia to practices appropriate dietary pattern of anaemia

NURSING EDUCATION :

Efforts should be made and expand the nursing curriculum to provide to more content in the area of nursing care through menopausal problems. So that the students are able to develop themselves in rendering the care of anaemic patients pacing with futuristic digitalized health care.

The post-graduate Nursing students may be provided the necessary knowledge regarding management of dietary pattern of anaemia through organizing workshops, conferences and seminars to anaemic patient in hospital.

NURSING ADMINISTRATION

Nursing administration can make necessary policies to implement the nursing care through the management of dietary pattern of anaemia. Nurse administrators can organize the in service education program and conduct awareness home base management of anaemia .

The administrators need to become assertive in the formulation of polices in clinical practice to promote impact health education to the patients. Nurse administrators should make arrangements for the

provision of facilities for innovative strategies for conducting various health awareness programmes to the patients in the wards and outpatient departments.



The administrators should initiate health education in the community by utilizing the staff, preparing them through adequate training and encouragement to conduct such activity. The good administrator's role involves the effective communication and updating knowledge.

NURSING RESEARCH :

The finding of the study help the community health nurse and students to develop inquiry by providing baseline. The general aspect of the study can be made by further replication of the study.

This study helps the nurse research to develop the nursing care guide regarding dietary pattern of anaemia. The study findings serve as the basis for all nursing professionals and students to conduct further research studies.

RECOMMENDATIONS:

Based on the findings of the present study the following recommendations have been made. A Similar study can be conducted in other parts of the country with large sample. The study can be replicated with larger samples for better generalizations.

The study can be implemented in the various states of India. The same study can be conducted in different settings. The study can be done a longitudinal study. Qualitative research can also be conducted on this topic through focus group discussion.

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