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**BOOK OF ABSTRACTS**

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NEW NORMAL”**

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## **ASSESS THE KNOWLEDGE AND PRACTICE ON TOTAL IRON INTAKE AMONG PREGNANT MOTHERS ATTENDING ANTENATAL CLINIC AT TEACHING HOSPITAL BATTICALOA**

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**Background:** Iron deficiency anaemia during pregnancy is a common public health problem that negatively affects maternal and new born health. This study aims to identify the rate of maternal knowledge and compliance with the recommended iron supplementation during pregnancy and to identify factors associated with maternal compliance and non-compliance.

**Methods & Materials:** Hospital-based cross-sectional study was conducted from March 2021 to April 2022 among 194 pregnant mothers at THB. Pre tested, self-administered questionnaire was used to collect the data. The descriptive statistics (SPSS 28) was applied to get the frequency and percentage. Chi-square test was applied to describe the association between score on knowledge and practice of iron intake. The ethical approval was obtained from the Ethics Review Committee, Faculty of Health-Care Sciences, Eastern University, Sri Lanka

**Results:** This study identified that 70.00% of the mothers had moderate knowledge, 23.33% good knowledge and 6.67% poor knowledge regarding iron intake during pregnancy. There was an association between the educational status and knowledge level; 66% of non-educated mothers have poor knowledge. Main source of knowledge obtained from Health-Care workers, mainly from Doctors (68.3%) and Public health midwives (6.7%). In the present study, 75% of pregnant mothers had good compliance with iron supplements during pregnancy. Results revealed that compliance is strongly associated with the educational status of pregnant mothers where 83.72% of mothers who have educated up to Advanced level and University has practice on iron intake during pregnancy. Among the mothers who

have poor compliance with iron supplements during pregnancy, the main reasons were forgetfulness (53.3%) and side effects (33.3%). The main side effects among the pregnant mothers were nausea and vomiting (62.5%).

**Discussion and Conclusion:** Most of the pregnant mothers have moderate knowledge regarding total iron intake during pregnancy. Doctors are the main source of knowledge. Good compliance has been observed in well-educated mothers. Therefore, it is recommended that all the pregnant mothers should be educated properly regarding iron intake during pregnancy to reduce the risk of iron deficiency anaemia in pregnant women.

**Keywords:** *Iron deficiency, Anaemia, Knowledge & Compliance*