

ABSTRACT

Iron and folic acid tablets distributed during pregnancy, have been the major intervention to prevent anaemia in pregnant women. Although the supplementation is efficacious maternal anaemia is still prevalent.

The objective of the study was to describe the knowledge, attitudes and practices in the use of iron, folate in pregnancy among primi para admitted for delivery at G.H. Anuradhapura.

This study sample consisted of 218 primi para admitted for delivery at G.H. Anuradhapura during a period of one month. The main instrument was a structured pre coded questionnaire administered by trained interviewers.

Knowledge, attitudes and practices in the use of iron folate were assessed.

It was revealed that knowledge on anaemia and its causation was satisfactory among only 3 mothers, Knowledge in the use of iron folate supplements and side effects was also poor among the mothers in the study sample.

But the attitudes towards taking supplements and regularity of taking supplements were satisfactory. 71% of the mothers claimed that they took the iron folate supplements regularly.

Although practices and attitudes are good this may not be sustained as the knowledge is poor.

Mere delivery of the message and the tablets is not adequate to ensure success. Women must be convinced of the importance of iron for their health, and the health of their unborn child.

