

Effect of an educational and therapeutic intervention on the hemoglobin level of employees at Sathosa (CWE).

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The objective of the study was to assess the prevalence of anaemia among employees at Sathosa, and to detect some contributory factors for anaemia. Hundred and ninety three subjects in the age group between 20-59 were selected randomly and their iron and nutritional status was assessed using a questionnaire on socio-economic data, clinical symptoms, anthropometric measures, food frequency patterns, and the hemoglobin concentration was estimated by using cyanmeth hemoglobin method. In addition to this an educational and therapeutic intervention was conducted for a period of eight weeks. Anemia appeared to be a problem in female employees more than males. The income level had a negative correlation to anemia. Generalized body weakness was a significant clinical feature in our study subject being commoner in females. The body mass index was within normal range for both male and female workers. They did not have a protein energy deficiency. The educational and therapeutic intervention had been beneficial to the total study population reducing the prevalence of anemia in male workers from 39.1 per cent to 25.7 per cent and in female workers from 80.8 per cent to 43.6 per cent respectively. The effect of ferrous sulphate supplementation was greater in the female workers while it was not significant in the male workers. This may probably be due to the body iron content of individuals. Since the male workers had a mean hemoglobin concentration more than 130g/l they were already in iron balance and the absorption of iron from the duodenum would have been lower than for females. Educational intervention had been most beneficial to the younger age group females, and older age group males. Educational messages should be repeated periodically to reinforce the importance of certain food habits and personal habits to prevent anaemia.