

Anaemia and Maternal Health

For Prelims: Anemia and Maternal Health, Anemia, PPH, Anemia Mukta Bharat.

For Mains: Anemia and Maternal Health.

Why in News?

Recently, a study published in The Lancet Journal, titled- Maternal anaemia and the risk of postpartum haemorrhage: a cohort analysis of data from the WOMAN-2 trials, has found that there is a strong link between Anaemia and Postpartum Hemorrhage (PPH).

■ They used the data from the **World Maternal Antifibrinolytic-2 (WOMAN-2) trial.** This trial enrolled women with **moderate or severe anaemia** giving birth vaginally in hospitals in **Pakistan, Nigeria, Tanzania, and Zambia.**

What is Postpartum hemorrhage (PPH)?

- PPH is severe vaginal bleeding after childbirth.
- WHO-defined postpartum haemorrhage (estimated blood loss of at least 500 mL); and calculated **postpartum haemorrhage** (blood loss of ≥1,000 mL).
- It's a serious condition that can lead to death. Other signs of postpartum hemorrhage are dizziness, feeling faint and blurred vision.

What are the Findings of the Study?

Anaemia and PPH:

- Mean estimated blood loss was 301 mL for women with moderate anaemia and 340 mL for women with severe anaemia.
- Clinical postpartum haemorrhage occurred in 7.0% of women. The risk of clinical postpartum haemorrhage was 6.2% in women with moderate anaemia and 11.2% in women with severe anaemia.
 - This data is based on the trial involving 10,620 women.
- Severe anaemia is associated with seven times higher odds of death or near miss compared to moderate anaemia.

Anaemia and Pregnancy:

- Worldwide, over half a billion women of reproductive age are anemic.
- Approximately 70,000 postpartum deaths occur annually, mostly in low- and middleincome countries.

Blood Loss and Shock:

- Lower haemoglobin values associated with **increased blood loss** and clinical PPH.
- Women with anaemia have reduced oxygen-carrying capacity and are more susceptible to shock.
- Clinical diagnosis of postpartum haemorrhage linked to worse maternal function.

What are the Recommendations of WHO to Reduce PPH?

- It is suggested to use some of the drugs such as oxytocin, oral misoprostol drug etc., to prevent PPH.
 - Oxytocin is a commonly recommended medication to stimulate uterine contractions and reduce the risk of excessive bleeding.
- Late cord clamping (performed after 1 to 3 minutes after birth) is recommended for all births while initiating simultaneous essential newborn care.
 - **Early cord clamping (<1 minute after birth)** is not recommended unless the neonate is asphyxiated (baby's brain and other organs do not get enough oxygen and nutrients).

What is Anaemia?

Anemic Condition:

 It is a condition in which the number of red blood cells or their oxygen-carrying capacity is insufficient to meet physiologic needs, which vary by age, sex, altitude, smoking, and pregnancy status.

Causes:

 Iron deficiency is the most common cause of anaemia, although other conditions, such as folate, vitamin B12 and vitamin A deficiencies, chronic inflammation, parasitic infections, and inherited disorders can all cause anaemia.

Status in India:

The prevalence of anaemia among six groups as per the National Family Health Survey 5 (2019-21), is 25.0% in men (15-49 years) and 57.0% in women (15-49 years), 31.1% in adolescent boys (15-19 yrs), 59.1% in adolescent girls, 52.2% in pregnant women (15-49 years) and 67.1% in children (6-59 months).

What are Government Initiatives to Tackle Anemia?

- Anaemia Mukt Bharat(AMB): It was launched in 2018 as part of the Intensified National Iron Plus Initiative (NIPI) Program for accelerating the annual rate of decline of anaemia from one to three percentage points.
 - The target groups for AMB are Children 6-59 months, 5-9 years, Adolescent Girls & Boys of 10-19 years, Women of Reproductive Age (15-49 years), Pregnant Women and Lactating Mothers.

Weekly Iron and Folic Acid Supplementation (WIFS):

- This Programme is being implemented to meet the challenge of high prevalence and incidence of anaemia amongst adolescent girls and boys.
- The intervention under WIFS includes supervised weekly ingestion of Iron Folic Acid (IFA) tablet.

Operationalization of <u>Blood Bank</u>:

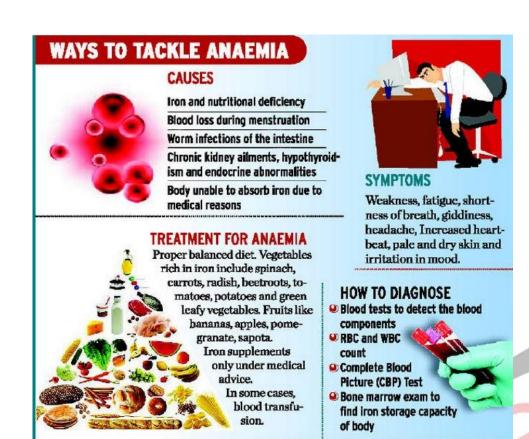
 In District Hospitals and Blood Storage Unit in subdistrict facilities such as Sub-Divisional Hospital/ Community Health Centers is being taken to tackle complications due to severe anaemia.

Pradhan Mantri Surakshit Matritva Abhiyan (PMSMA):

• It has been launched to focus on conducting special ANC check up on 9th of every month with the help of medical officers/ OBGYN to detect and treat cases of anaemia.

Other Steps Taken:

- To control worm infestation biannual deworming with Albendazole is provided.
- Health management information system & Mother Child tracking system is being implemented for reporting and tracking the cases of anaemic and severely anaemic pregnant women.
- Universal screening of pregnant women for anaemia is a part of ante-natal care and all pregnant women are provided iron and folic acid tablets during their ante-natal visits through the existing network of sub-centres and primary health centres and other health facilities as well as through outreach activities at Village Health & Nutrition Days (VHNDs).



UPSC Civil Services Examination, Previous Year Question (PYQ)

Prelims

Q. Consider the following statements in the context of interventions being undertaken under Anaemia Mukt Bharat: (2023)

- 1. It provides prophylactic calcium supplementation for pre-school children, adolescents and pregnant women.
- 2. It runs a campaign for delayed cord clamping at the time of childbirth.
- 3. It provides for periodic deworming to children and adolescents.
- 4. It addresses non-nutritional causes of anaemia in endemic pockets with special focus on malaria, hemoglobinopathies and fluorosis.

How many of the statements given above are correct?

- a) Only one
- b) Only two
- c) Only three
- d) All four Interventions of Anaemia Mukt Bharat:

Ans: (c)

Source: TH

