

Factors influencing the attitude and practice towards anaemia management among pregnant women attending primary healthcare clinics in the Kuala Langat district: A cross-sectional study

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ABSTRACT

Introduction: Clinical observation has shown suboptimal knowledge, attitude and practice (KAP) among pregnant women attending primary healthcare clinics in the Kuala Langat district. This study aims to determine the KAP of anaemia management among pregnant women and its associated factors. **Materials and Methods:** A cross-sectional study was carried out among 395 pregnant women from May to August 2023. We included pregnant women aged 18 years and above at 34 to 38 weeks of gestation and excluded those who were illiterate in the Bahasa Melayu language or had poor cognition. The KAP was assessed using a 49-item validated questionnaire: 19 questions (knowledge), 17 questions (attitude) and 13 questions (practice) related to anaemia during pregnancy, its common cause, signs, symptoms, treatment and prevention. **Results:** The majority (83.1%) attained good knowledge scores. 92.8% had poor attitude scores and 31.0% had poor practice scores. Using multivariate logistic regression analysis, two factors: (1) complications during pregnancy (OR=0.26, 95% CI 0.07, 0.97, p<0.046), (2) late bookers (OR=1.30, 95% CI 1.04, 1.62, p<0.022) were significantly associated with the poor attitude. Three factors: (1) spacing (OR=1.97, 95% CI 1.20, 3.25, p<0.008), (2) pre-pregnancy iron supplements (OR=0.62, 95% CI 0.39, 1.00, p<0.049) (3) good knowledge (OR=0.21, 95% CI 0.06, 0.74, p<0.015) were significantly associated with the poor practice. **Conclusion:** This study indicated poor attitudes among pregnant women. Primary care providers play a pivotal role in counselling and strengthening health literacy among pregnant women.