

"Prevalence of anaemia among rural community in Pin Tee village of Pyin Oo Lwin Township"

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Abstract

The importance of anaemia as a major public health problem throughout the world is widely recognized. The aim of this study was to determine the prevalence of anemia and severity of anemia among adult rural people in Pin Tee village of Pyin Oo Lwin Township. Community based, cross-sectional descriptive study was done during September to December 2015. A total of 263 people in which male 110 cases (41.8%) and female 153cases (58.2%) were enrolled and age distribution was from 18 to 86 years and the mean age was 44.58 years (SD-15.96 years). After taken 2ml of blood under aseptic condition, haematological parameters were measured by haematological auto-analyzer and blood film examinations were done. According to hemoglobin (Hb) cut-off levels defined by the World Health Organization (WHO) anaemia is defined as Hb <12g/dl for females and <13g/dl for males and severity was differentiated as severe (Hb < 8 g/dL), moderate (Hb 8 to <9.5 g/dL), and mild (Hb ≥ 9.5 g/dL) respectively. The overall prevalence of anaemia was 69 cases (26.2%) and severity of anaemia showed 44 cases (16.7%)as mild , 24 cases (9.1%) as moderate and only one case (0.4%)as severe anaemia respectively. There was significant association between sex distribution and severity of anaemia (p value= 0.03).In blood film examination, there were normal blood film 146 cases (55.5%), hypochromic microcytic anaemia 39 cases (14.8%), anaemia with eosinophilia 30 cases(11.4%), only eosinophilia 35 cases (13.4%) , polycythaemia 6 cases(2.3%), Thrombocytopenia 4 cases (1.5%) and leukocytosis 3 cases (1.1%) respectively. Therefore, the results showed awareness of anemia in this studied population and were useful for screening programs and clinical management of anaemia in this area.